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THE PAGE

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Getting GBC ladies on the same page.

In what speed limit are you?

Last December, I turned old. You might wonder, *How old?* It's time to get a yearly mammogram and start planning your midlife crisis, old. The big 40! I'm sure when I turn 50 and 60 that 40 will seem young, but it feels old right now. As the big day approached, I was nervous. How was I supposed to feel turning a new decade? Was there a protocol for this? The day after turning 40, which consequently I survived just fine, I was at church when my friend, Gwen, made a comment to me. "You have reached a new speed limit," she said. What a unique way of looking at it. Not just a milestone or a season, but a new speed limit. Would I be speeding up or slowing down in this new decade I wondered. Admittedly, old age scares me. As a child, I went with a group of other kids to visit nursing homes and sing to the old folks. At the end of singing, we would shake hands with each attendee and talk with them.

I'll never forget my little seven-year-old friend shaking an old woman's hand who was clearly out of her mind, and her turning my friend's hand around and *biting* down hard with her dentures! At the time I was horrified for my friend, but lately I've been horrified over possibly becoming the woman! Even with aging concerns like mine, the Bible has the answers. Psalm 103:5 says, "Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's." Eagles can live around 100 years, though they shed their feathers periodically and grow new ones, maintaining a youthful look. It's hard to pinpoint exactly how old an eagle is. Though I've never personally spoken with an eagle about the worries of their hearts, I can just about guarantee they don't panic over getting older. The secret to us following in like manner is to focus on the "who" in the verse above.

How can you and I drive with confidence and grace into each new speed limit zone?

{Continued on back}

BOOK RECOMMENDATION



My new book, *The Biscuit Principle*, is now available in the church book store. I highly recommend it!;

MUSIC RECOMMENDATION



"Thank you" by Goodly Heritage-available on your favorite streaming app.

FURTHER BIBLE STUDY

Comforting verses on getting older:

Isaiah 46:4, Isaiah 40, Psalm 71, Job 12:12

FOR GIGGLES



beauty comes
IN ALL SHAPES
AND SIZES



1. Remember Who got you this far.
There is a song called *No Need to Doubt Him Now* that says, "Safely this far Jesus has brought me, no need to doubt Him now." When I think through trials of the past that I didn't know how I was going to make it through and now they are in my rearview mirror, it gives me confidence that He will get me through the next ones too.
2. Remember He won't leave you comfortless.
A sad aspect of getting older is that my loved ones are too. I know with each new speed limit I hit there will be more and more goodbyes. My grandmother went to Heaven last year. She was the last of her immediate family to go. She had to endure many goodbyes until it was finally her turn. We can cling to the truth of God's Word that we have comfort in the Holy Spirit and that even in death we don't grieve like the unsaved. We have hope that we will see our loved ones again because of Heaven. What a day that will be!
3. Remember we have more life to live.
Colonel Sanders started Kentucky Fried Chicken at age 65. Laura Ingalls Wilder began writing *Little*

House on the Prairie at age 65. Coca Cola and McDonalds were started by people well into their 50's, and Fanny Crosby didn't write *To God be the Glory* until she was almost 60! How old were Simeon and Anna of the Bible at their pivotal life moments? Super old! Whether you're old old or just normal old, God is not done with you. You have not been shelved; your moment has not come and gone, because you have more moments ahead. You still have a life to live, to live to its fullest, and to live for God's glory. There is still more life even after youth fades and our bodies change.

4. Remember long life is actually a blessing.
What is it about our desire to want to seem ageless? To erase all evidence of being in a higher speed limit zone? Our world is obsessed with the so-called Fountain of Youth beauty products and looking young. Biblically, long life is a *blessing*. Gray hair was a sign of wisdom (though yes, I dye mine and hopefully still remain wise). Youth is overrated! I look back at teenaged Faith or newly married Faith and especially first-time mom Faith and think...she was so naïve! I might want her body back, but I would not want to go

back to that age. My "old" age has benefits!

If I live to reach the speed limit on the autobahns in Germany, which is 80 (and that's only a suggestion), that means I'm halfway through this precious one life that God gave me. I don't want to waste any of it yearning for years gone by or grieving all the changes now. I want to live them for my Savior so that I can hear "Well done," when we finally meet face to face. Until then, I will cling to His promise in Psalm 91:16, "With long life will I satisfy him and shew him my salvation."