



Psalms 71

12/8/19 AM

**A GODLY OLD MAN** (or *Growing Old Gracefully*)

**Introduction:**

**I. THE TRIALS OF A GODLY MAN (71:1-8)**

A. His Prayer for Rescue (vs. 1-4)

“in You...I have taken refuge; let me never be ashamed”

“deliver me...rescue me...incline Your ear to me...save me”

“be to me a rock of habitation to which I may continually come”

B. His Praise for Restoration (vs. 5-8)

“for You are my hope...my confidence from my youth”

“by You I have been sustained from my birth; You are He who took me from my mother’s womb”

“my praise is continually of You...my mouth is filled with Your praise and with Your glory all day long”

“I have become a marvel to many, for You are my strong refuge.”

**II. THE TRUST OF A GODLY OLD MAN (71:9-16)**

A. A Prayer of Concern (vs. 9-13)

“do not cast me off in the time of old age...when my strength fails”

“my enemies have spoken against me...consulted together”

“Pursue and seize him, for there is no one to deliver.”

“do not be far from me...hasten to my help”

B. A Prayer of Confidence (vs. 14-16)

“I will hope continually, and will praise You yet more and more.”

“my mouth shall tell of Your righteousness” (c.f. vs. 24)

“I will come with the mighty deeds of the Lord GOD”

### III. THE TESTIMONY OF A GODLY OLD MAN (71:17-24)

#### A. Praise for the Past (vs. 17-18)

“You have taught me from my youth...and even when I am old and gray”

“do not forsake me, until I declare Your strength to this generation”

#### B. Praise for the Present (vs. 19-21)

“for Your righteousness, O God, reaches to the heavens”

“O God, who is like You?”

“You who have shown me many troubles and distresses will revive me again”

“bring me up again from the depths of the earth”

“may You increase my greatness and turn to comfort me”

#### C. Praise for the Prospects (vs. 22-24)

“I will also praise You with a harp...I will sing praises with the lyre”

“my lips...my soul...my tongue”

“O Holy One of Israel”

**Conclusion:** *How* can you grow old gracefully?

- 1) Always go to the Lord to find the help you need (vs. 3).
- 2) Always give praise to Him (vs. 6, 8, 22-23).
- 3) Give verbal witness of His greatness to others (vs. 15, 18).
- 4) Keep a song on your lips (vs. 22-23).
- 5) Focus on the future (vs. 14).

#### **Food for Thought:**

- 1) Are you increasing in godliness as you grow older? How can you take steps to do better?
- 2) How can you make God your constant refuge?
- 3) What “song” (music) do you find up-lifting and especially helpful in your relationship with the Lord?
- 4) Do you regularly declare (verbally) God’s greatness and your dependance on Him?