

I Don't Want to Age!

Word

Scripture Reference

2 Samuel 19:31-39

Discussion Questions

1. What are the things which remind you that we are all aging? Does it bother you when people ask or comment about your age? Discuss.
2. In our world today, we look upon aging as something that we need to counteract, as evidenced by the many stay-young products available in the market to try to reverse the aging process. Somehow there is a commercially-driven image that aging is “bad,” and most of us have adopted this unbiblical perspective. The Bible in fact teaches that age is something to be embraced and tells us of the ages of many men and women of faith. Read 2 Samuel 19:31-39. King David was returning to Jerusalem with his men after being away from the city to escape from his son Absalom who tried to usurp his throne. During his escape, King David was helped by many men and women, one of them being Barzillai the Gileadite. Who is Barzillai? What did he do for David (2 Samuel 17:27-29). What did King David offer to Barzillai (v. 19:31-33)? If you were someone of Barzillai’s age, how would you react to King David’s offer?
3. Barzillai’s response to King David shows that he is a man who has discovered the beauty of aging and understands what it means to age gracefully. Here are four principles we can learn from Barzillai on how to age gracefully:
 - a. **Accept the aging process (v. 34-36).** Because of his age, Barzillai knew he had many physical limitations, and this led him to turn down King David’s offer. However, it must be noted that his age did not stop Barzillai from helping King

David escape Absalom. Age is just a number and in no way limits what you can do for Jesus. What are you doing for the Lord right now? What things hinder you from doing spiritual work for the Lord? Discuss what adjustments you need to make so that in whatever lifestage, you can bear fruit for the Lord.

- b. **Cultivate an interest in a beauty that lasts forever.** Have you ever gone through a “midlife crisis?” Midlife crisis is an identity crisis that can occur at any age when one has not accepted the aging process and made the necessary transition from the pursuit of temporary things of the world to the pursuit of eternal spiritual character. What spiritual qualities are you developing or wish to develop to strengthen your relationship with God, with other believers, and with loved ones? What steps can you take to develop those qualities?
- c. **Understand the realities of mortal life (v. 36-37).** Everybody gets old and dies. That is a fact. But in our Filipino-Chinese culture, we avoid talking about death and anything associated with it because of the belief that talking about it may somehow hasten its coming—even Christians. Discuss some examples you have witnessed of the problems caused by the fear of talking about death. What does the Word of God say about how one can NOT be afraid of dying?
- d. **Think about legacy (v. 38-39).** Legacy is not only for the older ones to think about. As a follower of Christ, you need to be thinking about what you will pass down to those under your care, and your spiritual legacy begins with how you live your life today. What is the legacy you want to leave behind, and how are you working towards the fulfillment of that legacy?

Walk

The aging process is unavoidable; it will happen whether you are ready for it or not. But to a follower of Jesus Christ, aging is a thing to be celebrated, because every year that you age in this life is one day closer to being with Jesus Christ for eternity. Evaluate where you are in this spiritual maturity process. Have you accepted the aging process and allowed yourself to be used by the Lord whatever life stage you may be

in? Are you cultivating an inner spiritual character so that even when your physical body is outwardly perishing, you are inwardly being renewed every day? Do you understand the realities of mortal life and decided to place your trust in the Lord Jesus Christ and His finished work on the cross, so that you may live without worry or fear? Have you thought about what spiritual legacy you want to leave behind, and are you working towards the fulfillment of that legacy?

Worship & Prayer

Heavenly Father, You are the eternal God who, because of Your great love sent Your Son to die on the cross in my place, so that I may have a life of eternity with You. Thank You, Father, for the assurance that in Jesus Christ, I don't need to fear death, because He has already conquered death. Thank You that I need not fear getting old, because You can use me for Your glory no matter what age I am. And so I ask for a heart of acceptance that my life is simply a process towards spiritual maturity, towards knowing You more everyday until eternity. I ask for the peace that comes with knowing You are in control of that life, and for joy that is an outpouring of the grace I received from You. I pray, Father, that I may live this life in a way that honors You: humbly living according to Your Word and fearless in telling people about the God who saves, until my last breath. In Jesus' name. Amen.