

● WEEK 1, FREE · LARGE-PRINT BIBLE STUDY

How the Bible Helps Me Navigate *Aging Beyond 60*

Week 1: Still bearing fruit. Scripture, five questions with room to write, a small step and a prayer.

*Free
Week 1*

How to use this study

- Each week has four parts: passages to read, a short reflection, questions with room to write, and one small step to take.
- Read the passages slowly, out loud if you like. There is no wrong answer to any question.
- Go at your own pace. One week can take one sitting or seven.
- Leading a group? The leader page at the back has a simple plan for each meeting.
- Every passage is quoted word for word from the King James Version. The reflections, questions and prayers are ours.
- This study is for reflection and encouragement. It is not medical, legal or financial advice.

WEEK 1

Still bearing fruit

This week is about purpose. The Bible never describes later life as a waiting room.

Psalm 92:12-15

¹² The righteous shall flourish like the palm tree: he shall grow like a cedar in Lebanon. ¹³ Those that be planted in the house of the LORD shall flourish in the courts of our God. ¹⁴ They shall still bring forth fruit in old age; they shall be fat and flourishing; ¹⁵ To shew that the LORD is upright: he is my rock, and there is no unrighteousness in him.

Joshua 14:10-12

¹⁰ And now, behold, the LORD hath kept me alive, as he said, these forty and five years, even since the LORD spake this word unto Moses, while the children of Israel wandered in the wilderness: and now, lo, I am this day fourscore and five years old.

¹¹ As yet I am as strong this day as I was in the day that Moses sent me: as my strength was then, even so is my strength now, for war, both to go out, and to come in. ¹² Now therefore give me this mountain, whereof the LORD spake in that day; for thou heardest in that day how the Anakims were there, and that the cities were great and fenced: if so be the LORD will be with me, then I shall be able to drive them out, as the LORD said.

Isaiah 46:4

⁴ And even to your old age I am he; and even to hoar hairs will I carry you: I have made, and I will bear; even I will carry, and will deliver you.

Reflection

Psalm 92 says the righteous “shall still bring forth fruit in old age.” Caleb was 85 when he said “give me this mountain,” though its cities were “great and fenced.” Through Isaiah, God promises to carry his people “even to hoar hairs,” which means grey hair.

None of these passages calls the later years a smaller life. They say the same God is still at work, and that an older person still has something to give.

Questions

1. What fruit do you see in your life right now, even if it looks different than it did at 40?

2. Caleb asked for a hard job at 85. Is there something you have put off because you think you are too old?

3. Isaiah 46:4 says "even to hoar hairs will I carry you." Where do you need to be carried right now?

4. Who in your life is younger than you and could use what you know?

5. Finish this sentence: "In this season, I want my life to be about ..."

A STEP FOR THIS WEEK

Write down one thing you know how to do that someone younger would value: a recipe, a skill, a story, a habit of prayer. Offer it to one person this week.

A PRAYER YOU CAN PRAY

Lord, thank you for the years you have given me. Show me the fruit you still want to grow in this season, and give me the courage to share it. Amen.

The full study

This free sample is Week 1 of **How the Bible Helps Me Navigate Aging Beyond 60**, a 4-week large-print Bible study.

The other three weeks cover:

- Week 2: When life changes (loss and grief)
- Week 3: Strength when the body slows down
- Week 4: Not alone, and what I leave behind

It also has a leader page for small groups and Sunday school classes, and you may print copies for your own group.

Find it at oscarkiki.com/shop

Scripture is quoted from the King James Version, which is in the public domain in the United States. Reflections, questions and prayers by Oscar Kiki. Designed by Oscar Kiki with the help of AI tools; every passage is checked word for word against the King James text. oscarkiki.com