

## **PRAYER FOR THE AGED**

Look with mercy, O God our Father,  
on all whose increasing years bring them  
weakness, distress, or isolation.  
Provide for them homes of dignity and peace;  
give them understanding helpers,  
and to them willingness to accept help;  
and, as their strength diminishes,  
Increase their assurance of your love.  
This we ask in the name of Jesus Christ  
Our Lord. Amen.

## **BLESSINGS FROM A SENIOR CITIZEN**

Blessed are those;  
Who look at me with kindness.  
Who keep pace with me.  
Who consider my fading ears.  
Who behold my trembling ways.  
Who recall fond memories of yester years.  
Who patiently bear with all repeats.  
Who sing and dance to my varied tunes.  
Who ignore my casual whims and fancies.  
Who accompany me in my loneliness.  
Who lighten my burdens each day.  
Who cheer me up with smile, song and laughter.  
Who are near me as I reach heaven's door.  
i shall remember them eternaly!

## **PRAYER OF AN AGING PERSON**

Jesus, you know htat I am aging.  
Keep me from the irritating habit  
Of thinking I have to say something  
About any subject to every one.  
Make thoughtful, but not moody.  
Helpful, but no bossy.  
Keep me away from the recital of endless details  
Seal my lips from my aches and pains  
I do not ask from improved memory,  
But improve my humility when my memory fails  
And seems to clash with the memory of others.  
Teach me glorious lesson that occasionally  
I may be mistaken. Amen.

## **THOUGHTS ABOUT OLD AGE**

1. We do not stop playing because we are old; we grow old because we stop playing
2. There are only two secrets to being happy and staying young,
  - You have to laugh and find humor every day.
  - You've got to have a dream.
3. There is a huge difference between growing older and growing up.
4. Anybody can grow older. That doesn't take any talent or ability.
5. The idea is to grow up by always finding opportunity in change.
6. Have no regrets. The elderly usually don't have regrets for what we did, but rather for the things we did not do.
7. Remember, growing older is mandatory, growing up is optional.