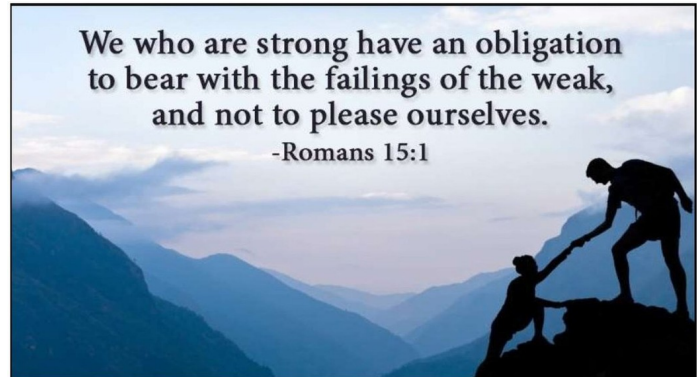


We Who Are Strong

*"Now we who are strong have an obligation to bear with the failings of the weak, and not to please ourselves. Let each one of us please his neighbor for that which is good, to be building him up" (Romans 15:1-2). Are you reasonably strong and healthy? If so, what do you think about those who aren't? Or do you not even bother to think about them? St. Paul tells us that we *"ought to bear the infirmities of the weak, and not to please ourselves."**



How can we do that? How can we build up our infirm or disabled or elderly neighbor? We shouldn't just live to *"please ourselves"* – we can run errands for home-bound persons who have no relatives nearby to care for them. We can take them grocery shopping, to doctor's appointments, to church, and especially to pleasant places like the park, the botanical gardens or the zoo in the summer: show them that they are important and loved! Again, the Apostle Paul wrote -

"The eye can't say to the hand, 'I have no need for you,' or again the head to the feet, 'I have no need for you.' No, much rather, those members of the body which seem to be weaker are necessary. Those parts of the body which we think to be less honorable, on those we bestow more abundant honor; and our unpresentable parts have more abundant propriety; whereas our presentable parts have no such need. But God composed the body together, giving more abundant honor to the inferior part, that there should be no division in the body, but that the members should have the same care for one another. When one member suffers, all the members suffer with it. Or when one member is honored, all the members rejoice with it. Now you are the body of Christ, and members individually" (1 Corinthians 12:21-27).

We really do need each other! Not only do dependent little children need their parents' love; but also, disabled adults and lonely elderly people need love... and we who are reasonably strong and healthy also need them. Why? To learn how to love with a pure heart, not thinking of material gain or our own pleasure. As St. Paul wrote, *"...not to please ourselves."*

What can we do about it? Once more, the Apostle Paul wrote - *"Therefore, seeing we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin which so easily entangles us, and let us run with patience the race that is set before us, looking to Jesus, the author and perfecter of faith, who for the joy that was set before Him endured the cross, despising shame, and has sat down at the right hand of the throne of God"* (Hebrews 12:1-2).

Lose weight! Are you focused on food? *"Lay aside every weight!"* Look to Jesus: He'll help you overcome that overweight! St. Paul wasn't just speaking in metaphors, he was telling us how our physical condition affects our spiritual health. In verses 12-13 he wrote - *"Therefore, lift up the hands that hang down and the feeble knees, and make straight paths for your feet, that that which is lame may not be dislocated, but rather be healed.* That means exercising for healing – restore health, wholeness, and holiness: go to <https://www.healthline.com/health/everyday-fitness/senior-workouts> and get the **Exercise Plan for Seniors!**

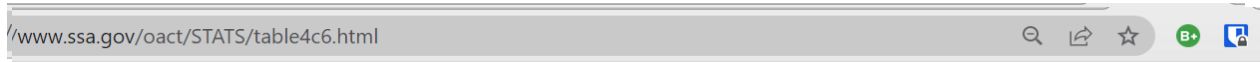
And prepare for your future: take our **free** online 1-year, 6-course **"Social Ministry of the Church"** (SoMiCh) program– go to <https://Agape-Restoration-Society.org/enroll> & *Enroll!*

(Download this as a PDF at <https://agape-restoration-society.org/ARC/we-who-are-strong.htm>)

Maybe You're "Old" But You're Not Finished Yet!

The Mayo Clinic wrote recently: *"have you ever wondered why some people are so robust and energetic in their 70s, 80s and beyond while others appear to be losing their vitality while still in their 50s and 60s?"*

In Joshua 13:1, God tells Joshua he's "old" but he still has lots to do. According to the [Social Security Administration](https://www.ssa.gov/oact/STATS/table4c6.html) – <https://www.ssa.gov/oact/STATS/table4c6.html>, a man's life span is about 76 years:



Period Life Table, 2019, as used in the 2022 Trustees Report

Exact age	Male			Female		
	Death probability ^a	Number of lives ^b	Life expectancy	Death probability ^a	Number of lives ^b	Life expectancy
0	0.006081	100,000	76.22	0.005046	100,000	81.28

But by making it to your mid-40s, your kids are growing up, and your life expectancy's up by a few years:

45	0.003340	93,979	34.26	0.001989	96,750	38.08
46	0.003567	93,665	33.37	0.002153	96,557	37.16
47	0.003833	93,331	32.49	0.002333	96,350	36.24
48	0.004143	92,973	31.61	0.002530	96,125	35.32
49	0.004499	92,588	30.74	0.002746	95,882	34.41

By your early 60's you're "empty nesters" with about 20 more years to live, so it's time to [enroll in SoMiCh](#):

60	0.011452	85,506	21.77	0.006883	91,396	24.79
61	0.012358	84,527	21.01	0.007457	90,767	23.96
62	0.013255	83,482	20.27	0.008010	90,090	23.14
63	0.014126	82,376	19.54	0.008520	89,369	22.32
64	0.015006	81,212	18.81	0.009031	88,607	21.51

So now you're nearing 80 and there's still lots of life left in you and lots of things to do for the Lord:

75	0.034618	63,725	11.32	0.024080	75,729	13.10
76	0.038263	61,519	10.71	0.026831	73,906	12.41
77	0.042190	59,165	10.11	0.029855	71,923	11.74
78	0.046367	56,669	9.54	0.033151	69,776	11.08
79	0.050948	54,041	8.97	0.036829	67,463	10.45

Things keep getting better and better: at 90 you still have 4 years to live and at 94 you've got another 3!

90	0.161678	18,895	4.12	0.128837	30,489	4.88
91	0.178905	15,840	3.82	0.143633	26,561	4.52
92	0.197408	13,006	3.54	0.159606	22,746	4.20
93	0.217149	10,439	3.29	0.176731	19,115	3.90
94	0.238080	8,172	3.06	0.194973	15,737	3.63

They keep moving the goal posts! So even by 99, you may have another 2 years to reach the finish line.

This means you might have many years left to serve the Lord, **so take our [SoMiCh program](#) *now!***