

Finishing Your Race Well: Aging to the Glory of Christ

Ellen Mary Dykas

Intro and Stories

Paul's Words as He Neared the End of His Life

I have fought the good fight, I have finished the race, I have kept the faith. Henceforth there is laid up for me the crown of righteousness, which the Lord, the righteous judge, will award to me on that day, and not only to me but also to all who have loved his appearing.

1 Timothy 4:7–8

Five Essentials to Help Us Age to the Glory of Christ

1. Remember, Christian, where you are located and where this life is headed.

- a. Romans 8:38–39: NOTHING “can separate us from the love of God IN CHRIST.”
- b. Ephesians 2:6: Believers have been “raised up with him and seated in the heavenly places IN CHRIST JESUS.”
- c. Colossians 3:3: “For you died, and your life is hidden WITH CHRIST in God.”
- d. 2 Timothy 1:1: “The promise of the life that is in Christ Jesus.”

2. Aim to live all of your days as a disciple.

3. Cultivate Christ-centered relationships.

4. Wisely steward your health, finances, and “discretionary” resources.

5. Engage practical, compassionate, Christ-centered care for the elderly .

Paul doesn't sugarcoat the decline of our bodies and minds; we are "wasting" and "groaning." There are many potential challenges as we get older:

- a. Grief
- b. Lost opportunities
- c. Regrets
- d. Financial fears
- e. Care and relational concerns

Engagement might include:

- a. Daily practical needs
- b. Companionship
- c. Spiritual nurture and discipleship
- d. Education
- e. Intergenerational fellowship and ministry

CLOSE: How was it that Paul finished his race well as a 60+ man?

Recommended Resources

- *Heaven*, Randy Alcorn
- *Aging With Grace*, Sharon Betters and Susan Hunt
- *Finishing Your Course With Joy*, J. I. Packer
- *Preparing For Glory*, Elizabeth Reynolds Turnage
- *Finishing Well Ministries*, finishingwellministries.org