It doesn’t do much good to fight the onslaught of old age. The only alternative to growing old is to die young, and most of us do not prefer that. Some Bible characters lived many years, and Methuselah is said to have lived 969 years (Gen. 5:27). There may be more we want to know about that, but that is just about all we know about him and his ways.

No, most of us would not want to live that long, and by the writing of Psalms 90:10, things had averaged out to about “threescore years and ten,” or seventy years, closer to modern averages. The question is not “if” we are going to die, but “how” we are going to live, and how we are going to die. “It is appointed unto men once to die, but after this the judgment” are the words of Hebrews 9:27. What will your final years be like? Will they be filled with pain and suffering, or joy and anticipation of the judgment? To a great degree, it depends upon how you have prepared for them.

Why not ponder these ten “thoughts” about your life, and how your life can be full, providing great anticipation of being with your Lord in eternity!

1. Start now to build good memories for yourself and everyone you know. There will be tough times, but if you live so that there can be memorable and positive events, you can look forward to them and enjoy them in your last years. When years begin to pile up, you will not be sad or gloomy, but glad you had built those memories. Again, that will be up to you!

2. Begin now—if not before—to develop positive attitudes about life. It will take a lot of self-discipline, but the difference is like that between night and day in your mind. Negative attitudes produce little or no balm for growing old. Start “yesterday” and be ready for those years. They can be the best of all!

3. Remember, the alternative to growing old is “dying young.” If you can remember that, it might make the minor aches and pains less of a distraction.

4. Look for good qualities in all of your friends and family. It may surprise you how a positive attitude can make a difference for you and for those around you. Be positive!

5. Look for ways to alleviate the pain and anxiety you see in others. Helping others in their trouble takes some of the sting out of yours.

6. Instead of reducing the time you spend with your brothers and sisters, do just the opposite. Forget your troubles and allow those of “like precious faith” to give you a lift (2 Pet. 1:1).

7. Don’t be shocked when others disagree with you on important issues. Be wise enough to consider their thoughts, find out what the Bible says, then talk to them again, with full assurance, yet with “meekness and fear” (1 Pet. 3:15; Eph. 4:2).

8. If Bible discussions become heated, turn the temperature down. Read, then consider God’s words in Ephesians 4:2.

9. When the discussion comes to the family’s possessions put more value on the family than the possessions.

10. Allow others to tell you about their aches and pains, but fight the temptation to tell everyone else about yours. True joy is available to those who are good listeners.

Hopefully, by the time your old bones are saying ugly things to you, your family will come to your rescue. This is one good reason, among others, for following the instruction in the Bible about your children. Wouldn’t it be worth every “extra effort” you made through the years to have a home and family filled with love for each other? The Psalmist said it like this:
“Children are an heritage from the Lord, and the fruit of the womb is his reward. Like arrows in the hand of a warrior, so are the children of the youth. Happy is the man that has his quiver full of them. They shall not be ashamed, but they shall speak with the enemies in the gate” (Ps. 127:3-5.)

I have known many having reached an advanced age who discovered that it is a time that can be their most productive, providing their most satisfying times. It can be for you, too.