

# Aging and Well-Being

## 4 Bible Study Outlines

CHURCH HEALTH READER

### Aging and Well-Being 4 Bible Study Outlines

What does the Bible say to us about aging, how fit, and the benefits role is reaching a 100 years old for our members?

The church is an excellent place to develop a lead small group. Biblically sound practices are available to your congregation members. Read the suggested articles and expand on the points from your own thoughts. You might like to choose some excerpts from the highlighted articles to read aloud with your group. Our additional discussion questions based on your group's interests are included.

For more resources, please visit our website at [www.chchurchhealth.org](http://www.chchurchhealth.org) or contact our office at 800-888-8888. For more information, visit [www.chchurchhealth.org](http://www.chchurchhealth.org).

**SESSION 1: Seasons of Life**  
In Hebrews, read "Hebrews 11:17-19" on page 26 and "Hebrews 12:1-2" on page 27. This passage explores how the Bible teaches us about aging. Read the passage and discuss the following questions. For expanded study, explore the Bible study on "Seasons of Life" on page 28. This passage explores the Bible's teaching on aging. Read the passage and discuss the following questions. For expanded study, explore the Bible study on "Seasons of Life" on page 28.

1. How does the Bible describe aging?
2. How does the Bible describe aging?
3. How does the Bible describe aging?

**SESSION 2: God's Faithfulness and Our**  
In Hebrews, read "Hebrews 11:17-19" in Life on page 26 and "Hebrews 12:1-2" on page 27. This passage explores how the Bible teaches us about aging. Read the passage and discuss the following questions. For expanded study, explore the Bible study on "Seasons of Life" on page 28. This passage explores the Bible's teaching on aging. Read the passage and discuss the following questions. For expanded study, explore the Bible study on "Seasons of Life" on page 28.

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**SESSION 3: Not Too Late**  
In Hebrews, read "Hebrews 11:17-19" on page 26 and "Hebrews 12:1-2" on page 27. This passage explores how the Bible teaches us about aging. Read the passage and discuss the following questions. For expanded study, explore the Bible study on "Seasons of Life" on page 28. This passage explores the Bible's teaching on aging. Read the passage and discuss the following questions. For expanded study, explore the Bible study on "Seasons of Life" on page 28.

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**SESSION 4: It's a Congregational Role**  
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**Prayer of the People**  
Lord, I pray for those who are growing old. Give them wisdom and grace. Grant them health and joy. Amen.



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# Aging and Well-Being

## 4 Bible Study Outlines

What does the Bible say to us about aging, health, and the church's role in including and caring for older members?

Use these brief outlines to develop and lead small-group Bible study sessions adaptable to your congregation's ministries. Read the suggested articles from the Summer 2019 issue of *Church Health Reader* and expand on the points to emphasize with your own thoughts. You also might like to choose some excerpts from the highlighted articles to read aloud with your group. Craft additional discussion questions based on your group's interests and needs.



### SESSION 1: *Seasons of Life*

In advance, read “Limits of Life” on page 20 and Ecclesiastes 3:1–8 and Zechariah 8:1–5. This session explores how our attitudes and values toward aging form and the role faith may play in our experience of aging. (For expanded study, you may want to explore Psalm 22:24, Isaiah 41:10, Psalm 116:1–15.) As you lead, emphasize these points.

- The limits of life and living affect us more and more as we age and become personally aware that we *will* die.
- As parents age and children mature, families have an opportunity to understand the concept of grace in these transitions and to receive grace with open arms.
- Faith's best work happens through inspiring and growing through spiritual and emotional facts of aging

#### *Discussion questions*

1. Read Ecclesiastes 3:1–8 together. If life is full of changes, how does that shape how we might view the changes that come with aging?
2. Read Zechariah 8:1–5. How can this intergenerational picture of God's promise give us a picture of how we might better be the people of God around issues of aging?
3. Share examples of how you have seen faith bring positive value to the experience of aging in your life or the life of someone you know.

*Close with prayer.*



### SESSION 2: *God's Faithfulness and Ours*

In advance, read “Starring Roles Late” in *Life* on page 16. Read Genesis 18:9–14, 21:1–7; Job 42:1–5; Luke 1:1–2:28. This session explores lessons in faithfulness from three Old Testament individuals who were not too old to learn more about God. As you lead, emphasize these points.

- Abraham discovered that great things still lay ahead when he thought he knew that the direction of his life was settled.
- Job wrestled with God and recovered from great loss to know that God still held “things too wonderful for me, which I did not know.”
- Anna waited through long patient years to see the fulfillment of God's purpose in her life.

#### *Discussion questions*

1. What can we learn for our own health from Abraham's response to the surprises of his old age?
2. In what ways can Job's spiritual wrestling offer a positive model for people in the midst of changes that come with aging?
3. In what ways does Anna exemplify hopeful aging? What can we learn from her example?

*Close with prayer.*



### SESSION 3: *Not Too Late*

In advance, review “Starring Roles Late in Life” on page 16. Read Number 12:1-16, Micah 6:4; Ruth 1-4 ; 2 Samuel 17:27-29, 19:31-32. This session explores the lives of three individuals from three Old Testament who found healing and usefulness in their older years. As you lead, emphasize these points.

- Miriam’s jealousy of Moses stirred up conflict. God rebuked her, but God restored her and honored her role as a leader.
- After multiple losses, Naomi despaired of any meaning in her life. But with the love of her daughter-in-law, she revived and found new purpose.
- Barzillai is a little known character who was 80 years old when he used his resources to make a difference in the life of King David.

#### *Discussion questions*

1. Moses was past 80, and Miriam was his older sister, when conflict broke out. What does their resolution teach us about the importance of healthy relationships as we age?
2. What key lessons do we learn from Naomi and Ruth about intergenerational experiences of healthy aging?
3. Barzillai was a financially wealthy man. What kinds of wealth can older people offer to younger people that add meaning to everyone’s health and lives?

*Close with prayer.*



### SESSION 4: *The Congregational Role*

In advance, read “Looking for New Life” on page 24 and “Changing Ages, Changing Bodies” on page 28, along with Isaiah 41:10, Proverbs 16:31, Acts 2:43-47, and Ephesians 2:8-9. This session explores the congregation's role in embracing a biblical vision of aging and health. (For expanded study, you may want to explore Psalm 71 and Psalm 90.) As you lead, emphasize these points.

- While aging ultimately bring limitations for many people, it can also be a time of beauty and giftedness.
- Older members of churches are no less valued parts of the body of Christ than younger members.
- God’s faithfulness never fails at any stage of our lives.

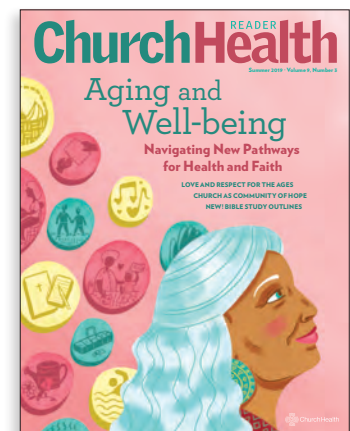
#### *Discussion questions*

1. In what ways can congregations be more open to the gifts older members have to offer?
2. How can congregations pursue their own health through the vision of their older members?
3. In what practical ways can your congregation support the well-being of older members?

*Close with prayer.*

### *Prayers of the People*

Lord of the Ages,  
 In your eyes we are precious.  
 We live in your faithful care.  
 Grant us eager hearts  
 to follow you  
 to love each other  
 to reach your world  
 with the news that when we  
 find ourselves in an older  
 season  
 or at the end of our days  
 you are still there  
 speaking life for us. Amen.



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