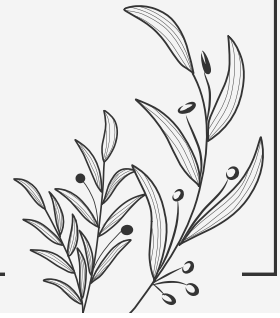




Aging With Grace

Chapter 1

June 24th, 2026



Growing Older, Growing Deeper

"Though our outer self is wasting away, our inner self is being renewed day by day."

- 2 Corinthians 4:16

When I first picked up *Aging with Grace* (a few years ago) I caught myself thinking, *This is a book I'll appreciate more someday*. But Chapter 1 gently reminds us that "someday" is already here. Whether you're 22 or 92, every one of us is growing older. More importantly, every one of us is becoming someone.

That realization made me stop for a minute.

Our world teaches us to fear aging. We're told to fight it, hide it, or at least postpone the visual effects of it for as long as possible. But Scripture never treats growing older as something to dread. Instead, it points us to something much better—that while our bodies change, God is faithfully changing the landscape of our hearts.

I found myself asking, *Am I paying as much attention to my soul as I am to everything else?*

It's easy to spend our days thinking about work, children, aging parents, schedules, meals, laundry, ministry, and all the little responsibilities that fill a life. Of course we do- those things matter! They're part of God's calling for us. But in the middle of all the doing, it's possible to neglect the one relationship that gives meaning to everything else.

The urgent has a way of eclipsing the eternal. Yet every ordinary day is another opportunity to grow in Christ as He shapes us, whatever age or season of life we're in.

None of us know how many years the Lord has given us. But we do know what He's doing with today- conforming us to the image of His Son.

That process doesn't happen all at once. We don't suddenly reach maturity and achieve wisdom with the first grey hairs we find. It happens slowly, in ordinary days—through His Word, through prayer, through repentance, and through suffering.

So wherever you may find yourself today—just beginning adulthood, raising a family, enjoying grandchildren, or walking through a season of loss—you can be sure that this season is not a

detour. It is His portion for you. The Lord is at work here, too. He hasn't stopped shaping you. In fact, He may be doing some of His deepest work on an ordinary, mundane Wednesday.

Questions to Consider:

- What season of life has God entrusted to you right now?
- Do I view aging more like something to avoid/dread, or as a way God pursues and refines me?
- What *Growing in Grace* principle from Chapter 1 is especially helpful to you at this point in your life and why?

Yours in Him,

Katherine Colquitt