

NOTHING
BETWEEN

NOTHING BETWEEN

A DEVOTIONAL FOR SENIORS

D I A N E H A R P E R



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To those on the Senior Citizen journey,

*Thou wilt make known to me the path of life;
In Thy presence is fullness of joy;
In Thy right hand there are pleasures forever.
(Psalm 16:11)*



A FEW WORDS ABOUT THIS BOOK...

WHY IS IT I never thought I would be a senior citizen? Now that I am one, I realize that others share this journey, which prompted the writing of this devotional book. God's truths are for everyone, no matter what our age, but those of us who are seniors can benefit from one another's wisdom as we journey together on this unfamiliar road.

This book is divided into fifty-two weeks. Each entry has a specific topic with questions for each day or a general question for the week. There is space to write your answers, comments, or notes. There is no set order to the presentation of each week, except those specified as holiday weeks.

Because it can be easy to forget a daily reading or devotional, I suggest that you read each week's devotion every morning. This will provide you with an opportunity to keep it in your mind and record how God spoke to you at the end of each day.

God's blessings!

Diane



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AGING



GRACEFULLY?

Read: Psalm 92:12-15

Wisdom is with aged men, With long life is understanding.
(Job 12:12)

THERE WAS A little card on my mother's dressing table that I remember seeing through the years. I believe it was a slogan provided by a make-up company. It read something like this: "I don't intend to grow old gracefully, I intend to fight it every step of the way!" In some ways, that's a good attitude to abide by, to keep mind and body as healthy and active as possible, but there also must be an acceptance that the aging process is how God created us, and his plan includes changes that we must receive gracefully and thankfully, especially how we age physically. In addition, we must face aging as it relates to our career, an empty nest, retirement, and a host of other changes that are all part of this journey.

As I reflect on King David's life, I find many good examples of how he handled issues of aging with grace. David's heart desire was to build a house for God, but God told him, "...your son who will be born to you, he will build the house in My name" (1 Kings 8:19). Years later, when he was almost killed in battle, David's men asked him to hang up his sword. It was difficult for David to admit that he was no longer the great and mighty warrior he had once been. His wisdom in leading the nation was to be wherever his nation needed him, not on the battlefield (2 Samuel 21:15-17). When David neared the end of his life, he made sure that his son, Solomon, was on the throne and prepared with all he needed to build the temple. In 1 Kings 2:1-9 David's last words to his son are recorded, his affairs now in order. As he lay dying, perhaps the hardest change to accept was when a young girl had to be found to keep him warm because covers alone were not adequate in his advanced years (1 Kings 1:1-4).

Many seniors have been healthy, independent and self-sufficient for so long that they fight against help of any kind, making life unpleasant and difficult for their loved ones, and perhaps even themselves. As we age, we must use the examples of David, the mighty

warrior and king, to admit to ourselves the changes needed to embrace God's plan for our senior years.

Prayer:

Father God, as I am aging, help me to realize that I don't have the strength or health "to do it all." I don't need to dig in my heels and protest the help that I may require, or the changes you want me to make. Help me to grow old gracefully, be a blessing to my loved ones, and bring you the glory. Amen

Thought for the Week:

I want to be remembered as someone who grew old gracefully.

Questions to Reflect Upon:

Monday:

In what ways are you fighting the aging process? Is this fight harmful to your body or spirit in any way?

Tuesday:

What process of aging have you accepted?

Wednesday:

What process of aging are you not accepting?

Thursday:

Think of someone who is older that you admire. How has this person grown old gracefully?

Friday:

What is your attitude going to be if and when you are totally dependent on others?

Saturday:

Do you think David aged gracefully?

Sunday:

Think of another biblical character who aged gracefully.



AN INSIDE PASSAGE

Read: 2 Corinthians 4:17-18

“For I know the plans I have for you,” declares the Lord, “plans for welfare and not for calamity to give you a future and a hope.”
(Jeremiah 29:11)

THINK OF A time when it seemed so important for you to know the future. As a senior citizen, I want to know how long I will live, if I will have fairly good health, and if I will possess a sound mind. We wonder about many things, but in reality, it would not be good to know these answers. It has often been said that if we could see everything that would happen in our lives, we would not be able to handle it. We would opt to end it all before one more day dawned.

God does provide us with a glimpse of possibility that may or may not happen. A teachable moment or a specific learning place can prepare us for whatever He has planned. As we look to the future, it is important to remember that we will always have his promises that cover all of the “what ifs.”

Helping to care for my eighty-seven-year-old mom gave me a glimpse, or maybe a wakeup call, to some of the physical changes I can most likely expect in the future. My mom and I are the same size and build. As I helped her dress and shop for clothes, I became aware of her aging, withering body, but the real shocker came when I took a good look at my own aging, sagging body. I’m already on my way!

We get so caught-up in outward appearances that we live in denial that we will ever be sagging and wrinkled. We spend time and money avoiding or trying to prevent what is inevitable. More important than the outward passage of aging, is the inward passage. I am a senior, but those who are even more senior give me a look into the inward passage that I would do well to heed. I observe and know seniors who are so full of life and ready for adventure, often in spite of physical limitations. I want to be that way, open and ready for whatever is next in God’s plan. I don’t want to resist change or live in

fear of future “what ifs.” Following the example of these active seniors will spur me on to finish strong.

Prayer:

Father God, as one of your seniors, help me to focus on what really counts. Rather than worry about the outward changes taking place, allow me to concentrate on the inward changes that you are working through me. Amen.

Thought for the Week:

Wrinkles and wisdom often go together.

Monday:

Ask yourself why you want to look years younger than you are.

Tuesday:

Will you be open to any major change God may have in store for you?

Wednesday:

What health “what ifs” are you concerned about?

Thursday:

Are you reaching out, looking for new adventures, and interests?

Friday:

What wisdom have you gained along with your addition of wrinkles?

Saturday:

Is there someone who could benefit from the wisdom of your life experiences?

Sunday:

Ask God to lead you to a younger person who needs mentoring.



OLD

Read: Psalm 71:17-18

Therefore we do not lose heart, but though our outer man is decaying,
yet our inner man is being renewed day by day.

(2 Corinthians 4:16)

AFTER THREE YEARS in the Navy, we came back home with a six-month-old daughter and moved into our first home. Across the street lived a sweet, elderly couple who welcomed us and were so helpful to a young couple with their first child. This past December, a young couple moved in across the street from us with *their* first child. With that occurrence came the shock that now *we* were the elderly couple across the street!

I had pushed the thought of ever being old from my conscious mind, yet slowly the reality of the aging process showed itself. The mirror didn't lie. Subtle health issues appeared, energy flagged, and then the faces of my parents stared back at me, "Old." I am afraid for them, but more so for myself, because I, too, am on my way "there." God's promise to me, however, is that he is renewing my inner man, in spite of what is happening to the outer one. God has always been more concerned with the issues of the heart and my relationship to him. In this aging process, he has promised to never leave me in the face of whatever lies ahead.

Prayer:

Father God, you cannot renew my "inner man" without my cooperation. May I be open to your will as you subtract the "old" in my life and add the "new" day-by-day. Amen.

Thought for the Week:

My neighbor says, "Still living, still learning!"

Are you still living? Are you still learning? What have you learned today?

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday