



Finding the Fountain of Youth: Wisdom for the Realities of Life

What works and what doesn't.

Sunday, March 24, 2019
Lesson TWO

Review Lesson ONE – Who are we?

- More people are alive today than all previous generations combined. Why?
- The largest generation in U.S. history (Baby Boomers) are entering their 60's.

We'll live longer.
Thus the age of 65 can no longer be used as a marker for retirement.
We must change our mindset.

We'll have a power advantage by our sheer numbers.

We'll face severe epidemics of chronic diseases resulting in a care-giving crunch.

Most Baby Boomers are not prepared financially for longer lives.

There is a current wasteland of purpose for seniors.

There is more opportunity and information for significant impact than ever.

Esther 4:14

For if you keep silent at this time, relief and deliverance will rise for the Jews from another place, but you and your father's house will perish. And who knows whether you have not come to the kingdom for such a time as this?"

Acts 13:36

For David, after he had served the purpose of God in his own generation, fell asleep and was laid with his fathers and saw corruption,

Ephesians 5:15-17

15 Look carefully then how you walk, not as unwise but as wise,

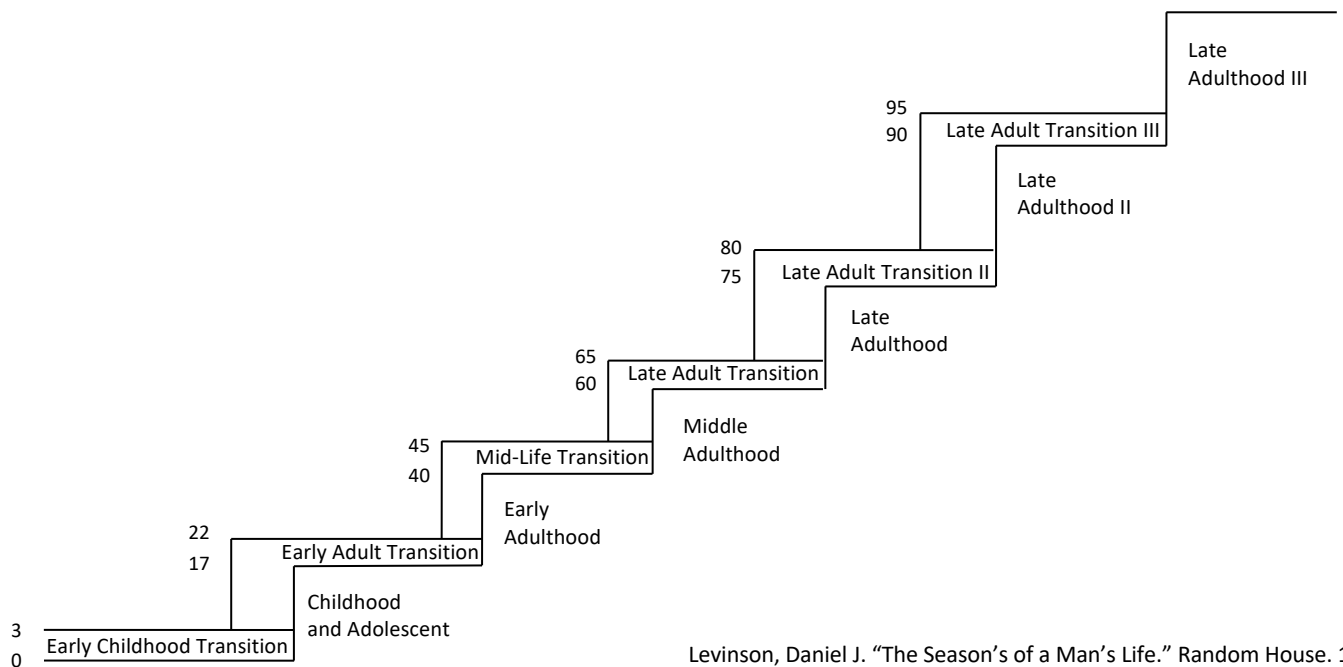
16 making the best use of the time, because the days are evil.

17 Therefore do not be foolish, but understand what the will of the Lord is.

Session TWO – Where are we and how did we get here?

A. In “The Seasons of a Man’s Life,” the preface states:

“Long before old age is imminent, however, middle age activates our deepest anxieties about decline and dying. The most distressing fear in early adulthood is that there is no life after youth. However each phase in the life cycle has its own virtues and limitations. To realize its potential value, we must know and accept its terms and create our lives within it accordingly.”



B. A short Overview of the Adult Life Cycle

1. Early Adulthood - 20 – 45

20's : The search for identity and intimacy

30's : The search for importance

40's: The search for stability

2. Middle Adulthood – 45 – 60

45-50: The search for impact

50's : The search for significance

How can I make a social contribution?

Am I reaching my dreams?

What should I change?

Transition Period: 60 – 65 (from mid-life to late adulthood)

3. Late Adulthood: 65-80

60's: The search for value and identity

70's : The search for purpose

Transition Period from 75-80 (from late Adulthood to Later Adulthood)

4. Later Adulthood: 80 - ?

80's: The search for purpose and pace

90's: The search for acceptance

5. Summary Principles

Life alternates between periods of stability (6-10 years) and periods of transition (4-5 years)

The primary task of stable periods is to build structure that supports your choices and goals.

The primary tasks of transitions are to:

1.

2.

3.

The key goals of transition periods are:

1. To terminate
2. To accept
3. To review
4. To decide
5. To consider

No matter how satisfying a stable period is, in time the structures begin to decline. This indicates that a transition is in process.

C. How does God intend for us to face these natural cycles?

1. Ecclesiastes 3:1, 17

1 For everything there is a season, and a time for every matter under heaven:

17 I said in my heart, God will judge the righteous and the wicked, for there is a time for every matter and for every work.

2. Psalms 90:12

12 So teach us to number our days that we may get a heart of wisdom.

3. Psalms 71: 9-11

9 Do not cast me off in the time of old age; forsake me not when my strength is spent.

10 For my enemies speak concerning me; those who watch for my life consult together

11 and say, "God has forsaken him; pursue and seize him, for there is none to deliver him."

4. Philippians 1:6

6 And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.