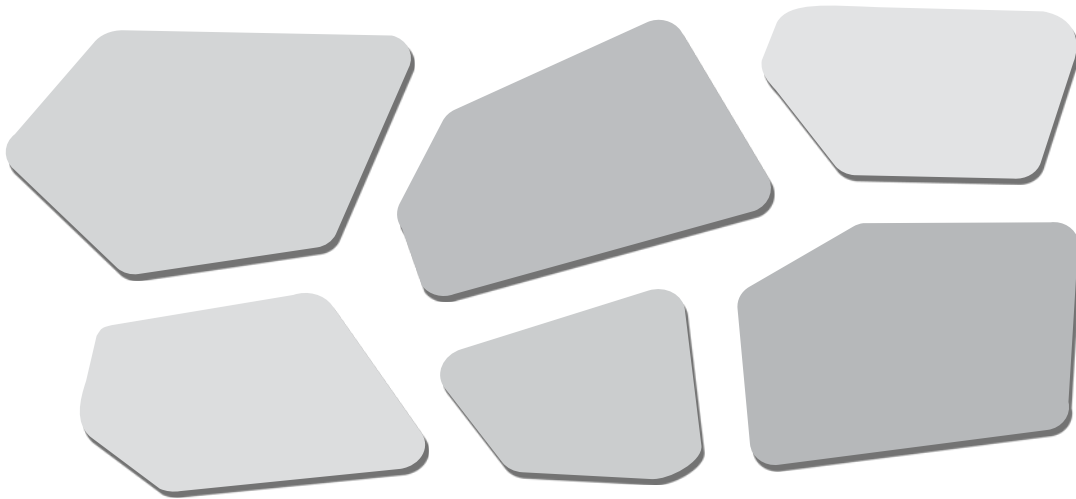


~ Aging with Grace Handout ~

CHAPTER 1: WONDER AND WORSHIP

Psalm 92:1-4

1. "... ask for the ancient paths, where the good way is; and walk in it, and find rest for your souls" (Jer. 6:16b).



2. Prayer

*Your word is a lamp to my feet and a light to my path.*

*Make me to know Your ways, O LORD; teach me Your paths.*

*Lead me in Your truth and teach me, for You are the God of my salvation;  
for You I wait all the day long.*

*You have made known to me the paths of life;  
You will make me full of gladness with Your presence.*

Ps. 119:105, Ps. 25:4-5, ACTS 2:28

3. Our knowledge of God and our knowledge of self are intertwined.

What is God's promise to us? \_\_\_\_\_.

What is our identity because of His promise? \_\_\_\_\_.

What is His provision to empower us to fulfill His purpose to display His glory?

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The more we know God's character and promise, the more we know our identity as His redeemed image-bearers. Who we are, and what we are called to be and do, flows out of who He is and what He has redeemed and empowered us to be and do.

#### 4. *Westminster Shorter Catechism*

1. **Q. *What is the chief end of man?***

A. Man's chief end is to glorify God, and to enjoy Him forever.

2. **Q. *What rule hath God given to direct us how we may glorify and enjoy Him?***

A. The Word of God, which is contained in the Scriptures of the Old and New Testaments, is the only rule to direct us how we may glorify and enjoy Him.

*(Westminster Shorter Catechism with Scripture Proofs, Lawrenceville, GA: Christian Education & Publications, 2010.)*

#### 5. **He makes me glad.**

*"These things I have spoken to you, that my joy may be in you, and that your joy may be full"*  
(John 15:11).

***You make him glad with the joy of your presence (Ps. 21:6b).***

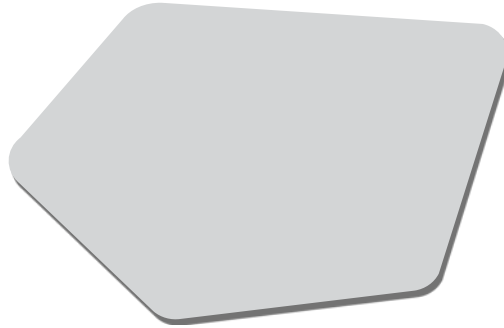
*I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul, and you have not delivered me into the hand of the enemy; you have set my feet in a broad place (Ps. 31:7-8).*

***Our soul waits for the LORD; he is our help and our shield. For our heart is glad in him, because we trust in his holy name. Let your steadfast love, O LORD, be upon us, even as we hope in you (Ps. 33:20-22).***

*Gladden the soul of your servant, for to you, O Lord, do I lift up my soul. For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you. Give ear, O LORD, to my prayer; listen to my plea for grace (Ps. 86:4-6).*

***Let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross . . .***  
(Heb. 12:1b-2a).

6. **Walking It Out:** Name one thing you will do to put this lesson in practice.



**Bonus:** Go to [www.agingwithgrace.online](http://www.agingwithgrace.online) to review *Aging with Grace – Ask an Older Woman* five-minute video of storyteller Lynda Tedeschi: “What would I tell my twenty-something self?”

## Flourishing and Fruitful Women

*Susannah Spurgeon*

Thy will be done. This resting in the will of God is one of the most comforting and blessed experiences of the Christian life. To say, “Thy will be done”—not in a reluctant or compulsory way, as if we were shrinking from some inevitable pain, but with a sincere and glad conviction that our dear Father is really doing for us what is best and most loving, although it may not look so to our dull eyes—this is glorifying to him, and supremely consoling to us.

Susannah Spurgeon. *Free Grace and Dying Love*,  
(Carlisle, PA: Banner of Truth, 2006), 35.