

## Aging with Grace Handout

### CHAPTER 6: ELIZABETH

Luke 1:5-48

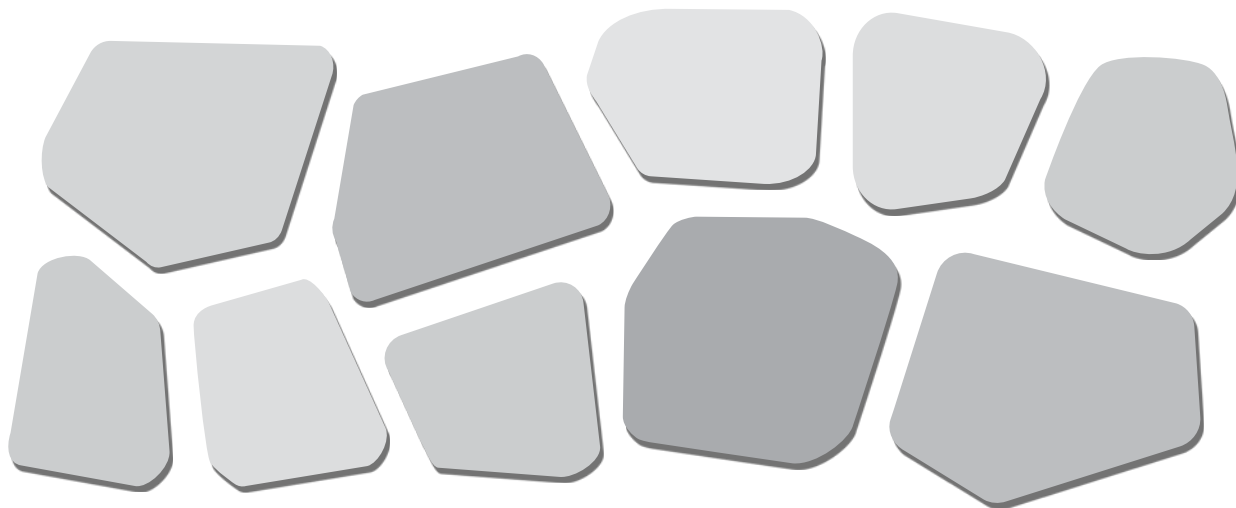
1. From *The New City Catechism Devotional*:

**Q. 32. What do justification and sanctification mean?**

A. Justification means our \_\_\_\_\_ before God, made possible by Christ's death and resurrection for us. Sanctification means our \_\_\_\_\_, \_\_\_\_\_ righteousness, made possible by the Spirit's work in us.

*The New City Catechism Devotional*, Colin Hansen, General Editor (Wheaton, IL.: Crossway, 2017), 141-143.

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



3. 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

#### 4. Growing in Grace Principles

- (1) Our justification is an act of God's free grace. The physical and mental decline of aging does not decrease the power of His grace to reverse the effects of the fall and to make us flourish spiritually. God has spoken, and He will do it.
- (2) Even when our bodies become bent with age, the spirit of the Christian who dies to self and follows Christ grows upright. Like the date palm, she becomes sweeter in old age. And like the full-grown cedar of Lebanon, her presence provides a canopy of gospel refreshment for others.
- (3) As life slows down, we can become controlling and critical, or we can reflect on God's sovereign love that chose and planted us in His house. The more we live in the light of the reality of His presence, the more we flourish as His Spirit fills us with sap to nurture and encourage others to flourish.
- (4) Life-takers leave a legacy that defiles many. Life-givers leave a legacy that blesses many as they bear "fruit in keeping with repentance" (Matt. 3:8) and the fruit of the Spirit: "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control" (Gal. 5:22–23).

Sharon Betters and Susan Hunt, *Aging with Grace* (Wheaton, IL: Crossway 2021), 97, 101, 106, 108.

#### 5. When you suffer a barren relationship or situation, especially from events outside of your control, how do you typically respond?

- Why did this happen to me?
- Envy of others whose lives seem perfect
- I am enough. I got this. I can fix this.
- I did everything right, why did this happen to me?
- Bitterness
- Other \_\_\_\_\_

#### 6. Bitter or Beautiful

- 1) *Beware lest there be among you a man or woman or clan or tribe whose heart is turning away today from the Lord our God to go and serve the gods of those nations. Beware lest there be among you a root bearing poisonous and bitter fruit . . .* (Deut. 29:18).

What leads to poisonous, bitter fruit in our hearts?

- 2) *Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; for the anger of man does not produce the righteousness of God (James 1:19-20).*

What does our anger produce?

When you hear something that is hurtful, what can you do to slow down rising anger and your desire to speak?

- 3) *Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you (Eph. 4:31-32).*

What are we commanded to do?

Does this feel impossible?

What provision of God empowers us to do this?

- 4) *Strive for peace with everyone, and for the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no “root of bitterness” springs up and causes trouble, and by it many become defiled . . . (Heb. 12:14-15).*

What does a root of bitterness do?

Who are people in your life who would be defiled by your bitterness toward someone?

## 7. Walking It Out



A friend in your Bible study is consumed with bitterness over the way her mother-in-law treats her. This is beginning to affect your friendship. You're tired of her negativity, but she seems clueless that her words reveal a bitter heart and feel like poison to her husband, children, and friends. She complains to you that no one understands and asks you what she should do.

**Bonus:** Go to [www.agingwithgrace.online](http://www.agingwithgrace.online) to watch *Aging with Grace – Ask an Older Woman* five-minute video for this lesson, storyteller Sherry Bitler: “What two disciplines helped prepare you for this season of life?” Listen to an extended interview with Sherry on the topic of living with Multiple Sclerosis.



## **Flourishing and Fruitful Women**

**Corrie Ten Boom**

Faith sees the invisible, believes the unbelievable, and receives the impossible.

Corrie Ten Boom, *Jesus Is Victor* (Ada, MI: Fleming H. Revell, 1985), 184.

