



REFLECTIONS

July 9, 2023, Refreshed from the Archives of October 9, 2011

**I praise you because I am fearfully and
wonderfully made; your works are wonderful,**
Psalm 139:14

Aging

Some days bring little surprises that seem to come from the ordinary; yet they feel so very special. Recently one of those special blessings came my way.

Hitting golf balls on the practice range was once a regular exercise for me, but with aging the activity happens less often. But on those days, like this one, I often found myself alongside my friend, Ray. Our conversation, though, drifted far from golf into the realm of life we call aging. He expressed the joy and the pain that comes with life; and I felt blessed as he stood with moist eyes looking straight into mine and began to recite his story through a heartfelt poem he wrote. With his consent, we share it here.

Aging

*it is just amazing how the years
go by so fast
why, I've got less in my future
than I have in my past*

*but looking back
at all those years
I can see a lot more laughter
than I see tears*

*oh, I'm sad for my brother and others
who's lives were short and never knew
the joy of hearing a child whisper
grandma, grandpa I love you*

*I have learned that true happiness
comes from within
I can't tell you exactly where I'm going
but I can tell you where I've been*

*years ago my heart was broken, but how
can a heart not break
when a child dies, it seems so wrong
yet that same broken heart would not give
while battling a horrific cancer
it gave compassion and made me strong*

*and there is an aging man that lives in my
mirror
that looks so much like my father
and I recall so vividly, with reverence
the teachings and love of my mother*

*oh, there are aches and pains and illnesses
that seem to come with aging
but aging is a gift and I'm happy for me
because every day I inch ever closer to
being
the man that God intended me to be*

ray cevallos

There it was, right from Ray's heart, the God given gift of aging even with all its pain. Ray had a story to tell—a story of God's love for him. It was a blessing to hear it right from his layman's heart. And we should be willing to tell ours too. Your story may seem ordinary to you. But it just might be a special blessing in someone else's day.

You are the light of the world,

Richard +

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Your comments are welcomed and encouraged. Richard may be reached at richard@reflectingthesavior.org