

You Matter Most

Seniors (Week 2)

LifeNotes

TALK IT OVER

Main Idea

Seniors matter most.

Key Scriptures

Now when the Philistines were at war with Israel again, David went down, and his servants with him; and when they fought against the Philistines, David became weary. Then Ishbi-benob, who was among the descendants of the giant, the weight of whose spear was three hundred shekels of bronze in weight, had strapped on a new sword, and he intended to kill David. But Abishai the son of Neraiah helped him, and struck the Philistine and killed him. Then David's men swore to him, saying, "You shall not go out again with us to battle, so that you do not extinguish the lamp of Israel." 2 Samuel 21:15-17 NASB

Gray hair is a crown of glory; it is gained by living a godly life. Proverbs 16:31 NLT

Younger generations, you must:

- Defend their dignity.

Never speak harshly to an older man, but appeal to him respectfully. As you would to your own father...treat older women as you would your mother, Hebrews 13:17 NLT

- Affirm their worth.

You shall stand up before the gray head and honor the face of an old man, and your shall fear your God: I am the Lord.

Leviticus 19:32 ESV

Seniors, we need you to:

- Embrace your role.

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2:10 ESV

- Light the way.

You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. Matthew 5:14-16 ESV

Start talking.

- What negative messages does culture send to our seniors?
- Why?
- What are some impacts of those messages?

Start thinking.

- Read 2 Samuel 21:15-17. Share several differences from David's first encounter with giants to this one.
- What were the strengths as a 65 – 75 year old that David conceded?
- How did Abishai help David? How is that an example for us?
- How did Joel describe the oath David's men swore to him?
- What did it mean that David was the "lamp of Israel"?

Start sharing.

- Who are the seniors in your life that have left the most positive impact?
- Why is it important for a healthy community to honor and affirm its seniors?

Start doing.

- If you are yet to be a senior: how will you defend their dignity and affirm their worth this week?
- If you are a senior: how will you embrace your role and light the way?

Closing prayer.

Lord Jesus, thank you that no matter what season we find ourselves in, you see us, you love us, and you remind us that we matter most. We confess we have not always defended and affirmed the seniors in our community. Forgive us and give us courage to step up and honor them. For those of us that you have led to be seniors, we confess at times we have neglected our role and faded into the background rather than stepping up to light the way forward. Jesus give us courage to be all you've called us to be in every season! Amen.