

AUGUST 2021 COGOPPRAYS.ORG CONTRIBUTOR: LONDA J. RICHARDSON

PRAYING FOR YOUR SENIOR ADULTS

"The days of our years are threescore years and ten; and if by reason of strength they be fourscore years, yet is their strength labour and sorrow; for it is soon cut off, and we fly away." Psalm 90:10

Around the world, people are living longer. "By 2050, the world's population aged 60 years and older is expected to total 2 billion, up from 900 million in 2015. Today, 125 million people are aged 80 years or older." (Key facts, World Health Organization) This year (2021), the United Nations expects the number of centenarians to rise to approximately 573,000 worldwide.

The church around the world is graying as well. Among these elders are some of the most dedicated Children of God and leadership ever. Growing old is not for the faint of heart. Caring for a spouse or changing roles with an ailing parent presents daily challenges. Prayer is key.

PRAYER DIRECTIVES

- Praise God for His faithfulness to ALL generations (Isaiah 46:4; Psalm 37:25)
- Seek God for a renewal of respect and honor for the aged among us (I Timothy 5:1; Lev. 19:32)
- Pray to see the value, importance, and promise of abundant life in every season. (Psalm 71:18)
- Consider those who are lonely or feel abandoned and ask God to surround them with His
 presence (Deut. 31:8)
- Thank God for the gift of life and pray the new season of extended years will bring reflection and relevance for this day (Joshua 14:12; Psalm 92:13-14)
- Lift up those who daily seek wisdom and direction in physical needs both for their personal health and that of those they love (Psalm 61:2)
- Ask God to open your eyes to the senior adults around you and give opportunity for you to
 express appreciation, support, and encouragement. Strive to let each senior adult know we
 value them, their wisdom, and their experiences. (Hebrews 12:12-13)

A PRAYER FOR THE ELDERLY

Remember Your people, O Lord, especially those to whom You have given the gift of long life. Reward them now for the good they have accomplished in the past; forgive them for their failings. Make their last days happy, and give them Your grace that they may continue to grow through the challenges of their later years. Bring them and all Your children to everlasting life with You. Amen.



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