

Growing Old and the Habit of Hope

Psalm 71:1-24

New Baptist Church
October 25, 2026



New Baptist Church
2026 Study of Psalms

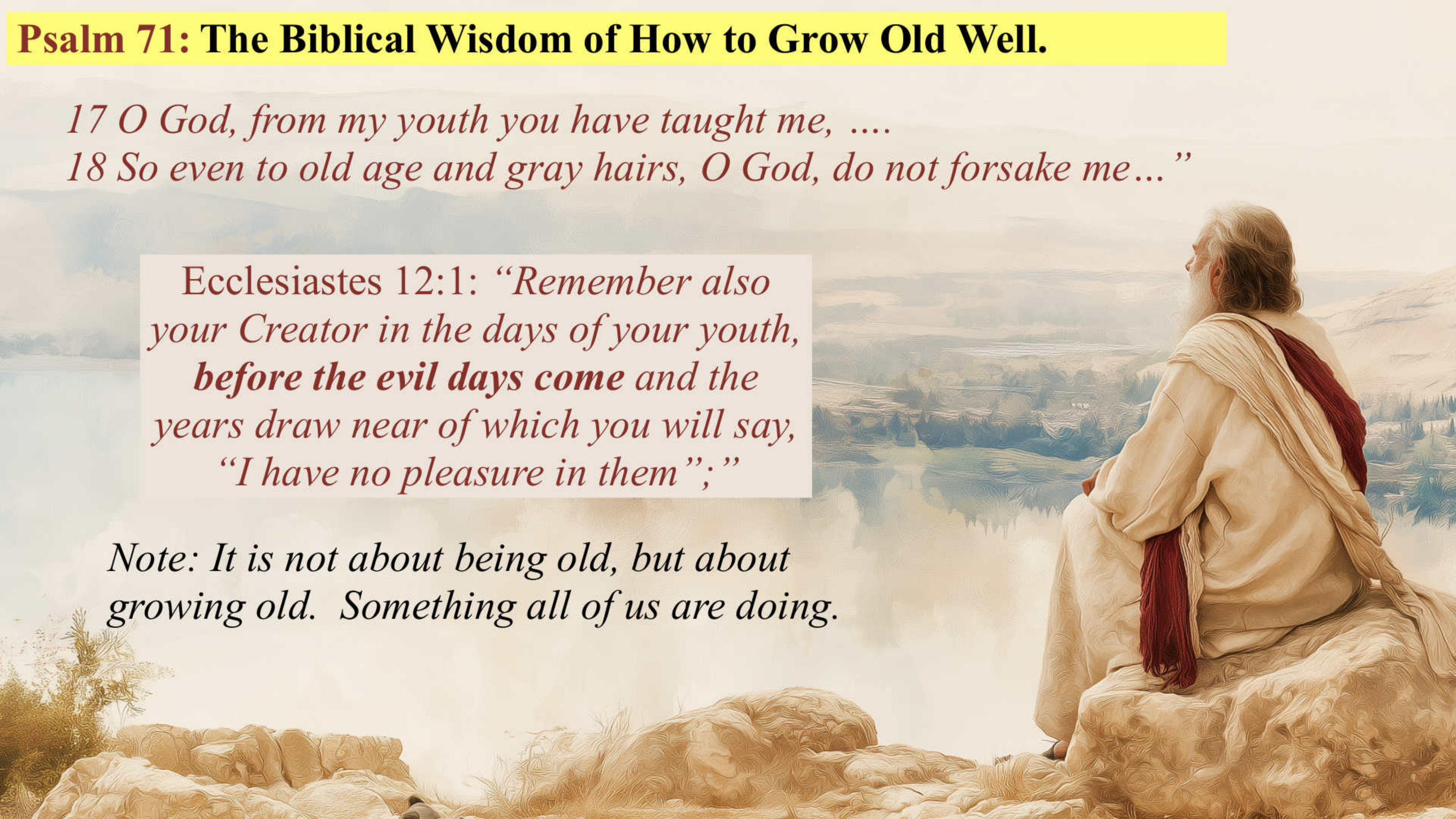
- Psalm 1&2: Gateways into the book of Psalms
- Psalm 73: Being near God is the greatest good.
- Psalm 34: God is near to the brokenhearted
- Psalm 19: The Glory of God revealed in His word
- Psalm 37:Fret Not
- Psalm 51: Create a clean heart.
- Psalm 139: The greatness of God
- Psalm 23: The Lord is my shepherd

Psalm 71: The Biblical Wisdom of How to Grow Old Well.

17 O God, from my youth you have taught me, ….
18 So even to old age and gray hairs, O God, do not forsake me…"

Ecclesiastes 12:1: *"Remember also your Creator in the days of your youth,* ***before the evil days come*** *and the years draw near of which you will say, "I have no pleasure in them";"*

Note: It is not about being old, but about growing old. Something all of us are doing.



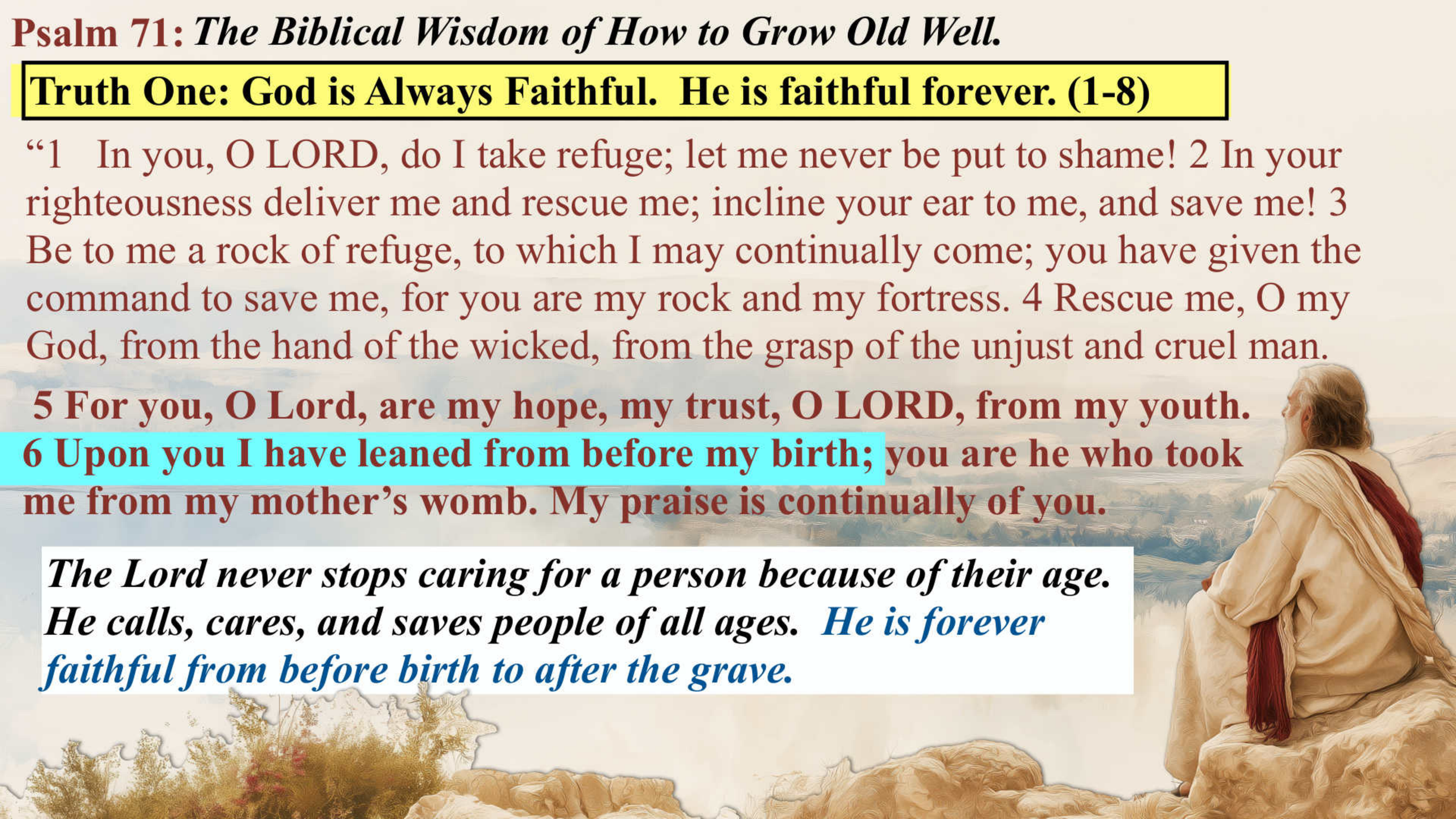
Psalm 71: *The Biblical Wisdom of How to Grow Old Well.*

Truth One: God is Always Faithful. He is faithful forever. (1-8)

“1 In you, O LORD, do I take refuge; let me never be put to shame! 2 In your righteousness deliver me and rescue me; incline your ear to me, and save me! 3 Be to me a rock of refuge, to which I may continually come; you have given the command to save me, for you are my rock and my fortress. 4 Rescue me, O my God, from the hand of the wicked, from the grasp of the unjust and cruel man.

5 For you, O Lord, are my hope, my trust, O LORD, from my youth.
6 Upon you I have leaned from before my birth; you are he who took me from my mother’s womb. My praise is continually of you.

The Lord never stops caring for a person because of their age. He calls, cares, and saves people of all ages. He is forever faithful from before birth to after the grave.



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7 **I have been as a portent to many,** but you are my strong refuge. 8 My mouth is filled with your praise, and with your glory all the day.

מוֹפֵת (*môphēt*)

*I have been as a **portent** to many, (ESV)*

*I have been as a **sign** to many, (NIV)*

*I have been as a **wonder** to many, (KJV)*

*I have been as a **marvel** to many, (NASB)*

When people look at him, do they marvel at God's faithfulness, or is he an alarming example of suffering?



As you grow older, what is your life saying to the people around you? Are you a warning (portent) of old age, or a marvelous sign, a wonder of God's faithfulness?
What are you an example of?

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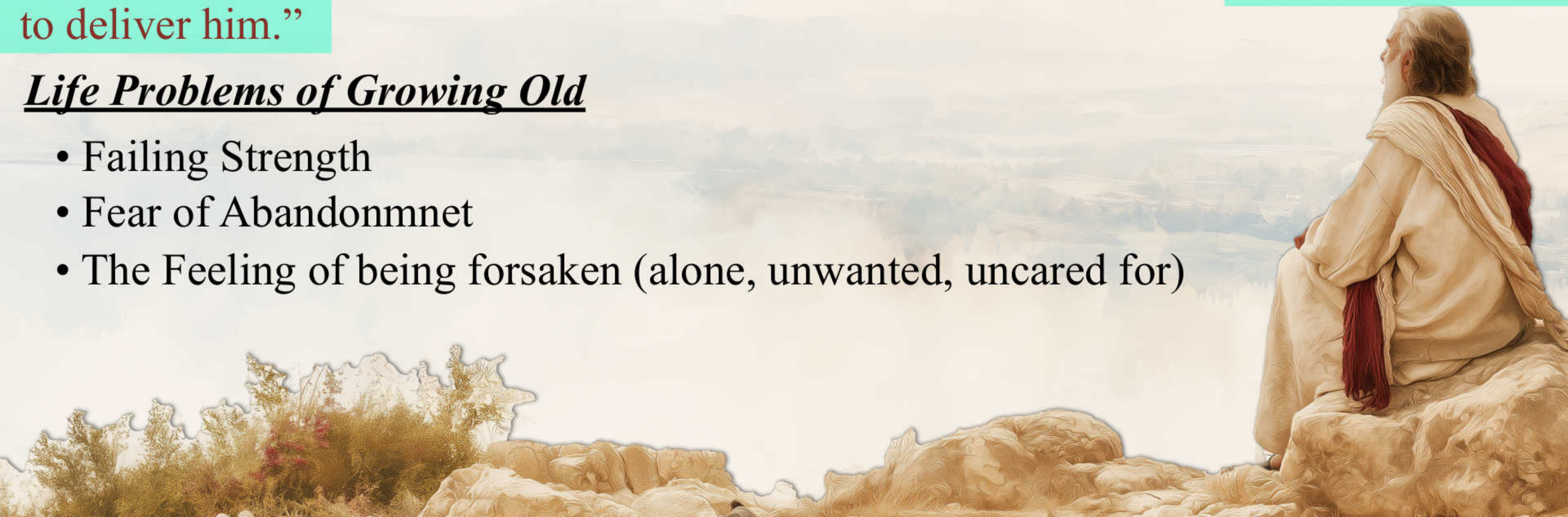
Truth One: God is Always Faithful. He is faithful forever. (1-8)

Truth Two: Life's Problems Never Retire (9-13)

9 Do not cast me off in the time of old age; forsake me not when my strength is spent. 10 For my enemies speak concerning me; those who watch for my life consult together 11 and say, "God has forsaken him; pursue and seize him, for there is none to deliver him."

Life Problems of Growing Old

- Failing Strength
- Fear of Abandonmnet
- The Feeling of being forsaken (alone, unwanted, uncared for)



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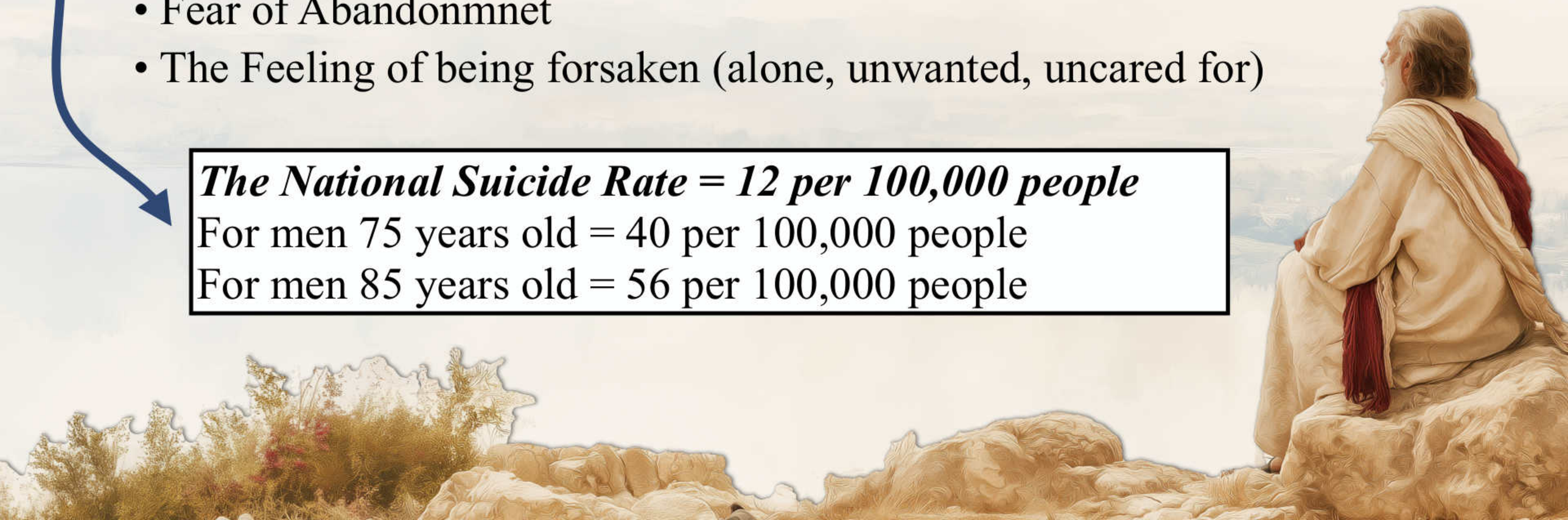
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The National Suicide Rate = 12 per 100,000 people
For men 75 years old = 40 per 100,000 people
For men 85 years old = 56 per 100,000 people



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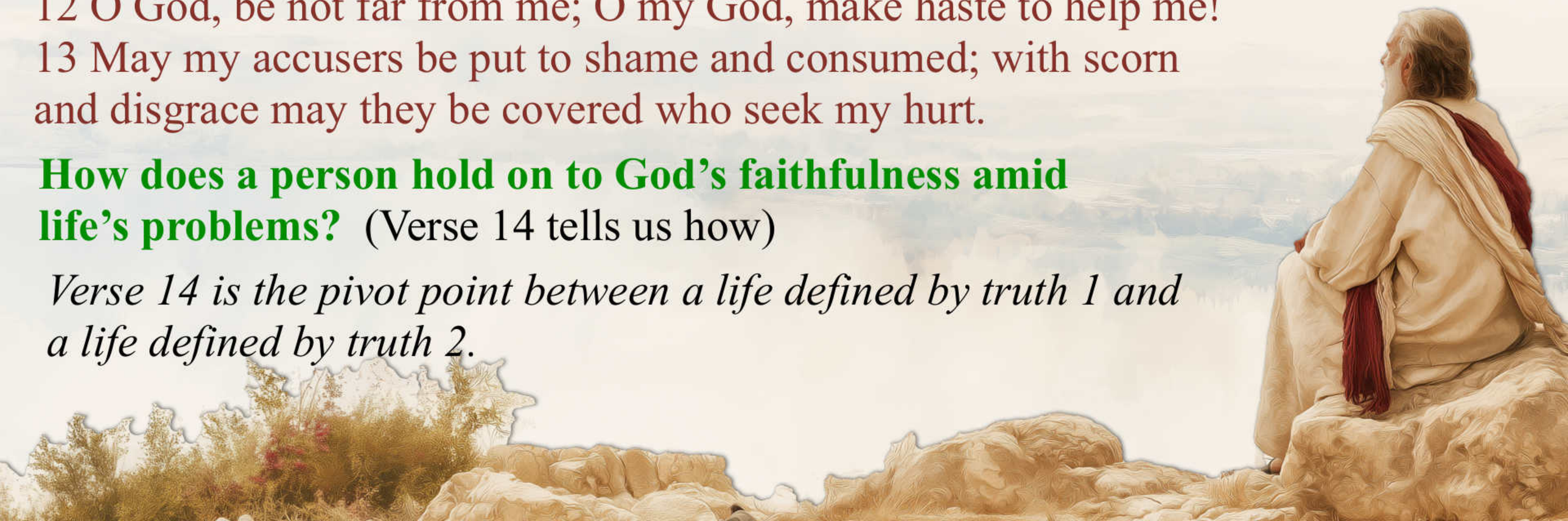
Truth Two: Life's Problems Never Retire (9-13)

*In light of Truth 2 (**Life's Problems Never Retire**), the Psalmist hangs onto Truth 1 (**God is always faithful**).*

12 O God, be not far from me; O my God, make haste to help me!
13 May my accusers be put to shame and consumed; with scorn
and disgrace may they be covered who seek my hurt.

How does a person hold on to God's faithfulness amid life's problems? (Verse 14 tells us how)

Verse 14 is the pivot point between a life defined by truth 1 and a life defined by truth 2.



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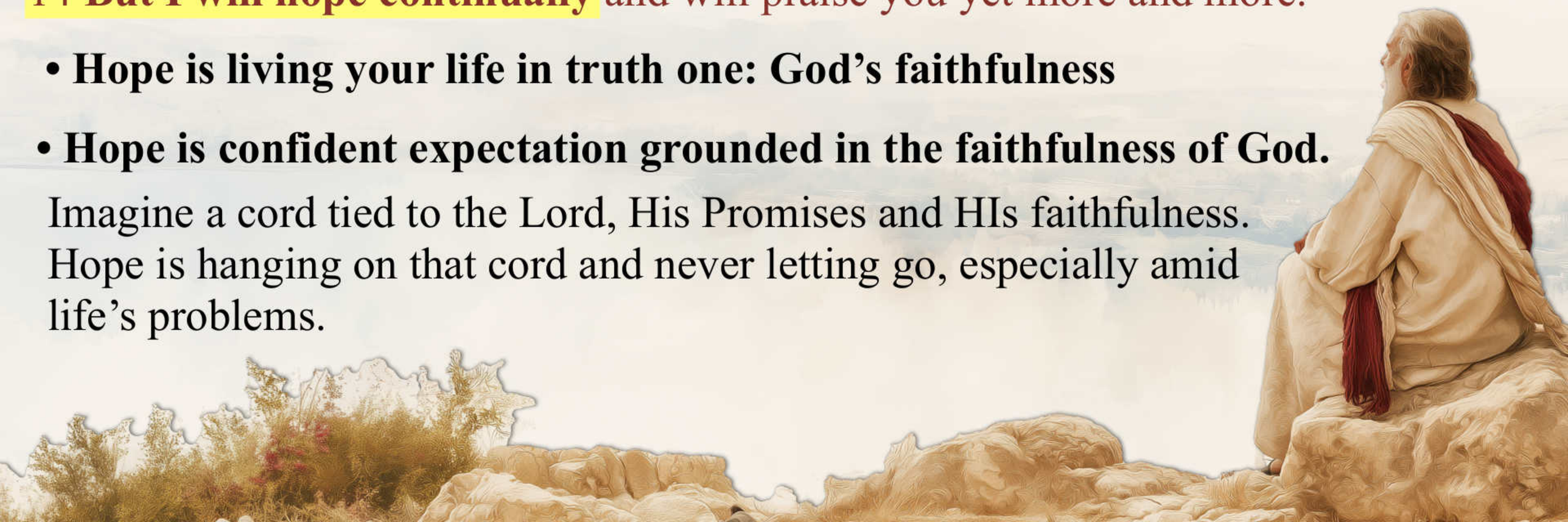
Truth Two: Life's Problems Never Retire (9-13)

How does a person hold on to God's faithfulness amid life's problems? (Verse 14 tells us how) **The Habit of Hope**

14 **But I will hope continually** and will praise you yet more and more.

- **Hope is living your life in truth one: God's faithfulness**
- **Hope is confident expectation grounded in the faithfulness of God.**

Imagine a cord tied to the Lord, His Promises and HIs faithfulness. Hope is hanging on that cord and never letting go, especially amid life's problems.





The Habit of Hope

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Psalm 71:5 **For you, O Lord, are my hope (cord), …**

The word for hope used in verse 5 is the same Hebrew word for cord (tiqvah (תִּקְוָה)) used in Joshua 2:18, when the spies tell Rahab to hang **a scarlet cord** out the window.

- **Hope is the ongoing habit of hanging on to the scarlet cord tied to God's faithfulness.**



The Habit of Hope

14 **But I will hope continually** and will praise you yet more and more.

Forming the Habit of Hope through the Continued Practice of …

- (Continually) Always going to the Lord in prayer (vs 3)
- (Continually) Worship, Thanksgiving, and Praise (vs 6)
- Remembering examples of God's Faithfulness (5-6)
- Speaking often of what God has done (15-16)
- (Continually) practicing praise in the midst of struggle (14)

The Habit of Hope is what turns old age into a marvel of God's Faithfulness.

15 My mouth will tell of your righteous acts, of your deeds of salvation all the day, for their number is past my knowledge. 16 With the mighty deeds of the Lord GOD I will come; I will remind them of your righteousness, yours alone. 17 O God, from my youth you have taught me, and I still proclaim your wondrous deeds.

18 So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come.



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The Habit of Hope manifested as a marvel of God's Faithfulness

Jean Spurlock: 93 years old
Broken vertebra
Sews for operation Christmas Child
600+ bags
500+ dresses
150+ hair scrunchies

Every year for the past 3 years.



The Habit of Hope

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The Habit of Hope manifested as a marvel of God's Faithfulness

Proclaiming the Might of God only requires a life buckled into the Faithfulness of God.

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The Habit of Hope 14 **But I will hope continually** …

The Promise the Psalmist Hangs Onto: The Best is Yet to Come (19-24)

19 Your righteousness, O God, reaches the high heavens. You who have done great things, O God, who is like you? **20 You who have made me see many troubles and calamities will revive me again; from the depths of the earth you will bring me up again.** 21 You will increase my greatness and comfort me again. 22 I will also praise you with the harp for your faithfulness, O my God; I will sing praises to you with the lyre, O Holy One of Israel. 23 My lips will shout for joy, when I sing praises to you; my soul also, which you have redeemed. 24 And my tongue will talk of your righteous help all the day long, for they have been put to shame and disappointed who sought to do me hurt."



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