

## Thought for the Day 13th October - John Thew

As I write, it's October 1<sup>st</sup> and my prayer notes tell me it is the **UN International Day of Older Persons**.

Last month it was my brother-in-law sending me the book "A Good Old Age".

Today it is a nudge from my prayer notes.

And now, a circular email from a friend, from which I quote a little.

*It seems just yesterday that I was young and embarking on my new life. But that was like eons ago, and I wonder where all the years have gone.*

*Now ... it is the 'back nine' (even the un-sporty JT recognises this is an allusion to golf) ... Now it is the 'back nine' of my life and it catches me by surprise. How did I get here so fast? Where did the years go?*

*My friends are retired and getting grey. They're moving a bit slower and I see an older person looking back at me. And they see the same! We have become those 'older folks' that we used to see and never thought we'd become.*

*Yes, I have regrets. There are things I wish I hadn't done. And other things I should have done but did not. But life is not all regrets. Indeed, I have much to look back on, much to thank the Lord for. And there are many things I'm happy to have done. It's all in a lifetime.*

*If, however, you are not on the back nine yet, let me remind you: It will be here faster than you think. So, whatever you need to do or would like to accomplish, do it quickly! Don't put things off too long! Life slips by too easily. Do what you can today, as you can never be sure whether you're on the back nine or not.*

### **Now for some reassuring words for young and old, from the Creator of Life himself.**

Ephesians 1:13-15 *"... you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession—to the praise of his glory."*

Philippians 1:9-10 *"... this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ."*

Ephesians 4:3 *"Make every effort to keep the unity of the Spirit through the bond of peace."*

Psalms 118:1-2 *"Give thanks to the Lord, for he is good. His love endures forever. Let Israel [the people of God] say, His love endures forever."*

Isaiah 46:4 *"Even to your old age and grey hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you."*

*(continued)*

**Finally, a couple of whimsical one-liners.**

- Going out is good ... Coming home is better!
- You forget names .... But it's OK because some people forgot they even knew you!!!
- You realize you're never going to be really good at anything like golf.
- The things you used to care to do, you aren't as interested in anymore, but you really don't care that you aren't as interested.
- You miss the days when everything worked with just an "ON" and "OFF" switch.
- Everybody whispers.
- Old is good in some things: old songs, old movies, and best of all, OLD FRIENDS!