

“Growing Gracefully as We Age”

II Peter 3:18

Sister Valenstine Lewis

The Lord has blessed us to reach the season of our lives where we are considered “aged.” Like aged cheese and wine are considered better because they are full of flavor and richness, we as aged women are to be continuously growing to reach fullness and richness in holiness.



II Peter 3:18 says, “But grow in grace and in the knowledge of our Lord and Savior Jesus Christ...” As we age, we want to grow and age gracefully in the Lord. To do this, we must do it God’s way and not our own way. Proverbs 3:5,6 tells us to “trust in the Lord with all your heart and lean not to your own understanding, in all your ways acknowledge Him and He will direct your paths.” We must be so careful not to say to ourselves, “I got this!” just because of our varied life experiences and our age. Sisters, we may not have it! We know that if we humble ourselves and trust God to manage our situations by His grace, we have the victory regardless of how the situation looks or feels.

Just like these plants, certain conditions must exist for us to grow and flourish. Here is a chart on what promotes healthy growth in plants and spiritual growth in us.

A Guide to Healthy Growth

Plants

Prepare the soil by tilling.

Remove weeds and rocks.

Sow /plant good seeds.

Nourish your soil with good organic.

Control pests.

Water

Propagating seeds.

Senior Women

Hosea 10:12 – break up your unplowed ground; Luke 8:15 -good ground, an honest and good heart hears and keeps the Word.

Psa. 139:23,24 – ask God to search your heart; Prov.28:13 – confess and forsake; Heb.12: 1- Lay aside the sin and weigh in your life.

Luke 8:11 – The seed is the Word of God; Hosea 10:12 – sow righteousness for yourselves.

I Peter 4:7, 8 – watch and pray; have fervent love; II Peter 1:5-8 – add to your faith...; II Tim.3:16; Psa. 1:1 (read and meditate on the Word)

I Peter 5:8 -be sober and vigilant of the adversary; James 4:7 – resist the devil...; II Thess. 3:6-15 – avoid those who walk disorderly.

Psa. 1:3; Eph. 5:19 (refresh your heart by watering it with the Word, spiritual songs, and singing...)

Be a spiritual example; Acts 1:8 ...ye shall be my witnesses....

Tell of the Goodness of the Lord. Share scriptures, sermons, and testimonies.

Practice Micah 6:8 and let love abound. You will never know where the seed will take root.

We need to do those things that will help us grow and flourish in the Lord so we can live gracefully as we age. It is not about style, but about substance in holiness, just like Anna, the prophetess, did in Luke 2:36-38.



Destructive Weeds to Watch Out For



“I Think” Weeds – They can cause harm. They can be discouraging, divisive, and cause some saints to doubt and question the doctrine.



“They Should Have” Weeds – They can cause discord, discouragement, conflict, and other problems.



“Well, I Don’t Believe” Weeds -They can cause disunity, weakness, confusion, and a plethora of problems.

These weeds stunt, harm, or destroy our spiritual growth and/or the growth of others. They are selfish and ungodly. Just because we are aging and our filters are getting thin, it does not give us the right to say whatever comes to our minds. We must practice discretion and wisdom so we can study to be quiet and do our own business.

Let Us Be Watchful and Prayerful!