

# All About the Elderly: By Erica Jermanus

As people get older, they struggle with physical and mental health conditions. Some of the physical health conditions that the elderly struggle with include diabetes, high blood pressure, osteoporosis, urinary incontinence, and frailty. Some of the mental health struggles that the elderly struggle with include depression, worry, anxiety, dementia, Alzheimer's, and mental fog. Many elderly people struggle with regret as they get older because they did not accomplish the things they wanted to do when they were younger.

Many elderly wanted to get married and have children when they were younger, but now that they are in their old age, they are past the age of childbearing. Yes, if the elderly really wanted to have children in their old age, it is possible, and God can make it happen for them. In the Bible, Abraham and Sarah conceived and had children in their old age. So God can do anything at any given moment. It is not too late.

Many elderly people have regrets about not fulfilling their God-given purpose when they were younger. Many elderly wanted to start a ministry or a business, but they never did because they allowed procrastination to stop them from moving forward. Many elderly wish

they would have served more using their gifts and talents. They have wasted so much time doing nothing but watching television and sleeping. The elderly could be developing their relationship with Jesus Christ. They could be reading their Bibles, praying, worshiping God, and serving others. But instead they stay home and do nothing productive with their day and time.

Many elderly wish they would have exercised more when they were younger because now they are in a wheelchair or have to walk with a cane because they were not active when young. The elderly wish they would not have eaten a lot of junk food, which is why they have these illnesses, such as heart disease and cancer. The elderly people did not take care of the temple or the body that God has given them. They did not steward their temples well for the glory of God.

1 Corinthians 6:19-20 says, "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

God does not want us to be idle all day long and do nothing useful. He wants us to use our time, treasures, and talents to serve others in need. God wants us to be active in the kingdom of God. It is all about our relationship with Jesus Christ and service to him and his kingdom. When we serve God, we will get rewards in the kingdom of heaven and here on earth.

Many elderly wish they would have known Christ when they were younger. They wish they would have had a relationship with him. Now that they know God, they do not serve him, follow him, or obey him. It is mostly lip service but not faith in action in their lives. Many say that they believe, but they are not living out their faith and putting it into action in their daily lives. Many elderly do not read the Bible, pray, worship, or attend church services. Many die without Christ in their lives.

Many elderly die without a relationship with Jesus Christ and they end up going to hell because of their sins. Many of the elderly never received Christ, salvation, or forgiveness for their sins so that is why they are in hell today or on their way there. This is really sad. Many elderly were focused on their retirement

plans and going on expensive and extravagant vacations. Many of them have saved for their retirement for luxurious living. But the money they have from retirement should be sowed into the kingdom of God.

That money belongs to God and will one day be given back to him along with their souls. The elderly should use their retirement time to establish a relationship with Christ and serve him using their gifts and talents for his glory. That is how the elderly can prepare for eternity and to meet their Maker and Creator. When the elderly die, they will have rewards in heaven because they served God faithfully on earth.

Many elderly did not use their gifts or talents or fulfill their purpose. That is why those elderly people feel unfulfilled and unsatisfied. Many elderly people regret their past and their past mistakes. They wish they could go back in time and redo the mistakes that they have made in their lives. The time they have left is the time they can make up for what was lost in their lives. They can still serve their purpose in their old age by going back to school or starting a ministry or a business.

Matthew 19:26 says, "But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible." The Apostle Paul said in Philippians 4:13, "I can do all things through Christ which strengtheneth me."

Many elderly people are afraid of death and how they are going to die. They worry about the future and the end times events going on in the world. Maybe they have health problems, and so they worry that they are going to die from these health problems. The elderly do not have faith that God can heal them from their health problems. They think they will have to live with these problems the rest of their lives. Many elderly go into nursing homes because they cannot take care of themselves and they need assistance. It is really sad because many elderly do not have family to come and visit them while they're in the nursing home. But the most saddest part is not having God in your life and dying without him.

Many of the elderly do not have God in their lives because they never knew him to begin with. They never grew up with Jesus Christ or had a personal

relationship with him. The elderly may have lost their minds due to mental illness, such as dementia. This is really sad. We may need to pray for these elderly people in the nursing homes and in the world today. These elderly people need the younger generation. Above all, the elderly need Jesus Christ because without him they would be lost and headed for hell and destruction. Only Jesus Christ can save these elderly people from going to hell. But they need to repent, be saved, and be born again.

Many elderly people used to smoke and drink in their lives, and now they are bearing the consequences of their own bad choices. Because the elderly smoked or drank, they now have lung cancer, heart disease, or liver disease because of smoking and drinking. But they can become healed if they believe that Jesus Christ can heal them. It is Jesus Christ's will to heal them from these diseases, but they have to be willing to give up those bad habits and addictions. Jesus Christ can free them from sickness, disease, or addiction when they ask him for help. He will give them the strength and power through the Holy Spirit to overcome their sins

and sicknesses. John 8:36 says, "If the Son therefore shall make you free, ye shall be free indeed."