

Here is a humorous poem that reminds us of what happens when we grow old!

“I Forget”

Just a line to say I'm living,
that I'm not among the dead
Though I'm getting more forgetful
and all mixed up in my head.

I got used to my arthritis
to my dentures I'm resigned.
I can manage my bifocals,
Oh, but how I miss my mind.

For sometimes I can't remember,
As I stand there at the stairs,
if I must go up for something,
or I just came down from there.

And before the fridge so often,
my poor mind is filled with doubt.
Have I just put food away or
have I come to take some out.

And there's times when it is dark,
with my nightcap on my head,
I don't know if I'm retiring,
or just getting out of bed.

So if it is my turn to write,
there's no need in getting sore,
I may think that I have written,
and don't want to be a bore.

So remember that I love you,
and I wish you lived near by,
Now it's time that I must mail this,
so I must tell you good bye.

Here I stand beside the mailbox,

with my face so very red,
Instead of mailing you my letter,
I just opened it instead.

Note: I can't remember who wrote this,
Jim

- By the time a man is wise enough to watch his step, he's too old to go anywhere.
- Middle age is when he is cautioned to slow down by his doctor instead of by the police.
- Middle age is having a choice of two temptations and choosing the one that will get you home earlier.
- You know you're into middle age when you realize that caution is the only thing you care to exercise.
- Don't worry about avoiding temptation. As you grow older, it will avoid you.--

- An older man met and courted an older woman. He chose a bench in a lovely park to propose to her. In the old-fashioned style, he got on his knees in front of her and said, "I have two questions. First, will you marry me?"
"Yes, I will," she answered. "And what is your second question?"
The older gentleman replied, "Will you help me up?"
- The good news about middle-age is that the glass is still half-full.
Of course, the bad news is that it won't be long before your teeth are floating in it.

Robert McQuilken is credited with having said this in a letter written in 1973:

““I think God has planned the strength and beauty of youth to be physical. But the strength and beauty of age is spiritual. We gradually lose the strength and beauty that is temporary so we'll be sure to concentrate on the strength and beauty which is forever. And so we'll be eager to leave the temporary, deteriorating part of us and be truly homesick for our eternal home. If we stayed young and strong and beautiful we might never want to leave! It's sad to see people struggle so frantically to preserve the physical, never developing the strength and beauty of spirit. In the end they are left with neither — weak and impoverished in body and spirit.””

Psalm 71 - *A Psalm for Growing Old*

AUTHOR -

possibly David

Hebrew text has no author

LXX attributes to David

Psalm applies to all of the righteous

As I Grow Old. . .

1. As I Grow Old, I **RECALL** that **God has been watching over me.**
 - a. V. 5, 6, 17
 - b. Reflection gives way to WORSHIP

2. As I Grow Old, I **REJOICE** that **God will not let me down now.**
 - a. V. 9, 18
 - b. 1 Thess 5:23-24. Context = God's complete deliverance. "The one who calls yo is faithful and he will do it"

3. As I Grow Old, I **RELY on God to be my strength.**
 - a. V. 1-3
 - b. Psalm 37:25 "*I was young and now I am old, yet I have never seen the righteous forsaken or their children begging bread.*"

4. As I Grow Old, I **REPRESENT God's Deliverance to the Lost.**
 - a. V. 10-13
 - b. We become a walking witness
 - c. Bubar's advice

5. As I Grow Old, I **RE-TELL God's righteous acts to the Young.**
 - a. V. 14-17
 - b. Titus 2:4-5 (old women to young)
 - c. Titus 2:6 (old men to young)

6. As I Grow Old, I **REVERE GOD more than earthly things**
 - a. V. 19-25
 - b. 2 Timothy 4:6-8 "6)For I am already being poured out like a drink offering, and the time has come for my departure. 7)I have fought the good fight, I have finished the race, I have kept the faith. 8)Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing."
 - c. I have been with saints ready to leave this world.