

## **A LIFE WELL LIVED**

Tuesday, May 15

Reading: Psalm 71

**Psalm 71:17** *Since my youth, God, you have taught me, and to this day I declare your marvelous deeds. 18 Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.*

Singer Faith Hill is quoted as saying the following about aging: “I don't want to sound like a Hallmark card, but to be able to wake up each day with food and shelter, that alone is good. Forget aging and the fact that my butt is becoming a little more familiar with my knees than my tailbone. If you are six feet above ground it's a good day. So, give me more!”<sup>1</sup>

The author of Psalm 71 details some of his thoughts on the aging process. Now that he is old, he looks back on his life and praises God for what He has done. From his birth the psalmist sees God's leading and teaching in his life (71:5-6, 17). He remembers how God has guided and delivered him through many troubles (71:19-20). He views his life as “a sign” for others to follow and imitate his trust in the Lord (71:7).

Now in his older years he is again under attack. But his lifelong faith sustains him (71:9-13). He knows that even if he does not see vindication in this life, he is confident in the resurrection and reward that God promises in the next (71:20-21).

As he looks back at his life and forward to the future, how does the psalmist respond in the present? Several words and statements stick out as I read this psalm that give us instruction on how to age well in the Lord.

**BE A PERSON OF PRAYER** (71:3) - This entire psalm is a prayer of trust. Only one dedicated to prayer can look back with confidence on a life well lived for God.

**BE A PERSON OF PRAISE** (71:8, 22-23) - Praise is the proper response of a heart in fellowship with God.

**BE A PERSON OF WITNESS** (71:15-18, 24) - When we know and have experienced the greatness of our God we cannot help but want to share Him with others. Passing down your faith to the next generation is a vital sign of a life of faith.

**BE A PERSON OF VISION** (71:7, 14, 18, 23) - A person of vision sees their entire life as a testimony. Their hope and trust is in the Lord at all times. They can sing praise even in the midst of trials because they know God is at work and will reward them either in this life or the next.

In these short twenty-four verses, three times the psalmist repeats the words “always” and “all day long.” Our life for the Lord is more than a “Sunday thing.” It is a 24/7 dedication to living for and serving the Lord. At whatever age you are, as long as you are “six feet above ground”, let your life be well lived for the Lord.

<sup>1</sup> [https://www.brainyquote.com/quotes/faith\\_hill\\_550355?src=t\\_aging](https://www.brainyquote.com/quotes/faith_hill_550355?src=t_aging)