

## We Are Never Too Old to Bless Others.

Ian Ridpath, *Three Cord Ministries*

Last time I spoke to you, I spoke about knowing that '*What we think – We are*'. And that our demeanour in life is a reflection of how we think and about what we think.

If we think negatively, we will live negatively and if we think positively, we will live positively.

As Christians the **Holy Spirit** that is within us should control our thoughts and life. So that when we are squeezed by the world around us – and that includes being squeezed by all the people around us – out from us should come some juice.

It should be 'fruit juice' or more exactly '**fruit-of-the-Spirit juice**'.

That is, out from us should come more ... Jesus called it "a river of living water"

More ...

**Love,**  
**Peace,**  
**Joy,**  
**Patience,**  
**Kindness,**  
**Gentleness,**  
**Goodness,**  
**Faithfulness and**  
**Self-Control**

– not vinegar or acid.

That is, our 'fruit' should be sweet and pleasant and be a blessing to others. You may say: "I am too old to get out of the way – people should get out of my way." or maybe ...

"I am too old to be patient and kind and joyful."

or

"I am too old to help anyone else – look I need help myself."

Well, the Bible has a lot to say about growing old and still being able to help and bless others.

As Paul wrote "We have the mind of Christ" (1 Cor 2:16) and again "We must take all thoughts captive to the obedience of Christ." (2 Cor 10:5)

Let's see what else the Bible says about growing old gracefully and being a blessing to others.

Psalm 92 is a beautiful example of God's promises to those who love Him. Right in the middle of the Psalm is written the following:

**Psalm 92:12-14 (NIV)**

12 The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon;  
13 planted in the house of the LORD, they will flourish in the courts of our God.  
14 They will still bear fruit in old age for they will stay fresh and green.

Wow, are we fresh and green? Are we flourishing like a palm tree?

God wants us to be like that ... He wants us in our present conditions to still be fresh. That means fresh in our mind too.

You know we are **never too old** to sing a Hymn to ourselves even if we think our voices will break the windows.

We are **never too old** to read, even in our head, one of our favourite Bible passages like "The Lord is my shepherd, I shall not be in want..."

And we are **never too old** to smile at someone else!

**Did you know that it takes fewer muscles to smile than to frown?**

Once again in the Bible, it says in Isaiah 46:4 ...

'The LORD said: "Even to your old age and grey hairs (or no hairs) I am He who will sustain you. I have made you and I will carry you and I will rescue you.'

And in Zechariah 8:4 ...

This is what the LORD Almighty says: "Once again men and women of ripe old age will sit in the streets of Jerusalem, each with cane in hand because of his age.

The sum total of all that God wants for us in our latter years is to know that ... we are never too old to bless others.

Who are you going to bless today?

Let's pray that today. "Father God, we come before you and thank you for your blessings and for our life. We ask that you show us how to bless others even today, even at our age for we want to be a source of living water for our friends here at Waterford.

In Jesus/ name we pray.

Amen