

St James News: Thought for the day – Tuesday 4th August 2020

Growing older – Revd John Marshall

We had an excellent coffee morning on growing older. There was a lot of wisdom shared. Kit looked into the Bible as did others.

I am fascinated by the characters in the Bible who are described in legendary terms and have ages to match.

However we are advised in Leviticus 19.32 “To rise in the presence of the elderly and revere your God, I am the Lord.”

In Proverbs 23.22, it says: “Listen to your father who gave you life and do not despise your mother when she is old.”

I like the elders in the temple Simeon and Anna (so does Margery Kempe – see another thought).

I have found another book, this time by George Appleton

The Word is the Seed; in it I found a meditation which may be appropriate. He bases it on Isaiah 46.4. “Even to your old age and grey hairs I am he, I am he who will sustain you, I have made you and I will carry you; I will sustain you and I will rescue you.”

Diminishing Powers

Isaiah 46.4

O God, as I grow old
I am conscious of my mortality,
I am afraid to go into the unknown,
I dread the tearing apart
of soul and body
I fear to become a burden
to loved ones.

But you have said,
“I have made

and I will bear
even to grey hairs”

The only answer
to my mortality
lies in your eternity,
as my powers diminish
to be hollowed out,
ready to be filled
with your endless life,
O God, as I grow old,
ready for my last birth.

George Appleton