

Living Lent | Friday, March 26

Tammy Fincher

Growing Old God's Way

Today's Reading: Psalm 71:1-14

Be to me a rock of refuge, to which I may continually come; you have given the command to save me, for you are my rock and my fortress.

Psalm 71:3

Encouragement for the Lenten Journey:

Most of us would say that we would like to live to a ripe old age. As we do, as we grow older, we recognize that stuff happens: perhaps we outlive our friends, we have a few more aches and pains, and we may at times feel lonely and forgotten. Maybe you feel like you have lost meaning and purpose. I have a saying; if you're still breathing God's not done with you. So, if you can relate to any of these things, I have good news for you.

David actually wrote this Psalm in his older years. He was looking to God for help, encouragement, and strength. No matter our present age or circumstance, God is the place to go for our help. When we look to God we find reason to be glad and rejoice. Sometimes we need a second reminder to not focus on our circumstances but to look to God, for that is where our

help comes from.

David found meaning in his life and joy, by praying to God, following His ways, and looking for God's leading and help through this journey called life. He begins the Psalm with a prayer: He writes "In you, O Lord, do I take refuge; let me never be put to shame!" He also prays that God would deliver and save him, not cast him off or be far from him.

David had confidence and faith in God. He looked to God for protection. He calls God his rock and his fortress. Who do you look to for help as you get older? The Psalmist knows he needs God even more as he gets older. God promises to be with us each step of life's journey. He promised to never leave us or forsake us. Hopefully, that promise brings you peace as you handle what life brings to you.

David had problems. He admits

that he has been through "many troubles and calamities". Please don't think that just because you have problems or difficulties God has left you or doesn't care. Sometimes God allows troubles to show you that he is there by teaching us to look to Him. So bring all your thoughts and worries to God. "Cast all your cares on Him, for He cares for you". Lift whatever is going on in your life up to God in prayer. David remembered all the things God had brought him through and began to give God thanks and praise for everything He had done thus far.

As we are in this season of Lent, I pray that each of us will remember that God has done great things in our lives and thank Him for it. God is trustworthy. He has redeemed us and will care for us all throughout our lives. Begin your day with prayer, tell God your problems, and live each day with a thankful heart praising God. You'll find you feel happier and discover that your life has more meaning and purpose. Be blessed and be a blessing to someone else today.

Contributor and Contributing Body of Christ:

Rev. Tammy Fincher, pastors Life Spring/Hagan UMC. She has one daughter, Amanda, a son-in-law, Charlie, and two grandchildren, Tucker and Tanslie. Tucker is a seventh grader at South Tattnall Middle School. Tanslie is in kindergarten s at South Tattnall Elementary School. Tammy enjoys anything nature; hiking, kayaking, mountains, and the beach. She also enjoys photography. Her sports teams are Atlanta Braves and Georgia Bulldogs. Her home is Glennville, Ga.