

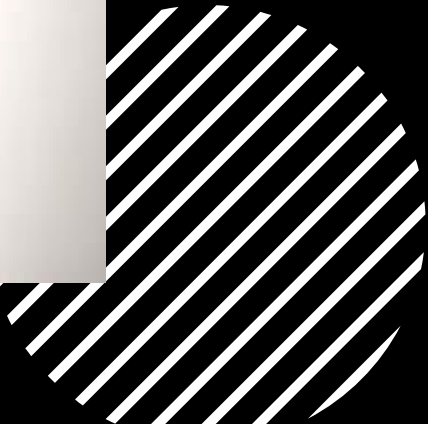
ICE BREAKER

**WHAT IS & DOES FINISHING WELL
... LOOKS LIKE?**



LIVING WELL & FINISHING WELL

- Wake up every morning knowing what you are going to do that day
- Go to bed every night knowing that you helped someone



FINISHING LIFE WELL IS LIVING WELL

- **Recognize your God-given value**
- **Find purpose for each day**
- **Cultivate and maintain deep relationships**
- **Laugh a lot**
- **Invest in your health**
- **Avoid the things that rob quality from the older years**

**BECAUSE SELF-ESTEEM
HAS BEEN OUR
PRIMARY BASES
FOR FUNCTIONING,**



**NO WONDER WE RESIST
AGING AND EMBRACING
OUR SEASON OF
WINTER.**

This is what the Lord says:

“The wise must not brag about their wisdom.


The strong men must not brag about their strength.

The rich must not brag about their money.

But if someone wants to brag, then let them brag about this:

Let them brag that they learned to know me.

Let them brag that they understand that I am the Lord,
that I am kind and fair,
and that I do good things on earth”.



The way we view our circumstances shapes our outlook on life. You can view winter as a cold, dreary, lifeless season—or feel peaceful in the tranquility and restfulness it represents in God’s design.



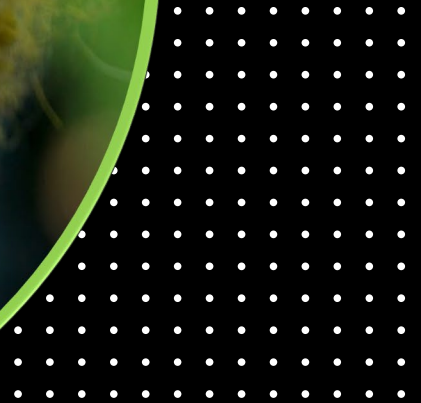
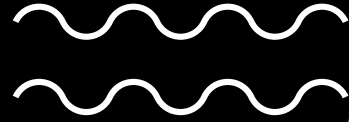
God calls us to view our “winter years” with hope and acceptance, seeing this time of life with new eyes.

What lessons can this season teach us?

“Age should speak; advanced years should teach wisdom.”
(Job 32:7)

QUESTION TO PONDER:

**WHAT VALUES
HAVE
CHANGED
OVER TIME AS
YOU HAVE
AGED?**



QUESTION TO PONDER:

**WHAT DO YOU
WANT TO
MAKE SURE
SOMEONE
KNOWS
ABOUT YOU?**



QUESTION TO PONDER:



**WHAT DO YOU
WANT TO TELL
SOMEONE WHO
IS YOUNGER
THAN YOU?**

QUESTION TO PONDER:

**HOW DO YOU EMBRACE
YOUR OWN MORTALITY
AS YOU ARE FACED WITH
THE TRANSITION OF
LOVED ONES?**



LIFE AFTER FIFTY-FIVE



- **Aging Well (Living Long, Finishing Strong)**
by June Hunt
- **Amazing You (A Woman's Guided Transformation to Reclaim Her True Identity)**
by Linda A. Fuggs
- **Finishing Well to the Glory of God**
by John Dunlop, MD
- **Successful Aging for Women Over 50: Create Your Next Steps with Confidence and Longevity** by Janine Hunka
- **Aging in Spirit: A Woman's Journey to God**
by Karen Kaigler-Walker (Author)