

YOUNG IN SPIRIT....

Isaiah 40:29-31 - He gives power to the tired and worn out, and strength to the weak. Even the youths shall be exhausted and the young men will all give up. But they that wait upon the Lord shall renew their strength. They shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Psalms 92:14 (LB) - Even in old age they will still produce fruit and be vital and green. This honors the Lord and exhibits his faithful care.

My only granddaughter turned twenty years old this day. Every year, honoring her birthday, I write her a birthday letter. And this year I found myself remembering not only her birthday but my twentieth birthday. The world was full of opportunities and possibilities and my dreams, like hers, were endless. Young and full of self-confidence, both of us knew there were no limits.

Her energy level, her ability, her self-confidence seems to remind me that I had those same qualities at her age. Where had they gone? Many years have passed since my twentieth birthday and opportunities, possibilities and dreams have changed a great deal. But the scripture tells us that the Lord will give us power and strength. We shall run and not be weary. We shall walk and not faint. Even in our older years...we will produce fruit and be vital and green.

Romans 15:13 (NIV) - May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

So, I have decided that youth is not a time of life -- it is a state of mind. Nobody grows old by merely living a certain number of years. No, we grow old when we no longer participate in life, no longer look for someone to help, or something new to learn. Years may wrinkle our skin but to give up and have no enthusiasm wrinkles our souls. We are as young as our faith, as old as our doubts, as young as our self-confidence, as old as our fears; as young as our hopes, as old as our despairs. As long as we fill our hearts with messages of gratefulness, hope, beauty, laughter, courage and compassion...we will be young!! It is the heart that is covered with the snows of pessimism, anger, resentment and ungratefulness that grows cold and old.

So, join me this week as we CELEBRATE God's hope and joy and peace within us and with grateful hearts thank God for his faithful care that produces fruit and keeps us vital and green all the days of our lives.

Prayer: Gracious and loving God thank you for those young people in our lives that fill our lives with energy and memories. Thank you, God, that although age may wrinkle our skin, our spirits can always be young with you. Create clean hearts within us, God, that seek to CELEBRATE LIFE and to always produce fruit for you. For your grace, your love and your constant forgiveness, we give you thanks. Amen.