



THROUGH THE YEARS – AGING GRACEFULLY

Family Ministries Leaders' Certification Retreat

5-7 August 2025

THROUGH THE YEARS

- “Love at first sight is easy to understand. It is when two persons have been looking at each other for years that it becomes a miracle.” Sam Levenson, *You Don't Have to be in Who's Who to Know What's What*



AGING GRACEFULLY

- He will renew your life and sustain you in your old age” (Ruth 4:15 NIV).
- “Even to your old age and Gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you” (Isaiah 46:4 NIV).
- Teach us to number our days, that we may gain a heart of wisdom” (Psalm 90:12 NIV).
- “And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns” (Philippians 1:6 NLT).
- But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint” (Isaiah 40:31 NIV),
- “Moses was 120 years old when he died, yet his eyesight was clear, and he was as strong as ever” (Deuteronomy 34:7 NLT).



THROUGH THE YEARS

(Kenney Rogers)

- I CAN'T REMEMBER WHEN YOU
WEREN'T THERE
WHEN I DIDN'T CARE FOR ANYONE
BUT YOU
AND I SWEAR, WE'VE BEEN
THROUGH EVERYTHING THERE IS
CAN'T IMAGINE ANYTHING WE'VE
MISSED
CAN'T IMAGINE ANYTHING THE
TWO OF US CAN'T DO
- THROUGH THE YEARS, YOU'VE
NEVER LET ME DOWN
YOU TURNED MY LIFE AROUND, THE
SWEETEST DAYS I'VE FOUND
I'VE FOUND WITH YOU THROUGH
THE YEARS
I'VE NEVER BEEN AFRAID, I'VE
LOVED THE LIFE WE'VE MADE
AND I'M SO GLAD I'VE STAYED
RIGHT HERE WITH YOU
THROUGH THE YEARS

THROUGH THE YEARS

(Kenney Rogers)



- I CAN'T REMEMBER WHAT I USED TO DO
WHO I TRUSTED, WHOM I LISTENED TO BEFORE
I SWEAR, YOU'VE TAUGHT ME EVERYTHING I KNOW
CAN'T IMAGINE NEEDING SOMEONE SO
THROUGH THE YEARS IT SEEMS TO ME
I NEED YOU MORE AND MORE
- THROUGH THE YEARS, THROUGH ALL THE GOOD
AND BAD
I KNEW HOW MUCH WE HAD, I'VE ALWAYS BEEN
SO GLAD
TO BE WITH YOU THROUGH THE YEARS
IT'S BETTER EVERY DAY, YOU'VE KISSED MY TEARS
AWAY
AS LONG AS IT'S OKAY, I'LL STAY WITH YOU
THROUGH THE YEARS

THROUGH THE YEARS

(Kenney Rogers)

- THROUGH THE YEARS, WHEN EVERYTHING
WENT WRONG
TOGETHER WE WERE STRONG, I KNOW THAT
I BELONGED
RIGHT HERE WITH YOU, THROUGH THE
YEARS
I'VE NEVER HAD A DOUBT, WE'D ALWAYS
WORK THINGS OUT
I'VE LEARNED WHAT LIFE'S ABOUT BY
LOVING YOU
THROUGH THE YEARS
- THROUGH THE YEARS
YOU'VE NEVER LET ME DOUBT...



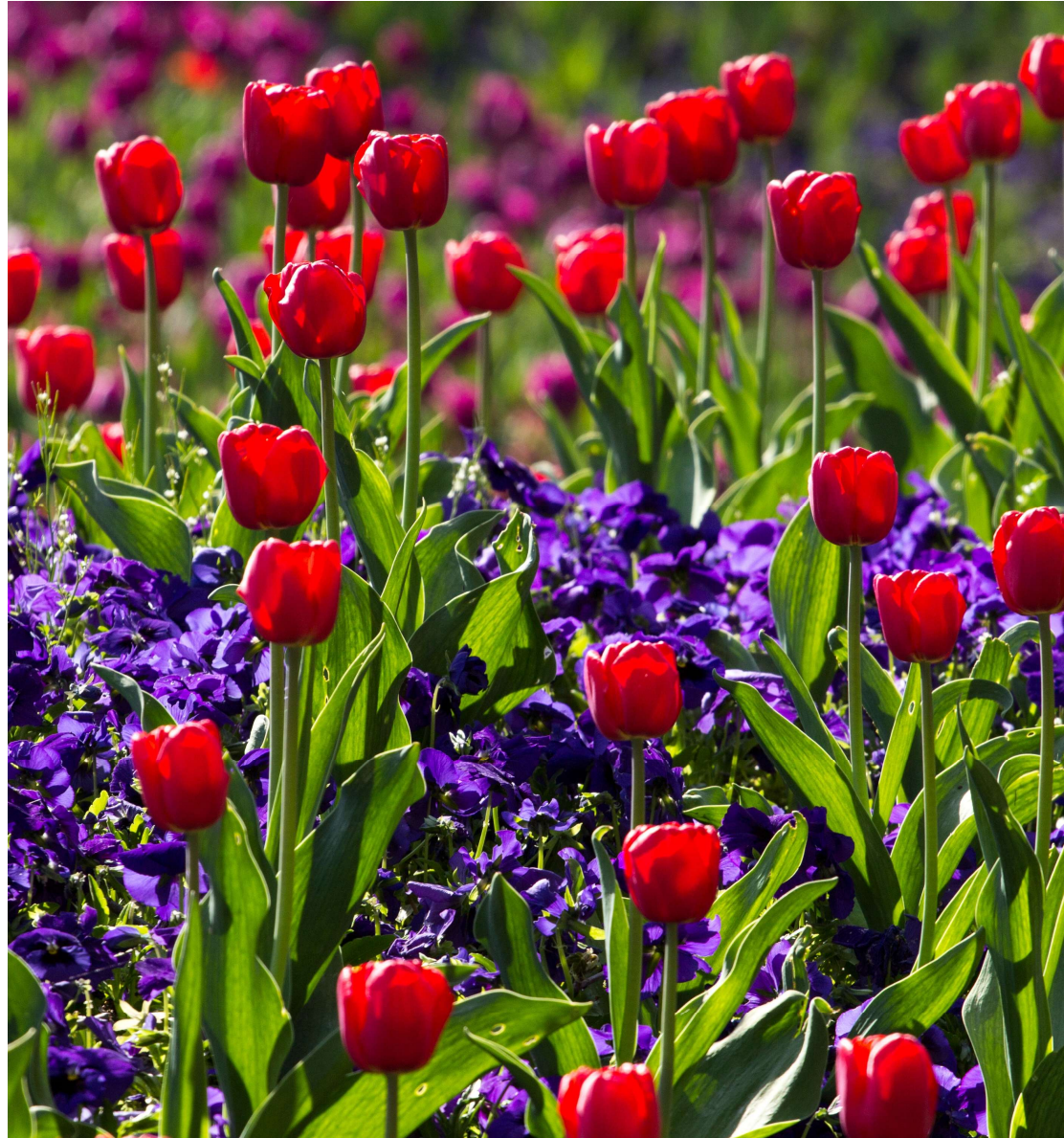


THINK ON THESE THINGS

- “*FIRST YEAR*: HONEY, I’M WORRIED ABOUT YOU. I CAN’T BEAR ANYTHING TO HAPPEN TO YOU. I KNOW IT’S JUST A COLD -- BUT I WANT YOU TO HAVE A COMPLETE HOSPITAL CHECK-UP. AND BECAUSE I KNOW YOU DON’T LIKE HOSPITAL FOOD, I’LL HAVE YOURS SENT UP TO YOU FROM THE HILTON HOTEL.
- *SECOND YEAR*: SWEETHEART - I DON’T LIKE THE SOUND OF THAT COUGH. LEAVE EVERY-THING. I’LL GET THE DOCTOR, AND I’LL BRING YOU SOME FOOD – FROM MCDONALD’S.

THINK ON THESE THINGS

- *THIRD YEAR:* DARLING - MAYBE YOU SHOULD LIE DOWN, AND LET ME BRING YOU SOMETHING TO EAT. WILL SOUP AND BREAD BE OK?
- *FOURTH YEAR:* LOVE, LOOK. BE SENSIBLE, YOU'D BETTER HIT THE SACK - I MEAN, AFTER YOU'VE FED THE CHILDREN AND WASHED THE DISHES.





THINK ON THESE THINGS

- *FIFTH YEAR*: DEAR - WHAT'S WRONG WITH YOU, DO I HAVE TO LEAVE MY NEWSPAPER AND GET YOU SOME ASPIRIN?
- *SIXTH YEAR*: WIFE - IF YOU'D JUST GARGLE OR SOMETHING INSTEAD OF SITTING AROUND BARKING LIKE A SEAL
- *SEVENTH YEAR*: WOMAN - FOR HEAVEN'S SAKE, STOP SNEEZING, ARE YOU TRYING TO GIVE ME SWINE FLU?" ANON



THINK ON THESE THINGS

- “CONTINUE THE EARLY ATTENTIONS. IN EVERY WAY ENCOURAGE EACH OTHER IN FIGHTING THE BATTLES OF LIFE. STUDY TO ADVANCE THE HAPPINESS OF EACH OTHER. LET THERE BE MUTUAL LOVE, MUTUAL FORBEARANCE.”
{MH 360.2}



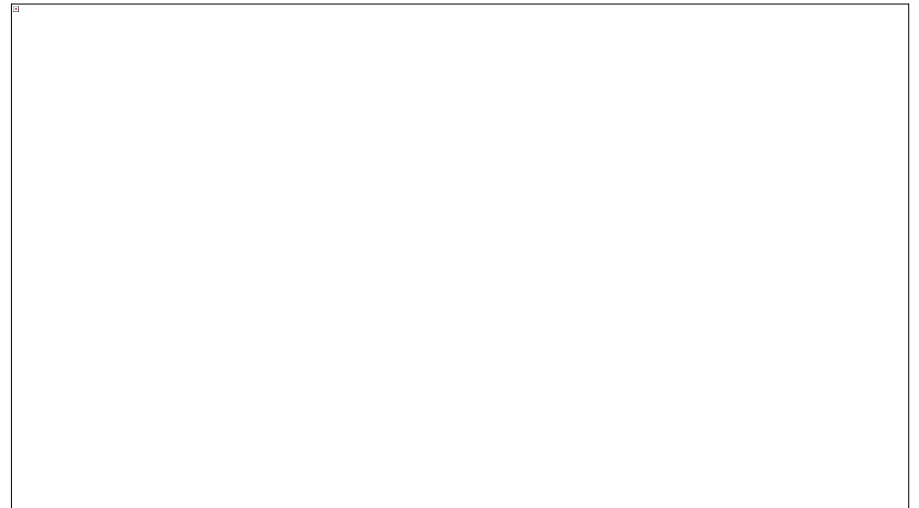
THINK ON THESE THINGS

- “WHAT WE EXPECT IS THAT WE’LL MARRY, LIVE UNTIL WE’RE OLD, AND THEN ONE OF US WILL BURY THE OTHER, AND COMFORT OURSELVES IN THE HOPE OF THE RESURRECTION. “WE THINK THAT DEATH – WHEN IT COMES – WILL COME AT THE RIGHT TIME AND WITH THE RIGHT AMOUNT OF WARNING... THE TRUTH IS, THERE WILL BE MULTIPLE OCCURRENCES OF ATTACHMENT AND SEPARATION, LOSS AND GRIEF. IT WON’T JUST HAPPEN ONCE – AND YOU WON’T ALWAYS GET A WARNING.” LUCY AND DENNIS GUERNSEY, *REAL LIFE MARRIAGE*

WHAT'S YOUR OPINION?

REPORTER: SO YOU ARE 100 YEARS OLD. HOW DID YOU MANAGE TO LIVE SO LONG?"

OLD MAN: WELL, SON, I GOT MARRIED WHEN I WAS 21. THE WIFE AND I DECIDED THAT IF WE HAD ARGUMENTS, THE LOSER WOULD TAKE A LONG WALK TO GET OVER BEING MAD. I SUPPOSE I HAVE BEEN BENEFITED MOST BY 79 YEARS OF FRESH AIR AND EXERCISE.

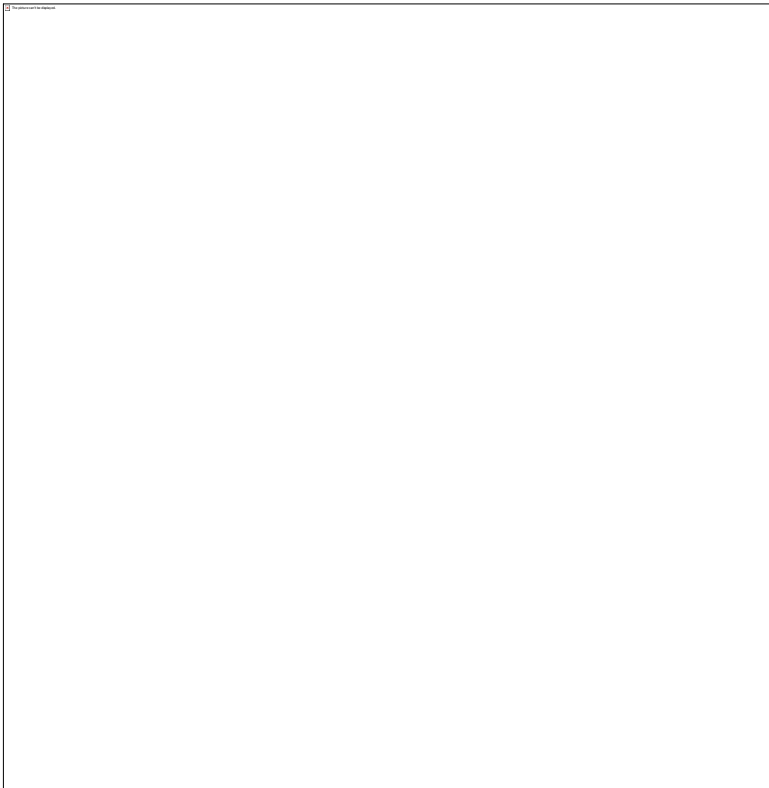


WHAT'S YOUR OPINION?



- HE: I NEED MORE SOCKS.
- SHE: SO GO AND BUY SOME.
- HE: I THOUGHT YOU COULD PICK THEM UP. SINCE YOU'LL BE OUT THIS AFTERNOON ANYWAY.
- SHE: YOU'RE JUST LIKE YOUR FATHER – ALWAYS ORDERING SOMEBODY AROUND.
- HE: OH YEAH? AT LEAST MY MOTHER COULD COOK.
- SHE: WELL, SHE'S A MESS HERSELF. SHE HASN'T HAD A DECENT HAIRDO IN YEARS.
- HE: YOU OUGHT TO DO SOMETHING WITH *YOUR* HAIR. IT'S RIDICULOUS.
- SHE: NOT THAT THERE'S ROOM IN THE BATHROOM WITH YOUR STUFF SCATTERED EVERYWHERE...
-

WHAT'S THE BEST RESPONSE?



- MARY: OH, MY FEET, THEY'RE SO TIRED FROM STANDING ALL DAY. BILL'S BEST ANSWER?
- HMM, SOUNDS AS IF YOU NEED TO WEAR MORE SENSIBLE SHOES.
- YOU NEED TO KNOW WHEN TO WORK AND WHEN TO REST.
- SOUNDS AS IF YOU'VE HAD AN EXHAUSTING DAY
- MY FEET NEVER ACHE LIKE THAT.
- YOU SOUND JUST LIKE YOUR MOTHER.

WISDOM FOR THE AGES

- A COUPLE WAS CELEBRATING THEIR GOLDEN WEDDING ANNIVERSARY. SOMEBODY ASKED THE WIFE WHAT WAS THEIR SECRET. “ON OUR WEDDING DAY,” SHE SAID, “I DECIDED TO MAKE A LIST OF 10 OF MY HUSBAND’S FAULTS WHICH, FOR THE SAKE OF OUR MARRIAGE, I WOULD ALWAYS OVERLOOK. I FIGURED I COULD LIVE WITH AT LEAST 10.” WHEN SHE WAS ASKED WHICH FAULTS SHE HAD WRITTEN DOWN, SHE REPLIED, “I NEVER DID GET AROUND TO LISTING THEM. INSTEAD, EVERY TIME HE DID SOMETHING THAT MADE ME MAD, I’D SIMPLY SAY TO MYSELF, ‘LUCKY FOR HIM, IT’S ONE OF THE 10.’”

HAVE A LAUGH

- A woman accompanied her husband to the doctor's surgery. After her husband's checkup, the doctor called the wife into the office alone. "Your husband is suffering from a very severe disease, combined with horrible stress. If you don't do the following, your husband will surely die. Each morning, fix him a healthy breakfast. Be pleasant, and make sure you put him in a good mood. For lunch make him a nutritious meal. And for dinner he will need at least three courses. Cook these three meals a day every day for one year. Then be sure not to stress him out with housework. He shouldn't have wash clothes, wash dishes, or lift the vacuum cleaner. In fact, the only thing he should lift...is the remote control. Satisfy his every need. If you can maintain this wifely behavior for one whole year, then I guarantee you your husband will live."
- On the way home, they drove in silence. The husband asked his wife, "Honey, did the doctor say anything?" "Yes," said the wife. "What did the doctor say?" "You're going to die."

END OF LIFE PLANS

- **ADVANCE DIRECTIVES**—EVERY ADULT SHOULD HAVE AN ADVANCE DIRECTIVE IN WHICH YOU EXPLAIN THE TYPE OF HEALTH CARE YOU DO OR DO NOT WANT WHEN YOU CAN NO LONGER MAKE YOUR OWN DECISIONS.
- **A LIVING WILL** (OR INSTRUCTION DIRECTIVE) INFORMS MEDICAL PROFESSIONALS AND YOUR FAMILY AS TO WHICH TREATMENTS YOU WANT TO RECEIVE OR REFUSE.

END OF LIFE PLANS

- **HEALTH CARE POWER OF ATTORNEY** - IN THIS DOCUMENT YOU SHOULD GIVE DIRECTIONS TO THE PERSON YOU SELECT AS YOUR SPOKES- PERSON (OR HEALTH CARE AGENT ABOUT THE FULL RANGE OF CARE YOU WANT.
- **WRITING A WILL**—WRITING A WILL DEMANDS THAT WE THINK ABOUT THE DAY THAT WE WILL DIE AND THAT IS NOT EXACTLY A PLEASANT TOPIC TO DWELL ON.

END OF LIFE PLANS

- **RETIREMENT**—RETIREMENT CAN BRING ABOUT MIXED
- EMOTIONS. FOR MANY IT IS SOMETHING THEY HAVE LOOKED
- FORWARD TO AND PLANNED THEIR WHOLE LIFE. FOR OTHERS, IT
- CAN CREATE A VOID THAT IS HARD TO FILL. ISSUES TO CONSIDER:
- **RETIREMENT INCOME**—CALCULATE ALL FORMS OF INCOME AND
- CREATE A BUDGET TO GUIDE IN EXPENDITURES. THERE ARE LOCAL
- AGENCIES TO ASSIST YOU IN THIS.
- **WHERE WILL YOU LIVE?** WILL YOU CONTINUE LIVING IN YOUR
- CURRENT HOME, MOVE TO A RETIREMENT COMMUNITY, OR
- OTHER? HAVING A PLAN BEFOREHAND DECREASES ANXIETY.

END OF LIFE

- **LOSS/GRIEF**—LOSSES ARE NOT JUST THE DEATH OF LOVED ONES, FRIENDS, AND ACQUAINTANCES. THE ELDERLY ALSO EXPERIENCES LOSS AND GRIEF AS THEY BEGIN TO HAVE A DIMINISHED ABILITY IN ACTIVITIES OF DAILY LIVING. THIS CAN LEAD TO A LOSS OF A SENSE OF PURPOSE.

END OF LIFE

- **PROVIDE SEMINARS ON ELDER CARE—**PERHAPS YOU CAN INVITE PROFESSIONALS (ACCOUNTANTS, FINANCIAL PLANNERS)
- WHO CAN HELP THE OLDER MEMBERS IN YOUR CHURCH WITH THE FINANCIAL PLANNING, OR ASK HEALTH PROFESSIONALS (YOUR CHURCH MAY HAVE SOME OF THESE SUCH AS: DOCTORS, NURSES, OPTOMETRISTS, DENTISTS), WHO CAN PERFORM SOME SIMPLE TESTS AND REFER THOSE IN NEED FOR FURTHER EVALUATION AND
- TREATMENT, OR JUST TO TALK TO THEM AND ASCERTAIN WHAT THEIR NEEDS MIGHT BE.

END OF LIFE

- **PROVIDE LOSS/GRIEF** SEMINARS.
- **COMPILE A LIST** OF LOCAL GRIEF COUNSELLORS
- **LEGACY** - YOUR LEGACY WILL REMAIN FOR GENERATIONS TO COME.



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ACTIVITY QUESTIONS

WHAT IS ONE OF YOUR FAVOURITE MEMORIES OF YOUR GRANDPARENTS?

- ❖ IF YOUR GRANDPARENTS ARE (OR WERE) ALIVE TODAY, WHAT COULD YOU DO TO HELP THEM IN A VERY PRACTICAL WAY?
- ❖ IF YOU HAVE GRANDCHILDREN, WHAT DO YOU DO TO TEACH THEM ABOUT GOD?
- ❖ HOW DO YOU SUPPORT YOUR CHILDREN AS THEY SHOW GOD TO YOUR GRANDCHILDREN?

References

