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## Aging Gracefully with the 23rd Psalm (Paperback)

By Dr Sharon V King

Anaiah Press, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. How does aging affect our spirituality? Does it deepen our relationship with God, or have decades of life's roller coaster rides left us spiritually challenged? Life after fifty can be particularly challenging for women because of the personal, social, and physical changes that naturally occur as we age. A rich spiritual life can help women fifty-plus gain perspective about their aging process and seek God's guidance as they encounter the changes, challenges, and opportunities of later life. Aging Gracefully with the 23rd Psalm applies some of the best-loved verses in scripture to a reflective study of ways women can grow in grace as they grow in years. The book provides reflections on themes of aging found in each verse of Psalm 23, such as facing forks in the road; making fresh starts; resolving past conflicts; coping with social, personal, and physical changes; navigating through emotional transitions; processing loss and grief; and end-of-life planning. Illustrations of each theme follow, using biblical examples, vignettes from the author's personal aging journey, a Takeaway Message from each psalm verse, suggestions for group discussion topics,...



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