



Scriptures and Quotes about Aging with Grace

Scripture

So God created man in his own image, in the image of God he created him; male and female he created them.

--Genesis 1:27

Remember the days of old; consider the generations long past. Ask your father and he will tell you, your elders, and they will explain to you.

--Deuteronomy 32:7 NIV

Is not wisdom found among the aged? Does not long life bring understanding?

--Job 12:12 NIV

What do you know that we do not know? What insights do you have that we do not have? The gray-haired and the aged are on our side, men even older than your father.

--Job 15:9-10 NIV

All of you, clothe yourselves with humility toward one another, because God opposes the proud but gives grace to the humble."

--1 Peter 5:5b NIV

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

--Leviticus 19:32

Remember not the sins of my youth and my rebellious ways; according to your love remember me, for you are good, O LORD.

--Psalm 25:7 NIV

If you decide for God, living a life of God-worship, it follows that you don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than birds.

Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch? All this time and money wasted on fashion—do you think it makes that much difference? Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The ten best-dressed men and women in the country look shabby alongside them.

If God gives such attention to the appearance of wildflowers—most of which are never even seen—don't you think he'll attend to you, take pride in you, do his best for you? What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met.

Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

--Matthew 6:25-34 The Message

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity.

--1 Timothy 4:12

Blessed is the man who finds wisdom, the man who gains understanding, for she is more profitable than silver and yields better returns than gold. She is more precious than rubies; nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honor. Her ways are pleasant ways, and all her paths are peace. She is a tree of life to those who embrace her; those who lay hold of her will be blessed.

--Proverbs 3: 13-18 NIV

Quotes

"A society for all ages is one that does not caricature older persons as patients and pensioners. Instead it seeks a balance between supportive dependency and investing in lifelong development."

--Kofi Annan

"How we view ourselves, how we perceive the world around us and how we interact with others can affect our overall well-being and our brains."

--Taking Control of Brain Health, AARP

"I am convinced that life is 10% what happens to me and 90% how I react to it."

--Charles Swindoll, *Attitude*

"You don't grow old; when you cease to grow, you are old."

--Charles Judson Herrick

"A new set of faculties seems to be coming into operation. I seem to be awakening to a larger world of wonderment-to catch little glimpses of the immensity and diversity of creation. More than at any other time in my life, I seem to be aware of the beauties of our spinning planet and the sky above. And now I have the time to enjoy them. I feel that old age sharpens our awareness."

--Delia Margaret Tighe Francis (1884-1978), written at age 91
"The Autumn of My Life," *Songs of Experience*, Ballantine Books, 1991

"From grandparents children learn to understand something about the reality of the world not only before they were born but also before their parents were born... Experience of the past gives them means of imagining the future."

--Margaret Mead

"In old age, faith seems to be the most marvelous possession anyone can have."

--Malcolm Muggeridge

"To know how to grow old is the master work of wisdom and one of the most difficult chapters in the great art of living."

--Henri-Frédéric Amiel

"Strength has ever to be made perfect in weakness, and old age is one of the weaknesses in which it is perfected."

--George MacDonald

