

March 26, 2020 Devotion – Aging Faithfully

Happy Thursday! Isn't it exciting to see the trees and bushes begin to bud? The earth has been asleep and is beginning to awaken into glorious leaves and flowers.

Today, let's think about deep thoughts, hmm, have you had any deep thoughts lately? Many of us have a lot of time on our hands, so maybe it's a good idea to have some of those deep thoughts.

Our scripture for today is Psalm 92:4-6, New International Version

⁴For You make me glad by Your deeds, LORD;

I sing for joy at what Your hands have done.

⁵How great are Your works, LORD,

how profound Your thoughts!

⁶Senseless people do not know,

fools do not understand

Looking at life from birth through our golden years, we may have moments of deep thinking – and we may have times when we are just too busy to think deep thoughts. Sometimes we are so tired we don't have the energy to have any kind of thought other than going to sleep! When we reach a certain age, sometimes our lives slow down and we have more time on our hands and we think deeply about things; questions you may have had in the past, but life didn't give you the time to think deeply about them.

Psalm 92 speaks of praising God. In verse 5 the Psalmist says, "How great are Your works O LORD, how profound Your thoughts!" This psalm is about praise that was sung in the morning on the sabbath. It is a song of praise to God, yes for his works! Initially, we may wonder if it could be creation that is the deed spoken of. With just this section of the Psalm we hear of being made glad, singing for joy, and that the senseless people do not know, and fools do not understand. This is for us today as we shelter in our homes, worried about loved ones, frightened by the news on TV. This reminds us to worship God, singing praises, being joyful because we have a relationship with God.

These deep thoughts, OUR deep thoughts, what are they? I would like to suggest that we use this time to have some of those deep thoughts. When my mom was diagnosed with Alzheimer's Disease, I read an article about talking with the loved one about their past, writing down their responses in a journal. It's family history! I did this with mom, and we had a wonderful time talking. Fortunately, I already knew most of the stories and had met many of mom's childhood friends.

We can take this a step further by keeping a diary of our thoughts and questions during this time of staying home. Then, talk with someone in the family, a parent, child, grandchild, niece or nephew. Pick up the phone and talk, you need to hear each other's voices. Do FaceTime or perhaps Skype. This could be a time of connecting, a time of learning, and a time of fun.

Additionally, the church can do this as well! Congregations have deep thoughts about God, Jesus, and the Holy Spirit. Members have memories of their church; some may have grown up in the church, some may have married and raised their children in the church, some may have strayed from church and are now just returning. Write things down, call someone; have a conversation about the church and all it means to you. It doesn't matter WHAT church, or WHERE that church was located; what matters are your feelings and memories of YOUR church. Goodness, you can call me and tell me the things you remember so that I can learn from you and connect with you in a new way. Let's have those deep thoughts about the church and the future.

God is working in our lives; we should sing for joy and rejoice! Yes, sing for joy, out loud in your home. Sing a favorite hymn. Last night I sang to Buddy, Twerp and Shadow, "How Great Thou Art". I only did one verse though; I was afraid Buddy would start howling!

Deep thoughts are important, whether they are God's or ours. Begin something new – journaling and talking with your family and friends. Most importantly, talk with God, and then sing for joy!

Let us pray,

Almighty God, as we move through these days of uncertainty, grant us renewed energy for learning from each other and from You, and a willingness to explore not only our deep thoughts, but also Yours. In Jesus' name,
Amen

Pastor Linda