

Senior Meditations

SENIOR MEDITATIONS

A DEVOTIONAL BOOKLET

OF

EVERYDAY CONCERNS IN

ALPHABETICAL ORDER

AND

A POETRY SECTION

Senior Meditations

FOREWARD

There was a certain Senior who felt the need to ponder some issues related to her age and actions now that she had grown older. With the help of God, prayer and the Bible, this booklet was the result. If anyone feels they would like a copy for themselves or a friend, they are free for the asking.

Note:

Symbols used to denote Bible versions:

KJ King James

RSV Revised Standard Version

NIV New International Version

LB Living Bible

ML Modern Language

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A IS FOR ANXIETY

CAST ALL YOUR **ANXIETY** ON HIM (GOD) FOR HE CARES FOR YOU.
1 Peter 5:7 NIV

AN ANXIOUS HEART WEIGHS A MAN DOWN BUT A KIND WORD CHEERS HIM UP.
Proverbs 12:25 NIV

DO NOT BE **ANXIOUS** ABOUT ANYTHING, BUT IN EVERYTHING IN PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD, AND THE PEACE OF GOD WILL GUARD YOUR HEARTS AND MINDS IN CHRIST JESUS.
Philippians 4:6-7 NIV

Anxiety is the cancer of our spirits. It keeps growing. It gives pain. It destroys our peace of mind and like cancer it is very hard to destroy.

The Great Physician is able to help us. We need to go to him and explain our problems and put our confidence in his power to eradicate this "disease". Just as in a doctor's office, we are asked to pay our bill before the cure is completed. We must thank God, (a small thing to do) and then believe all is well. Then God promises peace. Also He will send a "guard" to keep us from being re-infected. That guard is Jesus.

I like this statement, "**ANXIETY** drives us to prayer and prayer drives away **anxiety**" 1. Another good thought comes from Proverbs in the scripture above. A kind word from us may be able to help someone's **anxiety**.

PRAYER:

Great Physician, please heal and guard us from **anxiety** attacks. Amen

1 Author unknown

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B IS FOR BREAD

GIVE US THIS DAY OUR DAILY **BREAD**.
Matthew 6:11 RSV

I AM THE **BREAD** OF LIFE. HE THAT COMES UNTO ME WILL NEVER GO HUNGRY.
John 6:35 NIV

MAN DOES NOT LIVE BY **BREAD** ALONE BUT BY EVERY WORD THAT COMES FROM THE MOUTH OF GOD.
Matthew 4:4 NIV

We have all prayed hundreds of times "Give us this day our daily **bread**" thinking of how good it was of Jesus to be concerned about the food we need. But as I read other passages about Jesus being the **bread** of life, I wonder if there might be a deeper meaning in the words, "**daily** bread".

Could He mean we need to feed on Him daily--reading his words, pondering on the fact that he promises to satisfy our hunger? Could it mean we need daily devotion time, daily prayer time, and a thorough digestion of God's word? Is this what will keep us well fed and healthy?

Bread is a staple of food in almost every country of the world. We enjoy our daily bread no matter what variety it may be. But in the world of Christians Jesus is the staple food we should eat.

PRAYER:

Give us this day the daily bread that we really need. In Jesus name.

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C IS FOR COMPLAINING

DO NOT **COMPLAIN** AGAINST ONE ANOTHER.
James 5:9 ML

DO EVERYTHING WITHOUT **COMPLAINING** OR ARGUING.
Philippians 2:14 NIV

THEY (ISRAELITES) **GRUMBLED** IN THEIR TENTS.
Psalms 106:25 NIV

When my morning newspaper didn't come I called and **complained**. I was told they would bring one shortly. I waited all day and did some more **complaining**, at seven in the evening one arrived but when I opened it, I found it was yesterday's edition. God finally got his message through to me. "Quit making a fuss about a little error; try to be thankful for all the days you got it on time." I was no better than the ungrateful Israelites.

Why does God frown on **complaining**? It is a way of judging others perhaps unfairly. It is forgetting to be thankful in all things. My **complaining** can make other people unhappy or irritated. There is a difference in trying to right a wrong and just bellyaching about an error.

PRAYER:

Please help me stop complaining and replace it with gratitude. Amen

See "Thoughts for a Discouraged Farmer" in Poetry Section.

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D IS FOR DEATH

THOUGH I WALK THROUGH THE VALLEY OF THE SHADOW OF **DEATH** I WILL FEAR NO EVIL.
Psalm 23:4 NIV

WHOEVER HEARS MY WORDS AND BELIEVES HIM WHO SENT ME, HAS ETERNAL LIFE.....HE HAS
CROSSED OVER FROM **DEATH** TO LIFE.
John 5:24 NIV

HE WILL WIPE AWAY ALL TEARS FROM THEIR EYES. THERE WILL BE NO MORE **DEATH** OR
MOURNING OR CRYING OR PAIN.
Revelation 21:4 NIV

By the time we are seniors we have most likely felt the pain of **death** many times
among families or friends. We have also thought of the time when we will
experience it ourselves.

Even though we are Christians we will have mixed emotions about **death**. There is
an ache in our hearts and an awareness of someone missing. God understands this.
He also points out the joyous side of **death**.
Moving into a heavenly home, leaving behind pain and care, accepting a new
challenge, a new closeness to God, will be far more wonderful than the old life.

So **death** is not a dark, gray, sad time.
It is light, color, joy and like solving a mystery at last. And we move into an
era that has no end.

PRAYER:

Thank you for loving us so much that you have made a way for us to be with you
in heaven. Amen

See "Rainbows" in Poetry Section.

E IS FOR EVERYTHING?

ALWAYS GIVE THANKS IN **EVERYTHING** IN THE NAME OF OUR LORD JESUS CHRIST.
Ephesians 5:20 NIV

GIVE THANKS IN **ALL CIRCUMSTANCES** FOR THIS IS GOD'S WILL FOR YOU IN CHRIST JESUS.
1 Thessalonians 5:18 NIV

SHALL WE ACCEPT GOOD FROM GOD AND NOT TROUBLE?
Job 2:10b NIV

You want me to give thanks in **everyTHING**, LORD? Even for my arthritis pain, my root canals, for accidents, for family problems, and for death of a loved one? Or did you mean in the midst of my problems? During my problems, do you want me to find things to be thankful for?

I feel much like Job in trying to sort things out. He said, "I spoke of things I do not understand"¹ It is so much easier to accept good than trouble.

Does God want to use us as examples to others in the way we react in trouble? Is there a task for me to perform in these bad times? How can I find strength to do what God desires? I better pray and listen to the Holy Spirit.

PRAYER:

Please be patient with me Lord and I'll try to do better at being thankful. Amen

See "Arthritis Blessings" in Poetry Section

¹ Job 42:3

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F IS FOR FRIENDS

A **FRIEND** LOVES AT ALL TIMES.
Proverbs 17:17 NIV

GREATER LOVE HAS NO ONE THAN THIS, THAT HE LAY DOWN HIS LIFE FOR HIS **FRIENDS**.
John 15:13-14 NIV

JESUS SAID, "I HAVE CALLED YOU **FRIENDS**".
John 15:15c NIV

Make new **friends** but keep the old; One is silver and the other gold.¹ **Friends** really are a treasure we need to hold on to. They are ready to help us, to pray for us, to give love, and to share ideas and time. And then we can do the same for them.

The most wonderful **friend** of all is Jesus. He saw that we had sinned and deserved to be punished. So he took the punishment we should have when he died for us. He asks us simply to do what he commanded--love God and others, if we are his **friends**.

Is there someone around me who needs a **friend**? Could it be the beauty operator who is going through a divorce? Could it be the neighbor who is not able to get out? What about the stranger at church? I'm not a very "out-going" person. I hesitate to speak out. I'm sure that's an excuse.

PRAYER:

Thank you for your **friendship** and give me the courage to be a **friend** to others.
Amen

1 Author unknown

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G IS FOR GIVING

FREELY YOU HAVE RECEIVED, FREELY GIVE.

Matthew 10:8c NIV

EVERYTHING COMES FROM YOU (GOD), AND WE HAVE **GIVEN** YOU ONLY WHAT COMES FROM YOUR HAND.

1 Chronicles 29:14b NIV

BRING THE WHOLE TITHE INTO THE STOREHOUSE.

Malachi 3:10a NIV

The poor widow **gave** all she had—two small coins.¹ Dorcas **gave** her time and talent to sew for the needy.² Moses asked the Israelites with a willing heart to **give** their resources and talents to help build the tent church. They responded so willingly with resources and talents until they had more than enough.³

What does God want me to do about **giving**? All that I have in money, time and talent comes from him. I am just the caretaker or the manager. He asks for a tithe of it. When I think about it that seems like a very little bit. I should be willing to do that and some extra gifts if I can use the rest for myself.

God doesn't want us to publicize our **giving**.⁴ No praise should go to us but to God the source. That's why I'm not really happy about church pledges and envelopes.

PRAYER:

Thank you for entrusting me with your resources. Grant me wisdom. Amen

1 Luke 21:2

2 Acts 9:36-42

3 Exodus 35

4 Matthew 6:1

H IS FOR HEARING

HE WHO HAS EARS, LET HIM **HEAR**.

Matthew 11:15 NIV

HE WHO BELONGS TO GOD, **HEARS** WHAT GOD SAYS.

John 8:47 NIV

Most of us do not **hear** God's voice audibly as the prophets did or the way people heard the words of Jesus. But the Bible tells us that God is the same yesterday, today and forever.¹ If that is true, He must be speaking to us now.

Is that one of the reasons why the Holy Spirit was sent to us? He is right in our hearts--even closer than God or Jesus was in Bible times. That sounds wonderful because he is so close and so personal. But am I listening? Am I tuned in?

Probably each of us has to find his or her way of listening. For me, it means I must sit quietly, free my mind of my own thoughts, ask God to speak through his Holy Spirit and then wait for answers to come into my mind. Usually I **hear**. Sometimes He surprises me with a message at an unexpected time...when I am reading devotions, listening to a sermon or praying.

PRAYER:

Help me stay tuned in, Lord. Amen

¹ Hebrews 13:8

I IS FOR INSPIRATION

BUT THERE IS A SPIRIT IN MAN, AND THE **INSPIRATION** OF THE ALMIGHTY GIVETH THEM UNDERSTANDING.

Job 32:8 KJ

ALL SCRIPTURE IS GIVEN BY **INSPIRATION** OF GOD AND IS PROFITABLE FOR DOCTRINE, REPROOF, FOR CORRECTION IN RIGHTEOUSNESS, THAT THE MAN OF GOD MAY BE PERFECT, THOROUGHLY FURNISHED UNTO ALL GOOD WORK.

2 Timothy 3:16-17 KJ

Inspirational moments! Aren't they wonderful? We feel our hearts stirred as we read or hear something, scripture, music, sermons, news items, or shows. We may see something in nature or see a deed of love and kindness. We may feel God's presence warmly in our thoughts or in answered prayer. And aren't we glad God **inspired** the Bible writers, the apostles, the musicians such as Handel and evangelists such as Billy Graham?

I remember sitting in an outdoor worship service on the rim of the Grand Canyon one Sunday morning and my heart nearly burst with the joy and beauty. I was touched in spirit by the beautiful voice of a grandson as he sang "How Great Thou Art" at his Grandpa's memorial service.

When I am **inspired** what do I do? Do I share or witness? Do I grow in understanding?

PRAYER:

Thank you God for these special moments and help us to be an inspiration to others. Amen.

J IS FOR JOINED

WHAT GOD HATH **JOINED** TOGETHER, LET NO MAN PUT ASUNDER.
Matthew 19:6 KJV

HE THAT IS **JOINED** UNTO THE LORD IS ONE SPIRIT.
1 Corinthians 6:17 KJV

WE WILL NO LONGER BE INFANTS...BUT WE WILL GROW UP INTO HIM WHO IS THE HEAD
.....**JOINED** AND HELD TOGETHER BY EVERY SUPPORTING LIGAMENT.
Ephesians 4:14-16 NIV

We are **joined** in marriage, the two becoming one. We may be **joined** with others in business, in clubs or in church. But to be **joined** to God through Christ is the essential union.

The Devil worked hard to get Jesus to join him during the 40 days in the wilderness.¹ How was he able to resist? He was **joined** to God so closely; he could use God's words to fight temptation.

Here's a lesson for us. When we are tempted, remember God stands ready to keep us from stumbling.² Can't you just picture his outstretched hand, right there for us to grasp? I suppose the Devil has his hand out, too.

PRAYER:

Hold my hand tightly, God. I need your strength and wisdom to flow into my mind and body like a transfusion.
Amen.

¹ Matthew 4:1-11
² Jeremiah 13:16

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K IS FOR KNOWLEDGE

THE FEAR OF THE LORD IS THE BEGINNING OF KNOWLEDGE.
Proverbs 1:7 NIV

IF I HAVE ALL KNOWLEDGE BUT HAVE NOT LOVE, I AM NOTHING.
1 Cor 13:2

When we listen to the program Jeopardy on TV we marvel at the amount of **knowledge** the contests have. But when we read the Bible our concepts of **knowledge** begin to change. Remember King Solomon had a lot of **knowledge** but his life got out of hand.¹

Should we begin a child's education with the ABC's or follow the advice found in Proverbs (above)? Is a person really educated and worth something without love? (above) Why is love so valuable? Paul said, "**Knowledge** puffs up but love builds up."² Persons without the love and fear of God have no restraints on their actions. A very educated chemist probably invented chemical warfare and we see similar examples in other fields.

God has all **knowledge** but He also has unlimited love. He is our example. As Seniors we should use our **knowledge** and love to help children. Parents may not always have enough time to read Bible stories, teach verses or listen.

PRAYER:

Grant your kind of knowledge and love to us in our latter years. Amen

1 I Kings

2 I Cor 8:1-3

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L IS FOR LAWS

WE KNOW THAT **LAW** IS GOOD IF ONE USES IT PROPERLY.
1 Timothy 1:8-9 NIV

NO ONE WILL BE DECLARED RIGHTEOUS IN GOD'S SIGHT BY OBSERVING THE **LAW**:
RATHER WE BECOME CONSCIOUS OF SIN.
Romans 3:20 NIV

THE **LAW** WAS OUR SCHOOLMASTER TO BRING US TO CHRIST.
Galatians 3:24 KJV

Life would be a mess without **laws**. If we break a **law** we deserve to be punished. Long ago, God made a set of **laws** known as the Ten Commandments. This was so people would know what was right and wrong.

Jesus came and said that no one could be perfect and all might break some of the **laws**. But if we were really sorry and asked forgiveness from God, then we would not be punished. Jesus took our punishment for us.

Jesus said his idea of the **law** was to love God and to love other people.¹ If we stop to think about it, if we do love people we won't lie, steal or kill. If we love God we will worship Him and accept his help in our lives. So the **law** just reminds us of what God wants us to do.

PRAYER:

Help me to obey laws, especially the ones you made. Thanks for forgiving me.
Amen

1 Luke10:27

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M IS FOR MIND

LOVE THE LORD YOUR GOD WITH ALL YOUR MIND...

Matthew 22:37 NIV

SET YOUR MIND ON THINGS ABOVE NOT ON EARTHLY THINGS.

Colossians 3:2 NIV

PROVE ME O LORD, AND TRY ME, TEST MY HEART AND MIND.

Psalms 26:2 RSV

There is a commercial that says, "A mind is a terrible thing to waste." We Seniors are told, "use it or lose it" As long as we can, we should keep on reading, writing, communicating, and listening to programs that make us think.

Paul said, "Be transformed by the renewing of your mind."¹ I guess we need to think new thoughts and gain new understanding. God is able to give us new insights as we read the Bible or listen to sermons.

Does your mind wander during prayer or worship? Mine does. I have to ask God to get me back on track when this happens. God and Satan both are able to use our minds. But "thou dost keep him in perfect peace, whose mind is stayed on thee."²

PRAYER:

Thank you for my mind and please help me to use it right 11' Amen

¹ Romans 12: 2

² Isaiah 26:3

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N IS FOR "NOT Mine"

THE WORD WHICH YOU HEAR IS **NOT MY OWN** BUT THE FATHER'S WHO SENT ME.
John 14:24 NIV

FATHER IF YOU ARE WILLING TAKE THIS CUP FROM ME, YET **NOT MY WILL** BUT YOURS BE DONE.
Luke 22:42 NIV

BUT TO SIT ON MY RIGHT HAND OR MY LEFT IS **NOT MINE** TO GIVE.
Mark 10:40 KJ

Jesus submitted to the will of God while here on earth. The words he spoke were God's. He went to the awful suffering on the cross because it was God's plan. Paul learned to put God's will first. He asked to be healed but God said "no" so Paul accepted the decision. Why is it so hard for me to obey God's will **not mine?**

I want to choose how I use my time but Lord it's your time **not mine.**

I like to buy things I want but Lord it's your money **not mine.**

It's fun to take credit for things I do but you should be praised **not me.**

I like to call them my family but I know they are under your care **not mine.**

It's so easy to judge others but that's your responsibility **not mine.**

PRAYER:

Forgive me. Help me. Teach me. Amen.

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O IS FOR OPEN

YOU HAVE NEITHER HEARD NOR UNDERSTOOD: FROM OF OLD YOUR EAR HAS NOT BEEN OPEN..
Isaiah 48:8 NIV

THE LORD **OPENED** LYDIA'S HEART TO RESPOND TO PAUL'S MESSAGE.
Acts 16:14 NIV

THEN HE (JESUS) **OPENED** THEIR MINDS SO THEY COULD UNDERSTAND THE SCRIPTURES.
Luke 24:45 NIV

God seems to think we need to be **open** with our ears, our eyes, our hearts, and our minds and with even our mouths at the right time. Balaam was able to prophecy because his eyes were **open** to God.¹ Paul was able to do God's work because he was **open** to God's direction after his conversion. On the road to Emmaus the travelers did not even recognize Jesus until he **opened** their minds.²

How can I **open** myself to God? I doubt if I can do it on my own. Jesus told us just to "knock and it will be **opened** to us."³ In other words I need to be willing to have him **open** me up. When God has something for me to hear, see, or do; I pray that I won't be blind def and dumb. I want to walk up to the door and knock loudly so He can **open** me.

PRAYER:

Please keep me knocking and open to you. Amen

- 1 Numbers 24:3
- 2 Luke 24:13 ff
- 3 Matt 7:7

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P IS FOR PRAYER

PRAY CONSTANTLY.
1 Thes. 5: 17 RSV

THE PRAYER OF A RIGHTEOUS MAN (or woman) IS POWERFUL AND EFFECTIVE.
James 5:16 NIV

One of the blessings of being a retired Senior is having time to do what you really want to do. But God wants us to use a portion of each day in communion and service to him. **Prayer** is our first priority. Even though we may not be able to **pray** constantly, we can **pray** at any time. We need to get to know God so well that we can tell him anything, thank him for all things, praise him and give him our concerns and cares.

Does the **prayer** of a righteous person really have great power? Even if it does am I really righteous? Not really until God forgives my sin. So it is important for God to clean me up as I start to **pray**.

"Our **prayers** are pipes from the source of water (God) to the ones or things for which we are **praying**. Pipes determine the direction but the water brings the life sustaining benefits."¹ I must not allow sin to clog the pipes or corrode them.

PRAYER:

Thank you for always being there to listen, to love and forgive. Amen

¹ Adapted My Prayer Journal by Welchel

Q IS FOR QUESTIONS

AFTER THREE DAYS THEY FOUND HIM (JESUS) IN THE TEMPLE COURTS SITTING AMONG THE TEACHERS...ASKING **QUESTIONS**.

Luke 2:46 KJ

THE SADUCEES CAME TO HIM WITH **QUESTIONS**

Matthew 22:23 NIV

BUT FOOLISH AND UNLEARNED **QUESTIONS** AVOID.

2 Timothy 2:23 KJ

When I was teaching children in Sunday school, I was bombarded with **questions** about God, heaven and miracles. Jesus evidently did the same thing when he was a child. As adults we still wonder about many things, such as death, disasters, morals, crimes, and our future.

How and where can we find answers? Sometimes we find answers in the Bible, in devotional material or in-group study. Other times we find no real answers. We must remember we can never fully understand God as his thoughts are higher than ours.¹ Paul said "now we see through a glass darkly."² But someday we will get our answers. Won't heaven be exciting?

There are some **questions** we should avoid. Paul called them foolish and unlearned because they cause controversy and divisions.

PRAYER:

Help me to accept your plan and not worry about things I can't answer.

1 Isaiah 55:9

2 1 Corinthians 13:12

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R IS FOR REMEMBERING

SOME TRUST IN CHARIOTS: SOME TRUST IN HORSES, BUT WE WILL **REMEMBER** THE NAME OF THE LORD OUR GOD.

Psalm 20:7 KJ

THIS DO IN **REMEMBRANCE** OF ME.

Luke 22:19

REMEMBER THE SABBATH DAY BY KEEPING IT HOLY.

Exodus 20:9 NIV

REMEMBERING can be difficult for some of us, as we grow older. We must try to concentrate on **remembering** what is essential--God is our Father. He loves us. He forgives us. He is always there for us. He asks us to worship and serve Him. He asks us to **remember** the sacrifice of His' Son, which we emphasize in our communion services and prayers.

While Jesus was here on earth He told his disciples many things. Then He knew they might not **remember** all of them so He sent the Holy Spirit to remind them again.¹ I believe this service is available for us too. There have been many times when I misplaced something important or forgot momentarily to do a task. Then all the sudden a suggestion or thought popped into my mind. It just had to be God working through the Holy Spirit. I'm so grateful the Spirit helps us in our Infirmities²

PRAYER:

Thank you God for understanding my weaknesses and giving help. Amen

¹ John 14:26

² Romans 8:26

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S IS FOR SUFFERING

WE REJOICE IN OUR **SUFFERINGS**, BECAUSE WE KNOW THAT **SUFFERING** PRODUCES PERSEVERANCE, PERSEVERANCE, CHARACTER, AND CHARACTER, HOPE.

Romans 5:3-4 NIV

CHRIST **SUFFERED** FOR YOU.

1 PET 2:21

I CONSIDER THAT OUR PRESENT **SUFFERINGS** ARE NOT WORTH COMPARING WITH THE GLORY THAT WILL BE REVEALED IN US.

Romans 8:18 NIV

The arthritis pain in my shoulders was intense that night. I didn't think I would ever get to sleep. Then I remembered the awful pain Jesus **suffered** on the cross. Mine was nothing in comparison. Tears came to my eyes as I realized I never really appreciated what he had to bear. And he did it so we will be able to enter a place where there will be no more pain.

ALL FOR ME

Oh how I hurt, dear Jesus;
But shame on me to complain!
Because I now remember
all your agony and pain.
All for me.

Paul seemed to think **suffering** made us stronger and develop other qualities- perseverance, character and hope. It also gives us more sympathy for others who **suffer**.

PRAYER:

Thank you for **suffering** for me and help me to accept my pain. Amen

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T IS FOR TIREDNESS

WHEN MOSES' HAND GREW **TIRED** THEY PUT A STONE UNDER HIM AND HE SAT ON IT.
THEN AARON AND HUR HELD HIS HANDS UP.
Exodus 17: 1.2 NIV

GOD GIVES STRENGTH TO THE WEARY.
Isaiah 40:29 NIV

Not only seniors but all ages get **tired** and stressed out at times. More and more we are advised to find a quiet place, relax and meditate. God told us this long before the psychologist's.¹ It really works. When I grow **tired** I find that a quiet place, a relaxed body and a few Bible verses do wonders.

Moses, when he grew **tired** during a battle, had friends who helped him. In a way this is really help from God as he works through people. I wish the writer of Ecclesiastes in his list of "times"² had included "time to do it yourself and a time to accept help" We seniors like to be independent but help is given in love and should be accepted.

Now I am wondering if God can use me to help someone who is **tired**. I need to listen and watch for such opportunities.

PRAYER:

Thank you, God for being my strength and my redeemer. Amen.

¹ Isaiah 40:31

² Ecclesiastes 3:1-8

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U IS FOR UNGODLY

BLESSED IS THE MAN THAT WALKETH NOT IN THE COUNSEL OF THE UNGODLY.

Psalm 1:1 KJV

THEY ARE **GODLESS**, WHO CHANGE THE, GRACE OF GOD INTO LICENSE FOR IMMORALITY AND DENY JESUS CHRIST.

Jude 4 NIV

CHRIST DIED FOR THE UNGODLY.

Rom 5:6 NIV

Ungodly is a frightening word for me. How terrible it must be, not to know and love God! How lost one must feel without His guidance strength! The book of Jude is very descriptive of the **ungodly**.....Chaff, clouds without rain, trees without fruit, and wild waves of the sea.¹

Before I start shaking my head about these persons I must remember I, too have had moments of denying God's power and failing to do His will. But the wonderful thing is "Christ died for the ungodly." If I am sorry and confess, I have forgiveness.

Jude warns us about following the **ungodly** and pleads with us to help them. Then he closes with the wonderful prayer about paying tribute to the one who can keep us from falling and present us to God without fault.²

PRAYER:

Save me from godless acts use me to help others. Amen

1 and 2 Read the Book of Jude

V IS FOR VICTORY

BUT THANKS BE TO GOD! HE GIVES US THE **VICTORY** THROUGH OUR LORD JESUS CHRIST,
1 **Corinthians 15:57 NIV**

EVERYONE BORN OF GOD OVERCOMES THE WORLD, THIS IS THE **VICTORY**.
1 **John 5:4 NIV**

Victory is joyful whether it comes in a table game or in sports. How much more wonderful it is to win the battles of our lives. Of course the most important one is and always will be the **victory** over sin and death, won by Jesus. He fought it for us.

We humans have so many battles today. The most pressing ones now are drugs, crime, abuse, homelessness, and unemployment. Our leaders have tried many plans with little success. Do we need to take a lesson from the people of Judah when they were overwhelmed by the size and power of their enemy? They trusted God when he assured them that the battle was his, not theirs. **Victory** came and the people praised God.

We Seniors have lots of time to pray not just for ourselves but for the great battles of life. Let's get busy.

PRAYER:

We turn our battles over to you, God for you give the victory. Amen.

1 2 Chronicles 20:13-30

See "The Battle" in Poetry Section

W IS FOR WASHING

HE SAVED US BY THE **WASHING** OF REBIRTH AND RENEWAL BY THE HOLY SPIRIT.
Tit 3:5 NIV

CHRIST LOVED THE CHURCH AND GAVE HIMSELF UP FOR HER TO MAKE HER HOLY, CLEANSING HER BY THE **WASHING** WITH WATER THROUGH THE WORD AND TO PRESENT HER...WITHOUT STAIN OR WRINKLE.
Ephesians 5:26-27 NIV

CREATE IN ME A CLEAN HEART O GOD.
Psalms 51:10 RSV

Are you forever needing to **wash** something around the house--clothes, dishes, faces, windows? I am. I wonder if my heart doesn't need a good **washing**, too. I know it does.

But that is a task we can't do ourselves. We need to turn to God and confess we got into a bit of dirt and need a good cleaning. Jesus has that very special **washing** magic that makes us white as snow.¹ without him we are doomed to go on stained and filthy-not fit for the Kingdom of Heaven. Still he can't do it unless we confess we need his help.² How many times will he forgive us and **wash** us up? Jesus advised his disciples to forgive seventy times seven times so we are assured of his patience.³ So there is no excuse for carrying around a dirty heart.

PRAYER:

Thank you dear Jesus for your cleansing power and love. Amen.

- 1 Psalm 51:7
- 2 1 John 1:9
- 3 Matt 18:21-22

See "Laundry Time" in Poetry Section

Senior Meditations

X IS FOR EXERCISE

BODILY **EXERCISE** IS ALL RIGHT BUT SPIRITUAL EXERCISE IS MUCH MORE IMPORTANT AND IS A TONIC FOR ALL YOU DO. SO **EXERCISE** YOURSELF SPIRITUALLY AND PRACTICE BEING A BETTER CHRISTIAN BECAUSE THAT WILL HELP YOU NOT ONLY NOW BUT IN THE NEXT LIFE, TOO.

1 Timothy 4:8 LB

We Seniors are constantly told to **exercise** our bodies. This is good. The Bible tells us to exercise our spirits, too.

How can we do that?

Could it be such things as Bible reading, devotional books, church attendance, prayer, tithing, visits to the sick and lonely, and sharing our faith with family and friends? - If we have other talents such as music, letter writing, drawing, needlework, or baking, we could **exercise** this way. Even a smiling face does two things-- **exercises** our face muscles and the spirits of two, ourselves and the one we smile at.

Paul's words (above) states that spiritual **exercise** helps us in this world and the next. What a promise that is for us to claim!

PRAYER:

Dear God, prod me to keep active for you and others. Amen.

Senior Meditations

Y IS FOR YEARS TO ENJOY

HOWEVER MANY **YEARS** A MAN (or woman) MAY LIVE, LET HIM (or her) ENJOY THEM ALL.
Ecclesiastes 11:8 NIV

When I woke up this morning I realized God had given me another day to enjoy. When I have another birthday, God is starting me on another **year** to enjoy. Am I ever fortunate! I've had more than the three score and ten. Now my thought is: what am I doing with these **years**? Are they worthwhile? God must have something in mind for them or He wouldn't have let me have them.

The reason can't be just to enjoy nature although I am thrilled over birds, flowers, butterflies, clouds etc. I'm sure God didn't give me this **year** just to enjoy baseball games, music, and food. I get a kick out of reading, writing, and family get-to-gathers. Still I keep on wondering what kind of enjoyment God has in mind for my **years**.

Am I missing opportunities to share God with others? Am I praying for people and causes? Am I sharing my resources with those in need? Is this real enjoyment?

PRAYER:

Thank you God for enjoyable years. Help me to make this joy complete. Amen

Read the poem "I Wonder" in the poetry section.

Senior Meditations

Z IS FOR ZION

THEY WILL ASK THEIR WAY TO **ZION** AND TURN THEIR FACES TOWARD IT.

Jeremiah 50:5a NIV

THE LORD WILL WRITE IN THE REGISTRY OF THE PEOPLE, "THIS ONE WAS BORN IN **ZION**"

Psalm 87:6 NIV

LET THE PEOPLE OF **ZION** BE GLAD IN THEIR KING.

Psalm 149:2 b NIV

An old hymn says "We're Marching to **Zion!** the Beautiful City of God." **Zion** was the place to worship--the dwelling place of God, in Bible times. I believe it also means Heaven where we look forward to life in God's dwelling place.¹ From the verse in Psalm 87, we can take hope that we will be registered as citizens of **Zion**. What a gift!

Marching to **Zion** was such a happy experience, the people sang hymns and psalms. Then when they were taken captive and led away from their **Zion** they wept as they remembered.² They did not seem to know they could worship God anywhere. Aren't we glad we know that?

But worshipping in heaven will be the ultimate experience. Are we ready? Have we confessed our sins? Have we said "yes" to the offer of Jesus for eternal life? Have we tried to serve Him?

PRAYER:

Dear God, I don't deserve a place in Zion but thank you.

¹ Hebrews 12:22

² Psalm 137:1

Senior Meditations

POETRY SECTION

Senior Meditations

THOUGHTS FER A DISCOURAGED FARMER

By James Whitcomb Riley

Some say the crops is ruined, and the corn is drowned out.

And prophesy the wheat will be a failure, without doubt.

But the kind Providence has never failed us yet.

He'll be on hand onc't more at the 'leventh hour I bet.

Does the medder lark complain as he swims high and dry, Through the waves of the
wind and the blue of the sky?

Does the quail set up a whissel in a disappointed way, Er han9 his head in
silence and sorrow all the day?

Is there anything the matter with the rooster's lung and voice?

Ort a mortal be complaining when dumb animals rejoice?

Then let us one and all be contented with our lot.

The June is here this morning and the sun is shining hot.

Oh let us fill our hearts up with the glory of the day, And banish every doubt
and care and sorrow far away.

Whatever be our station with Providence for our guide Sich fine circumstances
ort to make us satisfied.

Fer the world is full of roses, and the roses full of dew, And the dew is full
of heavenly love that drips for me and you.

Senior Meditations

RAINBOWS

It was a stormy day;
Black clouds rolled by,
In a sunless sky,
The lightning flashed,
The thunder clashed,
Indoors, we must stay.

Then a miracle happened on high;
The sun broke through,
The world looked new,
Light rain still fell,
But God cast a spell,
He spread a rainbow in the sky.

What darkness hit my life;
When my loved one was so ill.
And against my very will,
His life on earth was done.
We had been as one.
It cut me like a knife.

Then surrounded by great love;
God's Son broke through.
He promised life anew,
While my tears still fall
I look above the wall
To the rainbow up above.

ARTHRITIS BLESSINGS

Dear God, I feel so grateful,
Because in life I've found
Some joys brought by arthritis
And kind people all around.

My friends are very thoughtful,
They offer me a ride;
Or help me do the little things
I failed at when I tried.

Even strangers open doors;
And help me with my load.
They stop and wave me on ahead
When I try to cross the road.

They smile at me and offer
A much needed helping hand;
When I struggle from a chair
Just trying hard to stand.

So many arms reach out
To help me as I walk;
So many kind words spoken
As they take time to talk.

You see I'm really blessed Lord
But I never can repay
The ones who love and help me
Give them joyful hearts, I pray.

Senior Meditations

THE BATTLE

The battle is too big for us.
We face an evil foe,
Who snatches up our people
In his net of drugs and woe.

The battle is too hard for us.
We cannot stop the slaughter
By guns and knives in lawless hands
Against a son or daughter.

We try to win the battle
Of the hungry on our street
But Lord we do so little
We must concede defeat.

The battle grows beyond control.
It has spread around the globe.
There's no regard for human rights;
While we protest and probe.

But wait--you said the battle
Which we have tried to fight,
Does not belong to us Lord,
It's yours--the God of might!*

You are the Head and we the hands;
In thanks and awe we pray.
For we know you have control
And victory's on its way.

* 2 Chronicles 20: 13-30

Senior Meditations

LAUNDRY TIME

I washed and dried my clothes today.
Now they're clean and put away.
Dear God, I'm glad!

I guess your clothes are always clean;
No spots or dirt are ever seen.
For you I'm glad.

God said, "No, you're all wrong.
My family's not a heavenly throng."
Oh God, that's sad.

"My earthly children play in dirt.
This soils their lives and causes hurt."
That's very bad.

"Cheer up my child, do not cry.
We've found a way--Jesus and I."
I hoped you had.

"If you children turn and pray
Jesus cleanses you each day,"
I'm really glad!

Senior Meditations

I WONDER

God, why am I here on earth?
Why did you give me: birth?
Does my life bring sorrow or mirth?
I WONDER.

Lord, why did you give me today?
Is there someone for whom I should pray?
Are there words you want me to say?
I WONDER.

Jesus, Are there sheep I should feed?
Are there messages I should heed?
Is there someone near me in need?
I WONDER.

Please open my eyes to the light,
Strengthen my hands for the fight;
Help me to battle for right.
THEN I WON'T WONDER.

WE HAVE TWO CHOICES:

1. Be happy with what we have
or
2. Be unhappy with what we don't have.