

Avoiding “The Spirit of Old Age”

I am convinced that there is a spirit that we need to be aware of and avoid. I call it “The Spirit of Old Age.” Let me tell you why I say this.



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There are folks who think our life expectancy is about 70 years. If that’s true, I better be saying my goodbyes. Seventy years was for those bad kids of Israel. We have a new promise from God of at least 120 years. Now, let me share something with you.

I have several ministries in Detroit. One is for writers and one is for widows, ages 35-103. As I interact with these women, one of the significant things I have discovered is that some are far more active than others. I have come to the conclusion that the ones who are older and livelier are the ones who have not allowed “The Spirit of Old Age” to attach itself to them.

Shockingly, one of the most active ones was Mother Melissa (Mother Ruth). She passed at 103! Although she had a hearing problem, her memory was better than mine. I met Mother Ruth at a nail salon when she was 93. She was getting her bi-monthly manicure and pedicure. I did a story about her for our local newspaper. Because I wrote a column for this paper, they accidentally put my photo with her story, which I called “As Lovely as She Can Be at 93!” People thought that was me! And, of course, I was subjected to endless teasing about this. But I decided to capitalize on the vision. I began to see myself “As Lovely as I Can Be at 93!” And I have not allowed the “Spirit of Old Age” to attach itself to me. I told Mother Ruth that I wanted to be like her when I grew up. She called me “Baby Ruth” until the day she died.

We don’t have to allow the “Spirit of Old Age” to attach itself to us. We can live until we are satisfied according to Psalm 90:10 and we can bring forth much fruit in our old age according to Psalm 92:14.

One of the key ingredients to successful aging is having a positive attitude. We must also learn how to roll with the punches and make necessary adjustments without resorting to an “old maid” mentality. I often tell ladies, “You don’t have to look like Grandma Moses to be a grandmother.” Our supermodel days may be over, or we may feel like they’re gone, but we can still look and feel fantastic.

I've been blessed to have good skin. I have no wrinkles in my face. They are all in my neck! The face lies, but the neck tells the truth. I think it's the law of gravity! When I first saw the wrinkles in my neck, I panicked and started wearing a lot of turtleneck sweaters. But you can't wear turtleneck sweaters in the hot summertime.

But we do wear sandals. So, I decided to focus on my feet. When's the last time you had a pedicure? Give your toes some TLC. You can soak your feet in warm water and regularly use a pumice stone to eliminate any rough or dead skin patches.

Pampering them with regular massages can also make a big difference.

Here's nine more tips for you to consider:

1. Pay attention to your breathing. God thought enough of us to breathe the breath of life into our lungs (Genesis 2:7). That's something to shout about. Sometimes life can take your breath away. Slow down and do some deep breathing exercises.

2. Spend time with nature. Consider the spring and summer seasons. Ask yourself: "How much time did I spend last year smelling God's beautiful roses, fingering a blade of grass, or admiring the autumn leaves?" It's not too late, my friend. Stop dreading the snow. If you can, make a snowman with your grandchildren. Can't do a snowman? Do a snowball.

3. Spend time with your loved ones. Do this while you still can, even if they get on your last nerve. (The one you were saving for yourself.) Patience really is a virtue. Don't forget also to spend time with those people who make you feel good, happy, and optimistic about your future.

4. Bring flowers into your home. Purchase your own bouquet! Treat yourself to a bouquet. They add life to the home and fragrance as well.

5. Buy some "smiley face" balloons. Place them throughout the house. This is one of my favorites. When the air goes out, they are still smiling!



6. *Soothe your soul with sound.*

Voices. Voices. Voices. Are you hearing voices? We live in a noisy world. Radio, talking heads on television, other folks. Simply put, tune them out. Come aside and enjoy some inspirational easy listening music. Put down that I-Pad. I think that's what it's called 😊 And focus on "I." – yourself.



7. *Seek out*

beauty. Go to the

art museum or, better yet, take a new look at yourself and say, "I am a work of art." And believe it. Take a new positive look at yourself. We have been created in the image of God. We are His workmanship. That's something to shout about!



8. *Make amends.*

Reach out and try to resume connections with someone from whom you are estranged, practice forgiveness.

9. *Avoid crow's feet.*

Crow's feet are ugly wrinkles. Don't crow (boast, brag).

10. Finally, if you see someone without a smile, give them one of yours. Be a rainbow in someone's cloud.

Sure, I have heard older people say, "We all are going to die from something." There may be some truth to that, but I'm determined not to die from FOOLISHNESS. How about you? Join me and let's age gracefully.

DON'T FORGET TO DO YOUR HAPPY DANCE.

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