

# LOVING AND TRUSTING GOD IN THE AUTUMN OF LIFE

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*And you shall love the LORD your God with all your heart,  
and with all your soul, and with all your mind, and with all your  
strength.* Mark 12:30

*Trust in the LORD with all your heart and do not lean on your  
own understanding.* Proverbs 3:5

We are now in the years that, as the poet Samuel Butler says, should be full of good fruits.

“Youth is like spring, an over-praised season more remarkable for biting winds than genial breezes.

Autumn is the mellower season, and what we lose in flowers we more than gain in fruits.”

But we can let age-related events make us unfruitful and shift our attention from what God wants to do in us.

Proverbs has some good advice for us in this autumn season of life.

***Watch over your heart with all diligence, for from it flow the springs of life.... Let your eyes look directly ahead, and let your gaze be fixed straight in front of you. Watch the path of your feet, and all your ways will be established.***

Proverbs 4:23, 25-26

In other words, Solomon is saying, “**Focus!**”

## **I. Focus on the truth.**

Jesus prayed for his disciples and all who believed in Him: *Sanctify them in the truth; Your word is truth.* John 17:17

*Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.* Philippians 4:8

*For the weapons of our warfare are not of the flesh but divinely powerful for the destruction of fortresses. We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ.* 2 Corinthians 10:4-5

## 2. **Focus** on learning more about the attributes and actions of God from His Word.

- *Before I formed you in the womb I knew you, and before you were born I consecrated you.* Jeremiah 1:5
- *Your eyes have seen my unformed substance; and in Your book were all written the days that were ordained for me, when as yet there was not one of them.* Psalm 139:16
- *And after you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen, and establish you.*  
1 Peter 5:10
- *Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort.* 2 Corinthians 1:3
- *Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. Faithful is He who calls you, and He also will bring it to pass.*  
1 Thessalonians 5:23-24
- *Be to me a rock of habitation to which I may continually come; You have given commandment to save me, for You are my rock and my fortress.* Psalm 71:3
- *For You are my hope; Lord GOD, You are my confidence from my youth.* Psalm 71:5

“When you go through a trial, the sovereignty of God is the pillow on which you lay your head.”

~Charles Haddon Spurgeon

### 3. **Focus** on living according to God's Word.

*My son, do not forget my teaching, but let your heart keep my commandments; for length of days and years of life and peace they will add to you. Proverbs 3:1*

*One generation shall praise Your works to another, and shall declare Your mighty acts. Psalm 145:4*

*Older women likewise are to be reverent in their behavior, not malicious gossips nor enslaved to much wine, teaching what is good, so that they may encourage the young women to love their husbands, to love their children, to be sensible, pure, workers at home, kind, being subject to their own husbands, so that the word of God will not be dishonored. Titus 2:3-5*

The phrase “teaching what is good” denotes informal teaching by lifestyle. And the purpose of that teaching is to “encourage the young women...so that the word of God will not be dishonored.” This special ministry is ours!

### 4. **Focus** on today. Stop worrying about tomorrow.

*Do not be worried about your life, as to what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? And who of you by being worried can add a single hour to his life? Matthew 6:25, 27*

*But seek first His kingdom and His righteousness, and all these things will be added to you. So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own. Matthew 6:33-34*

*My God will supply all your needs according to His riches in glory in Christ Jesus. Philippians 4:19*

“Today is mine. Tomorrow is none of my business. If I peer anxiously into the fog of the future, I will strain my spiritual eyes so that I will not see clearly what is required of me now.” ~Elisabeth Elliot, *Keep a Quiet Heart*

5. **Focus** on what God wants of us.

### **Our God wants us to know Him**

*This is eternal life, that they may know You, the only true God, and Jesus Christ, whom You have sent. John 17:3*

*Grace and peace be multiplied unto you in the knowledge of God and of Jesus our Lord; seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. 2 Peter 1:2-3*

### **To love Him**

*So take diligent heed to yourselves to love the LORD your God. Joshua 23:11*

*In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins....We love, because He first loved us. 1 John 4:10, 19*

### **To fear Him**

*How blessed is everyone who fears the LORD, who walks in His ways. Psalm 128:1*

*The fear of the LORD is the beginning of wisdom, and the knowledge of the Holy One is understanding. Proverbs 9:10*

*Charm is deceitful and beauty is vain, but a woman who fears the LORD, she shall be praised. Proverbs 31:30*

## **To obey Him**

*“Why do you call Me, ‘Lord, Lord,’ and do not do what I say?”* Luke 6:46

*“If you love Me, you will keep My commandments.”* John 14:15

## **To trust Him**

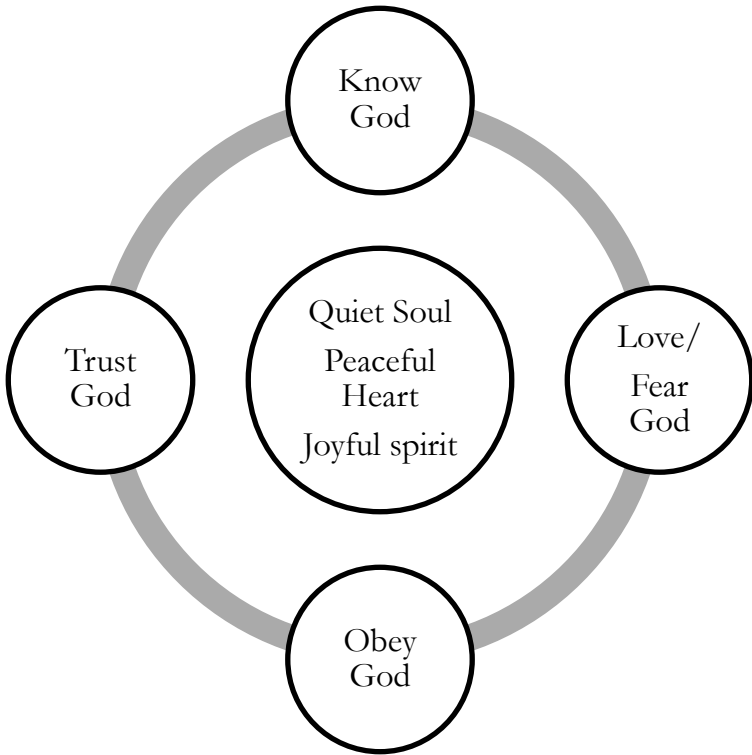
*Command those who are rich in this present age not to be haughty, nor to trust in uncertain riches but in the living God, who gives us richly all things to enjoy.* 1 Timothy 6:17 NKJV

*When I am afraid, I will put my trust in You. In God, whose word I praise, in God I have put my trust; I shall not be afraid. What can mere man do to me?* Psalm 56:3-4

“Life change happens when we put into practice  
what Scripture teaches us.”

Dr. Mark Minnick

The more we know who God is, the deeper our love.  
The more we obey Him, the greater our trust.



And byproducts of loving and trusting God are quietness in our souls, peace in our hearts, and joy in our spirits—all gifts of His grace!

*The imperishable quality of a gentle and **quiet** spirit, which is precious in the sight of God. 1 Peter 3:4*

*Those who love Your law have great **peace**, and nothing causes them to stumble. Psalm 119:165*

*The **joy of the LORD** is your strength. Nehemiah 8:10*

## For Further Encouragement

Psalm 73:26 *My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*

Psalm 92:12-15 *The righteous man will flourish like the palm tree, he will grow like a cedar in Lebanon. Planted in the house of the Lord, they will flourish in the courtyards of our God. They will still yield fruit in old age; they will be full of sap and very green, to declare that the LORD is upright; He is my rock, and there is no unrighteousness in Him.*

Isaiah 46:4 *Even to your old age I will be the same, and even to your graying years I will bear you! I have done it, and I will carry you; and I will bear you and I will deliver you.*

Isaiah 40:29 *He gives strength to the weary, and to him who lacks might He increases power.*

2 Corinthians 4:16-18 *Therefore, we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison, while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.*

Philippians 3:20-21 *For our citizenship is in heaven, from which also we eagerly wait for a Savior, the Lord Jesus Christ; who will transform the body of our humble estate into conformity with the body of His glory, by the exertion of the power that He has even to subject all things to Himself.*