

FREEDOM FROM YOUR FEARS

#9: FREEDOM FROM YOUR FEAR OF AGING

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I. GOOD NEWS ABOUT AGING—THREE PROMISES OF GOD TO CLAIM

1. God will always be with me

I have carried you since you were born; I have taken care of you from your birth. Even when you are old, I will be the same. Even when your hair has turned gray, I will take care of you. I made you and will take care of you.

Isaiah 46:3-4 (NCV)

2. As long as I am on this earth—God has a purpose for me

But the godly will flourish like palm trees and grow strong like the cedars of Lebanon. For they are transplanted to the LORD's own house. They flourish in the courts of our God. Even in old age they will still produce fruit; they will remain vital and green.

Psalms 92:12-15 (NLT)

Youth is not entirely a time of life; it is a state of mind. Nobody grows old by merely living a number of years. People grow old by deserting their ideals. You are as young as your faith, as old as your doubts; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair.

General Douglas MacArthur

3. God gives me an eternal hope that makes age irrelevant

Jesus [said], "I am the resurrection and the life. Anyone who believes in me will live, even after dying. Everyone who lives in me and believes in me will never ever die..."

John 11:25-26 (NLT)

I focused on aging as a positive factor in my life. If God planned for us to get older, why should I argue and call this phase of life negative? Is it possible, I asked myself, that God intended the last years to be the best? Instead of slinking into oblivion, could the divine plan encourage us to sing the hymns of triumph all the way to the grave? Can it be that God wants us to enjoy our final part of the journey as much as we did the first two parts? Perhaps enjoy it even more? I decided the answer was a resounding yes. My task was to learn to live by embracing this final, triumphant phase of my life.

Cecil Murphy in [Aging is an Attitude](#)

II. MORE GOOD NEWS ABOUT AGING—THE BIBLICAL VIEW OF GETTING OLDER

The Bible view of age is that it really doesn't matter. God loves and values me at every stage of life. What is important is that I continue becoming more like Jesus and being faithful and useful to the Lord until He calls me Home.

1. God values the young...

Don't let anyone look down on you for being young. Instead, make your speech, behavior, love, faith, and purity an example for other believers.

1 Timothy 4:12-13 (GOD'S WORD)

2. God values the old...

Rise in the presence of the aged, show respect for the elderly and revere your God. I am the LORD.

Leviticus 19:32 (NIV)

3. God's power overrules the limits of age

...despite all these things, overwhelming victory is ours through Christ, who loved us.

Romans 8:37 (NLT)

Grow old along with me! The best is yet to be, the last of life, for which the first was made. Our times are in his hand who saith, 'A whole I planned, youth shows but half; Trust God: See all, nor be afraid!

Robert Browning

Now, as you can see, the LORD has kept me alive and well as he promised for all these forty-five years since Moses made this promise—even while Israel wandered in the wilderness. Today I am eighty-five years old. I am as strong now as I was when Moses sent me on that journey, and I can still travel and fight as well as I could then. So give me the hill country that the LORD promised me...

Joshua 14:10-11 (NLT)

III. THE BEST NEWS ABOUT AGING—WAYS TO BE FREE OF FEARING IT—2 COR. 4:7-18

1. What really matters can never be taken from me—not even by age (v.7)

2. The power to live victoriously comes from God—not me (v.8-14)

3. Live every moment with the hope of eternity in mind (v.16-18)