



Aging God's Way

Psalm 71

Message Notes by Dr. Mark Platt

Psalm 71 is written by David when he was a very old man and faced another crisis. 1 Kings 1 tells the sad story as this aged man coped with another heartache. Just like it was with his son, Absalom, another son named Adonijah, was trying to stage another coup to take over David's throne.

From King David's example as he dealt with this crisis, we learn **five components** for grow old with grace and godliness:

I. Rest in God's care

(verses 1-4)

1. Rest in God as your refuge *"my rock of refuge"*
2. Rest in God as your deliverer *"deliver me, O my God"*

II. Review God's blessings

(verses 5-8)

1. God gives you hope *"You have been my hope"*
2. God gives you life *"You brought me forth"*

III. Request God's presence

(verses 9-13)

1. Ask for help in your aging *"Do not cast me away when I am old"*
2. Ask for help in your trials *"Come quickly O my God"*

IV. Report God's principles

(verses 14-19)

1. Tell of God's attributes *"tell of Your righteousness"*
2. Tell of God's actions *"I will ... proclaim Your mighty acts"*

V. Rejoice in God's goodness

(verses 20-24)

1. Rejoice with singing *"I will sing praise ..."*
2. Rejoice with words *"My tongue will tell ..."*

Your Response:

1. Have you made God your “*refuge?*” Why not do it right now and put your trust in Him for salvation, atonement, and eternal life?
2. In verse 18, David asked God to stay with him “*till I declare Your power to the next generation, Your might to all who are to come.*” Who are the people you need to tell about God’s power, love, and salvation before you die? How can you tell young people about personal faith in Jesus Christ as Savior and Lord?
3. Go through Psalm 71 again. What are the wisest ideas in this psalm that will help a person as they grow old? Put them on a sheet of paper and put them in your Bible to go over in your meditation time in the future.
4. After studying this psalm, what is the one personal thing is God telling you to change or to do? Start today to put that one thing in motion.

Resources:

Psalms (volume 2) by James Montgomery Boice
Nearing Home: Life, Faith, and Finishing Well by Billy Graham
Exposition of Psalms by H.C. Leupold
Psalms by Elmer Leslie
Finishing Our Course with Joy by J. I Packer
Learn to Grow Old by Paul Tournier