

The Bible is filled with examples of men and women who accomplished great things later in life. They had one thing in common: they trusted God.

**Young people take pride
in their strength,
but the gray hairs of wisdom
are even more beautiful.**

Proverbs 20.29 (CEV)

Prayer of an older person:

**Sovereign Lord,
I put my hope in you;
I have trusted in you
since I was young.
I have relied on you all my life;
you have protected me
since the day I was born.
I will always praise you.**

**My life has been
an example to many,
because you have been
my strong defender.
All day long I praise you
and proclaim your glory. . . .**

**I will tell of your goodness;
all day long I will
speak of your salvation,
though it is more
than I can understand. . . .**

**You have taught me
ever since I was young,
and I still tell of your wonderful acts.
Now that I am old
and my hair is gray,
do not abandon me, O God!
Be with me while I proclaim
your power and might
to all generations to come.**

Psalms 71.5-8; 15; 17-18 (TEV)

God has promised:

I will still be the same
when you are old and gray,
and I will take care of you.
I created you. I will carry you
and always keep you safe.

Isaiah 46.4 (CEV)

This selection of Holy Scripture is from the *Good News Bible* and from the *Contemporary English Version of the Bible*. We would encourage you to read the entire Bible. Many translations are available from your nearest Canadian Bible Society bookstore.

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