

# *Loving and Trusting God in the Autumn of Life*

by Gail Yost



*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.

*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, let your mind dwell on these things.* Philippians 4:8

*And the LORD is the one who goes ahead of you; He will be with you. He will not fail you or forsake you. Do not fear, or be dismayed.* Deuteronomy 31:8

*Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, surely I will uphold you with My righteous right hand.* Isaiah 41:10

## **2. Focus** on taking every thought captive to Christ.

*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

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

*I have been young and now I am old; yet I have not seen the righteous forsaken, or his descendants begging bread.*

Psalm 37:25

*Do not store up for yourselves treasures upon earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; for where your treasure is, there your heart will be also.*

*For this reason I say to you, do not be worried about your life, as to what you shall eat, or 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?*

*Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they? And who of you by being worried can add a single hour to his life? And why are you worried about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin; yet I say to you that not even Solomon in all his glory clothed himself like one of these.*

*But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you? You of little faith!*

*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 6:19-34*

“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*

#### **4. 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*

*A gray head is a crown of glory; it is found in the way of righteousness. Proverbs 16:31*

*Now she who is a widow indeed, and who has been left alone, has fixed her hope on God, and continues in entreaties and prayers night and day. But she who gives herself to wanton pleasure is dead even while she lives. Prescribe these things as well, so that they may be above reproach.*

*A widow is to be put on the list only if she is not less than sixty years old, having been the wife of one man, having a reputation for good works; and if she has brought up children, if she has shown hospitality to strangers, if she has washed the saints’ feet, if she has assisted those in distress, and if she has devoted herself to every good work. 1 Timothy 5:5-7, 9-10*

## 5. **Focus** on knowing who God is.

We get to know who God is through His Word.

We develop “a portfolio of passages” that tell of God’s attributes.

- 1 Peter 5:10 *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.*
- 2 Corinthians 1:3 *Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort.*
- 1 Thessalonians 5:23-24 *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.*
- Psalm 71:3 *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 71:5 *For You are my hope; O Lord GOD, You are my confidence from my youth.*

We talk to our souls, counsel ourselves with what we know about God.

Psalm 42:5

Question: *Why are you in despair, O my soul? And why have you become disturbed within me?*

Command: *Hope in God,*

Supporting reason: *for I shall again praise Him for the help of His presence.*

(Pastor Mark Minnick, Sunday p.m., 7/27/2014)

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

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

So that you will walk in a manner worthy of the Lord, to please *Him* in all respects, bearing fruit in every good work and increasing in the knowledge of God. Colossians 1:10

God has given us everything we need to live a godly life through the knowledge of Him. 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**

*And 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

*“The more I get to know my God and allow Him to change my thinking, the less I am plagued by fears.”  
Mardi Collier, *What Do I Know about My God?**

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

*Pastor Mark Minnick, Sunday a.m., 8/17/2014*

*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*

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