

## Successful Aging

Lesson 1-September 18, 2022

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1. Wellness for the Glory of God, Crossway, 2014
2. The key to coming to the end of life well is to continue to live well in each area of life starting now
3. Two key concepts
  - a. Shalom-wholeness, single focus, leads to peace
  - b. Shema-loving God with our all  
**Deuteronomy 6:4-5 (NIV)** Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength.
4. Physical wellness
  - a. Diet, exercise, rest, medical care
  - b. **1 Corinthians 6:19 (ESV)** Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own,
  - c. Grade \_\_\_\_\_  
Changes \_\_\_\_\_
5. Mental wellness
  - a. Keep using your brain-think, process, write response
  - b. 3 steps in mental deterioration
    - i. Benign senescent forgetfulness
    - ii. Minimal cognitive impairment
    - iii. Dementia
  - c. Grade \_\_\_\_\_  
Changes \_\_\_\_\_
6. Social wellness
  - a. **Genesis 2:18** "It is not good for man to be alone." More than marriage
  - b. Pursue diversity to be more like Jesus
  - c. Choose to live where you can continue to make friends
  - d. Church-maintain cross generational relationships
  - e. Family
    - i. Marriage
    - ii. Children and grandchildren
7. Grade: \_\_\_\_\_  
Changes \_\_\_\_\_
8. Next week we will talk about financial, spiritual, and emotional wellness