

FREEDOM FROM YOUR FEARS

Kelly Walter | AUGUST 5-6, 2023

Week 5: Fear of Aging

1 Remember your Creator in the days of your youth, before the days of trouble come and the years approach when you will say, "I find no pleasure in them"— Ecclesiastes 12:1-7;13-14 NIV

Remember... "to act decisively on behalf of someone"

Emotions to Guard Against - _____

There is a time for everything, and a season for every activity under the heavens. Ecclesiastes 3:1 NIV

As God's messenger I give each of you God's warning: Be honest in your estimate of yourselves. Romans 12:3 TLB

Emotions to Guard Against - _____

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Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13-14 NIV

Emotions to Guard Against - _____

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2 before the sun and the light and the moon and the stars grow dark, and the clouds return after the rain;

3 when the keepers of the house tremble,
and the strong men stoop,
when the grinders cease because they are few,
and those looking through the windows grow dim;

4 when the doors to the street are closed
and the sound of grinding fades;
when people rise up at the sound of birds,
but all their songs grow faint;

5 when people are afraid of heights and of dangers in the streets;
when the almond tree blossoms

and the grasshopper drags itself along
and desire no longer is stirred.

Then people go to their eternal home
and mourners go about the streets. Ecclesiastes 12:2-5 NIV

It is better to spend your time at funerals than at festivals. For you are going to die, and it is a good thing to think about it while there is still time. Ecclesiastes 7:2 TLB

6 Remember Him—before the silver cord is severed,
and the golden bowl is broken;
before the pitcher is shattered at the spring,
and the wheel broken at the well,
7 and the dust returns to the ground it came from,
and the spirit returns to God who gave it.

13 Now all has been heard; here is the conclusion of the matter:
Fear God and keep his commandments,
for this is the duty of all mankind.

14 For God will bring every deed into judgment,
including every hidden thing,
whether it is good or evil. Ecclesiastes 12:6-7, 13-14 NIV

And just as each person is destined to die once and after that comes judgment, Hebrews 9:27 NLT

Do not be afraid of those who kill the body but cannot kill the soul.
Rather, be afraid of the One who can destroy both soul and body
in hell. Matthew 10:28 NIV

That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

2 Corinthians 4:16-18 NLT

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Emotions to Guard Against - **DENIAL**

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Emotions to Guard Against - **USELESSNESS**

Emotions to Guard Against - **GUILT**

Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:13-14 NIV

Emotions to Guard Against - **BITTERNESS AND RESENTMENT**

Emotions to Guard Against - **FEARS**

2 before the sun and the light and the moon and the stars grow dark, and the clouds return after the rain;

3 when the keepers of the house tremble,
and the strong men stoop,
when the grinders cease because they are few,
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FEAR OF AGING

Talk-it-Over Notes | August 5-6, 2023

REVIEW IT

We are all aging. We are either growing up... or we are growing old. When we are growing up aging holds a significant amount of anticipation. “What are you going to be when you grow up?” When we are growing old aging holds a significant amount of apprehension “What is going to become of me when I grow old?” There is a tension between the anticipation of growing up versus the apprehension of growing old.

Spend some time in the word: Read Ecclesiastes 3:1-8

TALK ABOUT IT

1. Please share a time in which you experienced one of the “seasons” mentioned in Ecclesiastes 3. What made that season memorable to you? Which of these seasons is the most attractive to you? Which season is the most concerning?
2. Which of these attitudes about aging is the most difficult for you to avoid? Denial. Uselessness. Guilt. Bitterness and Resentment. Fears
3. Read Ecclesiastes 12:1-7. Which of these descriptors of old age is least attractive to you? Why do you think having a positive attitude about aging is important?
4. What are some practical ways that you can “Remember your Creator”? Solomon says to “Fear God and keep His commandments.” Can you think of any commandments that would make the aging process go smoother?

ACT ON IT

What do you need to act on because of this message? Are there any regrets that haunt you from your past that you need to confess and ask God to forgive so you can move on with your life?

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PRAY ABOUT IT

Ask how you can pray for a support one another this week and then close in prayer.