

SESSION 4

*When Age
Changes Us*



1

SHARE YOUR STORY

Share about a significant age milestone of your life.

Was it 16 when you had a chance to drive?

Was it 18 when you felt your freedom?

Was it 25 when the price of your car insurance went down? 30? 40? 50?

Share 1-2 things that made that milestone so important.

WATCH SESSION 4

After watching the video, have someone in your group read the questions and guide the discussion.

2

HEARING GOD'S STORY

In the stories we may have heard from those older than us (grandparents, older co-workers, friends, etc.), what parts have made the biggest impact? What wisdom do we wish we had listened to?

What do you think of the idea "The change that comes with age limits us in ways, but in other ways it sets us free." What has happened in your life where you have experienced the limits and/or the freedom that comes with age?

Talk about how the conversation between Virginia and Chelsea impacted your perspective on what change looks like at different ages and stages.

READ PSALM 92:12-15

Read slowly and make a note of anything that stands out to you.

The righteous will flourish like a palm tree,

they will grow like a cedar of Lebanon;

planted in the house of the Lord,

they will flourish in the courts of our God.

They will still bear fruit in old age,

they will stay fresh and green,

proclaiming, "The Lord is upright;

he is my Rock, and there is no wickedness in him."

(Psalms 92:12-15, NIV).

A psalm is a song that people would sing out loud together, both young and old people. Imagine a 16 year old singing this song - or a 60 year old - how does the song change for you depending on who is singing?

The writer uses trees, specifically the "cedars of Lebanon" (92:12-13) to talk about people who stay strong with God over a long period of time. How do trees handle getting older? Talk about how your physical, emotional or spiritual strength have changed over time - in what ways do you feel stronger and what ways do you feel weaker now ?

The phrase "planted in the house of the Lord" (92:13-14) means they stay close to God's presence. What would it look like to have a life that sticks close to God over the years - what would need to change for you?

The "tree" in this passage is green and healthy, producing fruit even into old age. (92:15) Share a time when you felt like your life was "fruitful" - everything going like it should, healthy, etc. Looking forward, talk about how it is possible to be "fruitful" as you get older.

3

CREATE A NEW STORY

Discuss how the culture we live in approaches getting older. How will you handle the things that are changing as you get older, keeping the discussion from this session in mind?

Imagine having a conversation in the near future with someone older than you, someone further down the road in their faith. What might you want to ask them?