
APPENDIX 2

ASK AN OLDER WOMAN*

*The righteous flourish like the palm tree and grow like a cedar in Lebanon.
They are planted in the house of the LORD; they flourish in the courts of our God.
They still bear fruit in old age; they are ever full of sap and green, to declare
that the LORD is upright; he is my rock, and there is no unrighteousness in him.*

PSALM 92:12-15

Titus 2:3-5 instructs older women to teach younger women:

Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can urge the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.

TITUS 2:3-5

Older women sometimes feel tossed to the side as age makes it harder to stay involved in their local church and serve as they are accustomed to doing. Just a little reminder of the impact of their lives will help remind them their season of life might change how they serve but does not diminish their identity as a child of God or the end of their influence on the lives of others.

Pair up with a friend and ask an older woman if you can bring her lunch or dessert or treat her to coffee. Tell her you want to ask her questions about her life. Bring a small gift with a card thanking her for the way she mentors younger women by her life.

Write a short story about her life that you can share with the group at the leader's discretion.

- What was life like for you as a young girl?
- Tell me about your family?
- When did you become a Christian?
- What is something you have learned about the Lord that you wish you had known at my age?
- What is your greatest fear or concern in this season of life?
- What is your greatest joy?
- Is there a scripture that is special to you?
- Do you have a favorite hymn?

* For more about Aging with Grace, check out *Aging with Grace, Flourishing in an Anti-Aging Culture* by Susan Hunt and Sharon Betters at www.agingwithgrace.online