

*Spirituality and Aging Well:  
A Personal, Spiritual Perspective*

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# Objectives

- Spiritual preparation and Aging
- How Physical decline affects our Spirituality
- The Struggle of Losing Hope
- Other Common Spiritual Struggles as we age

# Spiritual Self-Evaluation



“The glory of young men is their strength, but the splendor of old men is their gray hair.” Proverbs 20:29

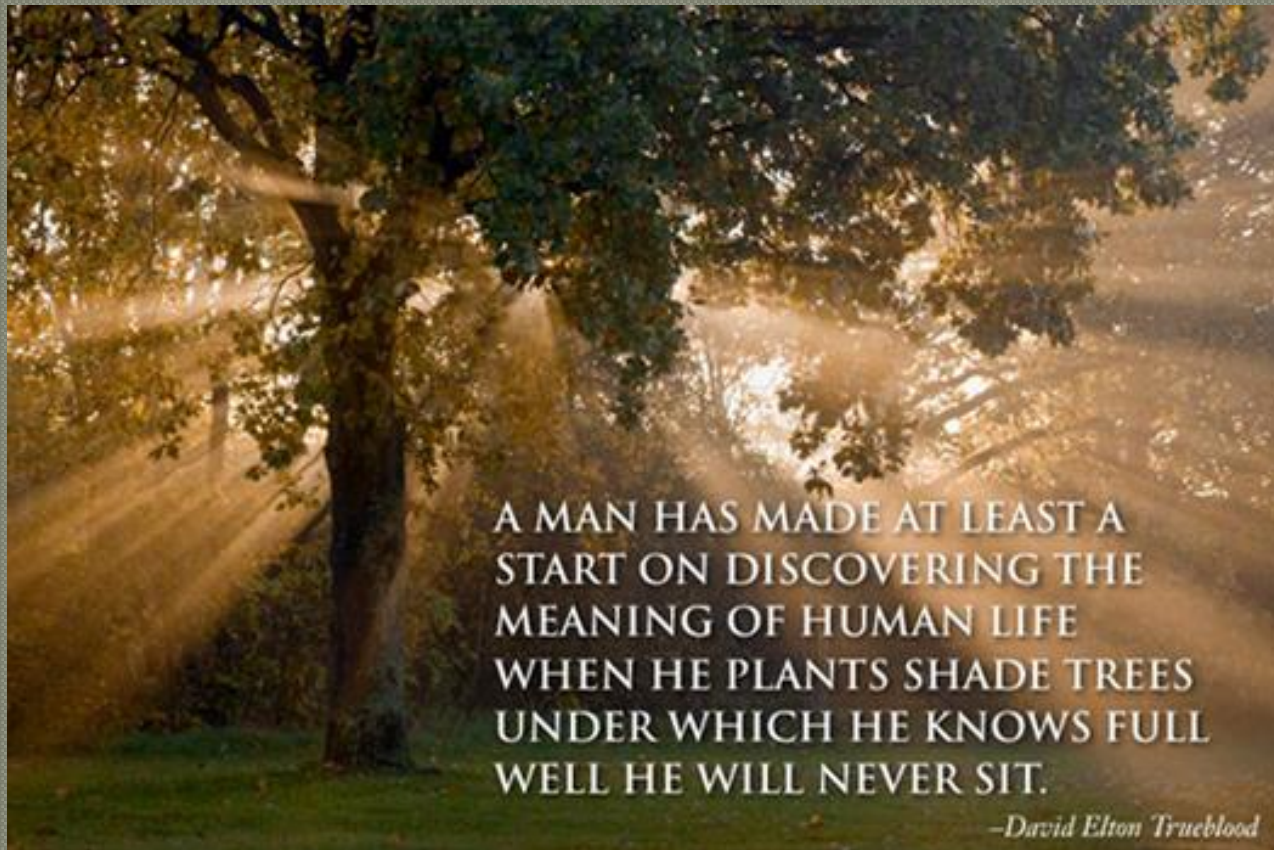
# Our Attitude

“Researchers have found three factors that reliably increase happiness as we grow older -- **gratitude**, **generosity**, and **reframing** (seeing your situation from a more positive perspective).”

5 Spiritual Practices for Aging Well by Lewis Richmond on the Huffington Post's Website

# Our Relationships

My Legacy....



A MAN HAS MADE AT LEAST A  
START ON DISCOVERING THE  
MEANING OF HUMAN LIFE  
WHEN HE PLANTS SHADE TREES  
UNDER WHICH HE KNOWS FULL  
WELL HE WILL NEVER SIT.

*-David Elton Trueblood*



# Religious Activity



# Finding Forgiveness

- Seek/give forgiveness



**TO FORGIVE**

IS TO SET A PRISONER FREE...

... AND REALISING THAT PRISONER IS YOURSELF

# How Physical Decline affects our Spirituality

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# Physical Decline and Spirituality

- Biblical healing encompasses physical, mental, and spiritual health. All three are interrelated.
- A problem in one area of human health can often impact the other two areas.
- “We are fearfully and wonderfully made”, Psalm 139:14 – an interplay of body, mind, and spirit.

Fearfully and Wonderfully Made by  
Christina M. Powell, by  
*Enrichment Journal*, 2014

# Physical Decline

- Change in physical ability
  - Strength
  - Mobility
  - Agility
  - Appearance
  - Marital/Family Relationships
- Change in mental ability
  - Cognitive
  - Memory
  - Social interactions



# Spirituality

- Jesus said, “Come to me, all you that are weary and are carrying heavy burdens and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls....Matthew 11:28-29.
- These verses are capable of providing rest that is needed for good health on all levels.
- God’s words of wisdom “are life to those who find them and health to a man’s whole body” Proverbs 4:22.
- Spiritual health brings health to the **WHOLE** person

Fearfully and Wonderfully Made by  
Christina M. Powell, Enrichment  
Journal, 2014

# Some Solutions

- Help to restore life balance – moving toward recognizing the wholistic balance of self
- Resolving relational issues
- Letting go of the need to control
- Forgiveness – of others and self



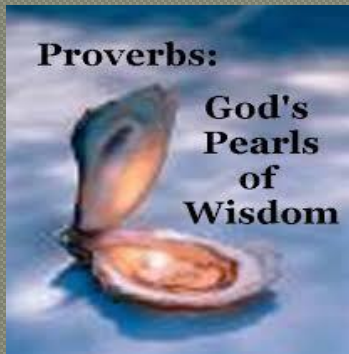
# The Struggle of Losing Hope

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# The Struggle of Losing Hope

**Hope: to have a wish to get or do something or for something to happen or be true, especially something that seems possible or likely.**

Proverbs 13:12 tells us that a hope deferred makes the heart sick



Merriam-Webster Dictionary, 2013



# Losing Hope

- “Spirituality and faith can help to impose order on something we can’t control by offering a unified system of beliefs and values,” Beverly Williams, Ph.D.
- Spirituality is a reflection of a person’s individual self.
- We must meet them where they are – to assist in establishing a greater hope.

AgeWell.Com., UAB Center for Aging,  
Spirituality, 2012

# Struggles/Questions

- Ultimate meaning and purpose:
  - Have I lived a good life?
  - Dying a good death?
  - Questions about the afterlife?
  - Regrets?
  - Guilt?
  - Fear?



# Building Hope

- ◉ Listen
- ◉ Assess
- ◉ Indicate your concern
- ◉ Explore conclusions (if possible)
- ◉ Allow for process – don't rush the pace
- ◉ BE present
- ◉ Don't impose your beliefs on them
- ◉ Support their dignity and desires



# Hope Solutions

- Prayer
- Worship
- Bible reading
- Fellowship



.....All of these impact a person's well-being. By walking with someone who is physically declining and meeting their needs, as much as possible, you can assist the aging with hope for acceptance of their present life and the life to come.

Fearfully and Wonderfully Made by  
Christina M. Powell, *Enrichment Journal*,  
2014

# Other Spiritual Struggles

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# Loss of Life's Purpose



From 19 year old soldier, to overcoming fear of heights. to stroke patient.

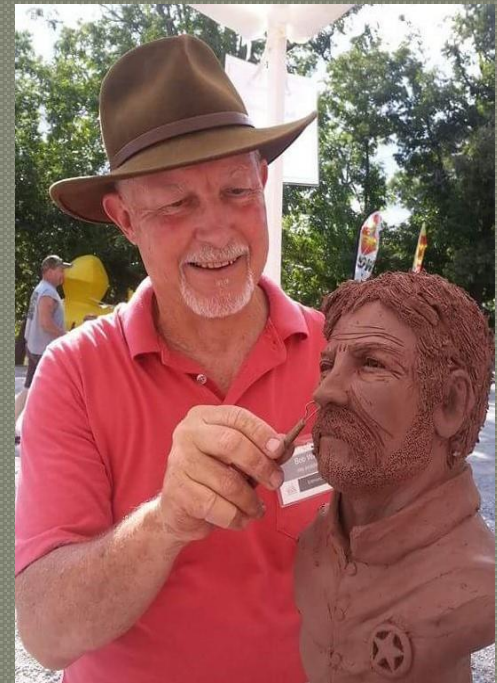
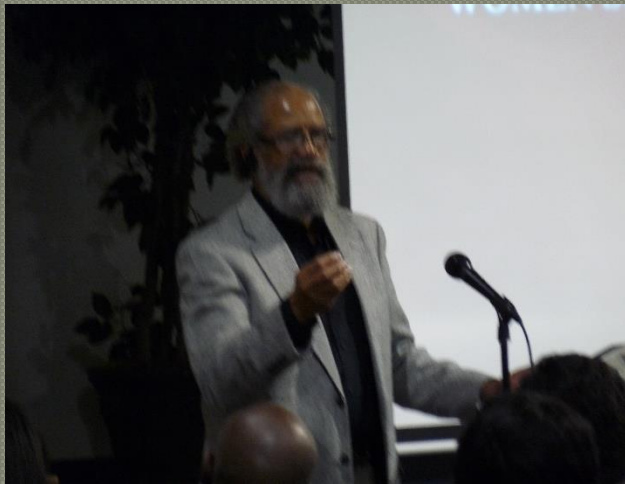
Loss of interest and purpose to each day.

Loss of interaction with family.

Lack of joy – despondent and unhappy.



# Finding a New Life's Purpose

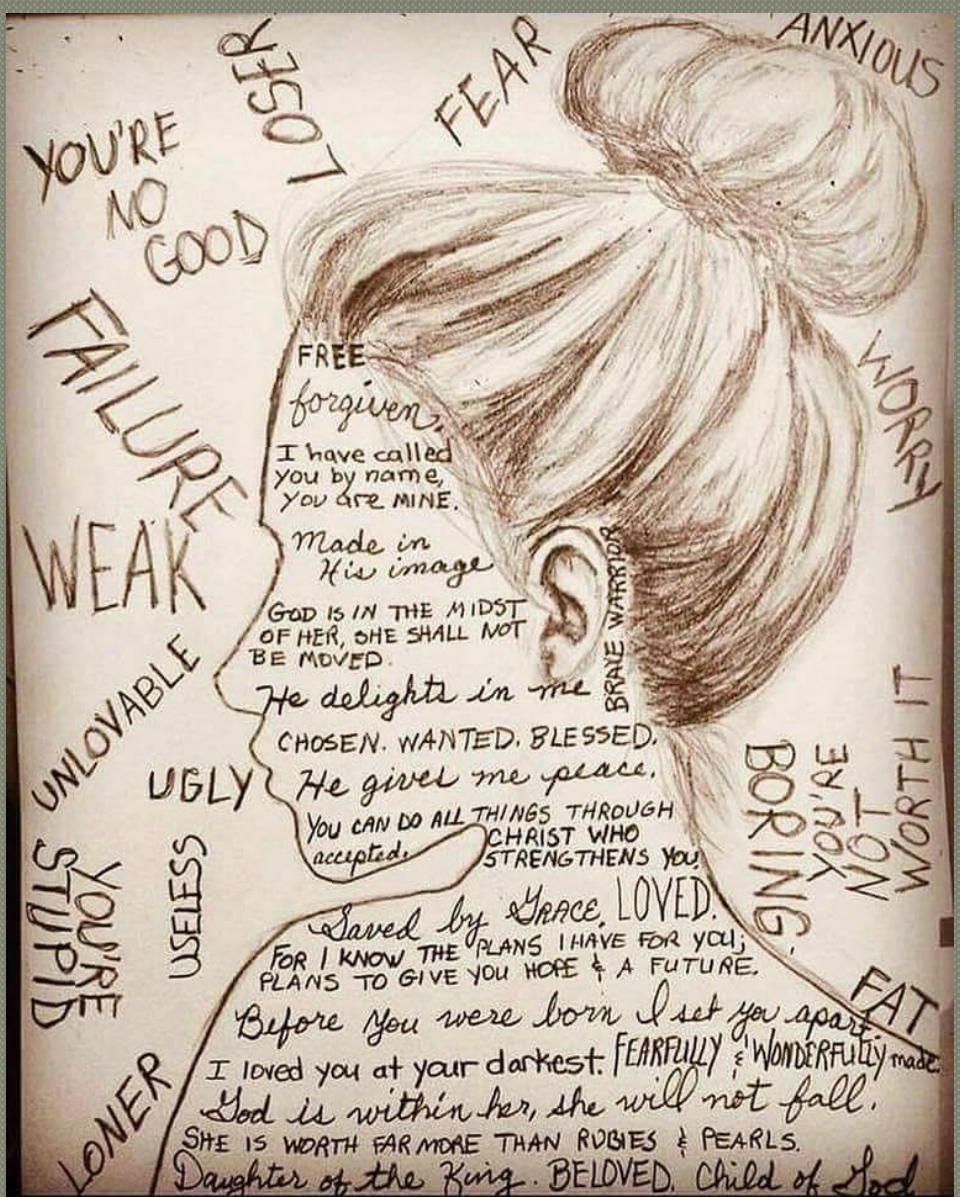


# Shrinking Circles

I see no comfort in  
outliving one's  
friends, and  
remaining a mere  
monument of the times  
which are past.

*Thomas Jefferson*





YOU'RE NO GOOD  
LOSER  
FEAR  
ANXIOUS

FAILURE

WEAK

UNLOVABLE

YOU'RE STUPID

LOSER

FREE

forgiven,  
I have called  
you by name,  
you are MINE.

Made in  
His image

GOD IS IN THE MIDST  
OF HER, SHE SHALL NOT  
BE MOVED.

He delights in me

CHOSEN. WANTED. BLESSED.

He gives me peace.

YOU CAN DO ALL THINGS THROUGH  
CHRIST WHO  
STRENGTHENS YOU.

Saved by GRACE. LOVED.

FOR I KNOW THE PLANS I HAVE FOR YOU;  
PLANS TO GIVE YOU HOPE & A FUTURE.

Before you were born I set you apart.

I loved you at your darkest. FEARFULLY & WONDERFULLY made.

God is within her, she will not fall.

SHE IS WORTH FAR MORE THAN RUBIES & PEARLS.

Daughter of the King. BELOVED. Child of God

WORRY

IT WORTH  
TOWN  
NOT

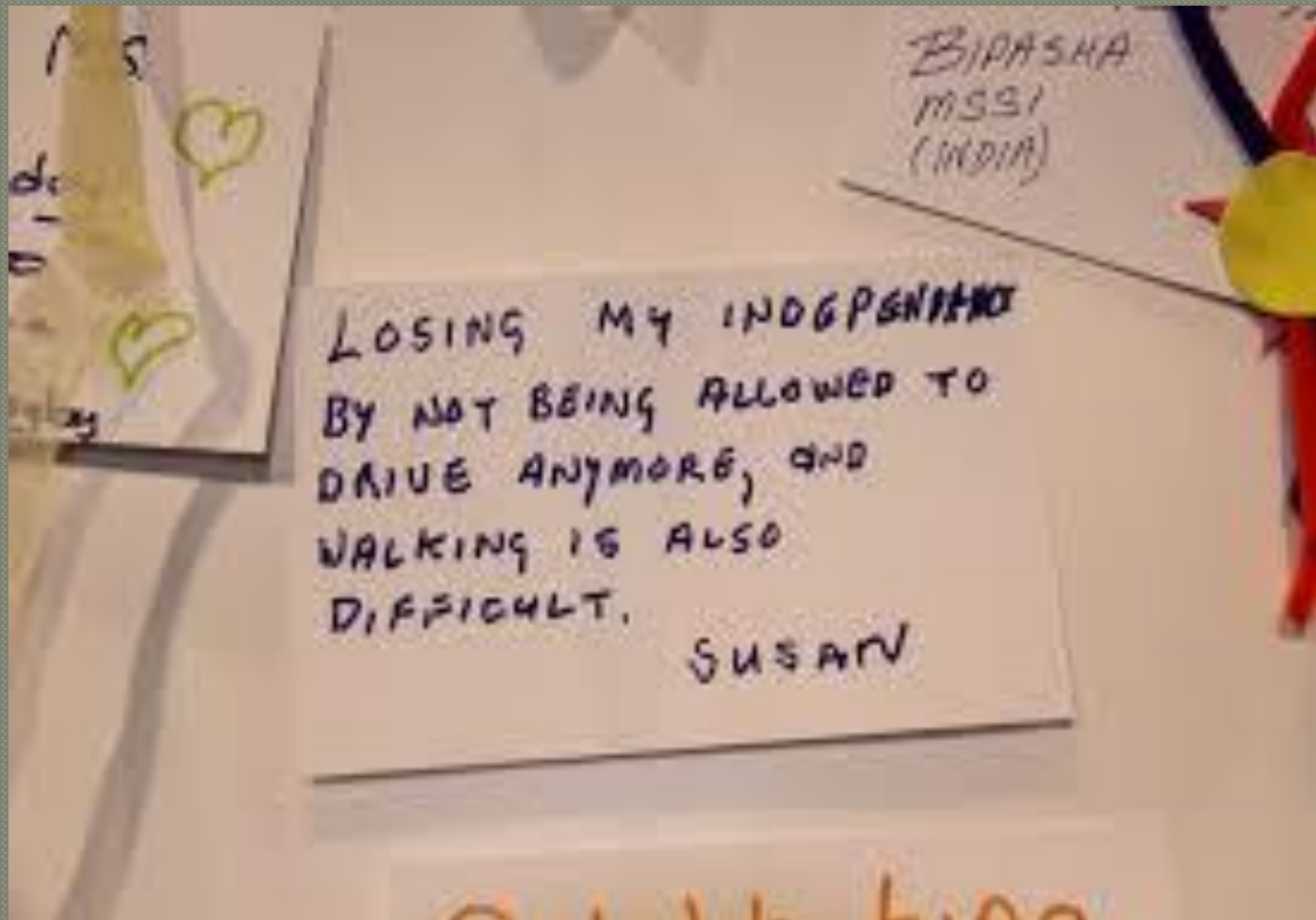
BORING

EXACT

FAT

BRAVE WARRIORS

# Becoming Dependent



# Finishing Well



There must be a beginning of any great matter,  
but the continuing unto the end until it be  
thoroughly finished yields the true glory.

(Francis Drake)

[izquotes.com](http://izquotes.com)

“To everything there is a season, A time for every purpose  
under Heaven: A time to be born and a time to die.”  
Ecclesiastes 3:1-2



## Advice From An Old Man

by [brighteyes](#), posted Jun 16, 2007

A 92-year-old, petite, well-poised and proud man, who is fully dressed each morning by eight o'clock, with his hair fashionably combed and face shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet sheets that had been hung on his window.

"I love it," he stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

"Mr. Jones, you haven't seen the room; just wait."

"That doesn't have anything to do with it," he replied.

"Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged ... it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do."



"Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away. Just for this time in my life."

"Old age is like a bank account. You withdraw from what you've put in."

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

# Celebrating What's Right

<http://celebratewhatsright.com/tedx>

# It's Not Over Till It's Over...

- Go out into the world looking for the goodness of God.
- Go out with the courage and faith to trust in God's goodness.
- Go out with an open mind and heart.
- You may discover something new...still.

# FINISH WELL



# Comments or Questions?

