Prayer on Aging

May Christ keep me ever young "to the greater glory of God."
For old age comes from Him, old age leads to Him,
and old age will touch me only insofar as He wills.
To be "young" means to be hopeful, energetic, smiling---and clear-sighted.
May I accept death in whatever guise it may come to me in Christ,
that is, within the process of the development of life.

A smile---inward and outward---means facing with mildness
and gentleness whatever befalls me.

Jesus, grant me to serve You, to proclaim You, to glorify You,
and to manifest You, to the very end through all the time
that remains to me of life, and above all through my death.

Lord Jesus, I commit to your care my last years, and my death;
do not let them impair or spoil the work I have so dreamed of achieving
for You. Amen

A Prayer for Those Growing Older

Lord, Thou knowest I am growing older. Keep me from becoming talkative
and possessed with the idea that I must express myself on every subject.
Release me from the craving to straighten out everyone's affairs. Keep me
from the recital of endless detail. Give me wings to get to the point. Seal my
lips when I am inclined to tell of my aches and pains. They are increasing
with the years and my love to speak of them grows sweeter as time goes by.
Teach me the glorious lesson that occasionally I may be wrong. Make me
thoughtful but not nosy; helpful but not bossy. With my vast store of
wisdom and experience it does seem a pity not to use it all. But, Thou
knowest, Lord, that I want a few friends at the end. Amen.
"Be at Peace," by Saint Francis de Sales

Do not look forward in fear to the changes in life; rather, look to them with full hope that as they arise, God, Whose very own you are, will lead you safely through all things; and when you cannot stand it, God will carry you in His Arms.

Do not fear what may happen tomorrow; the same understanding Father Who cares for you today will take care of you then and every day.

He will either shield you from suffering or will give you unfailing strength to bear it. Be at peace, and put aside all anxious thoughts and imaginations.

Prayer on Aging

Lord, you know better than I, myself, know that I am growing older and will some day be old. Keep me from being talkative and particularly from the fatal habit of thinking that I must say something about every subject and on every occasion. Release me from craving to straighten out everybody’s affairs. Make me thoughtful but not moody; helpful, but not bossy. With my vast store of wisdom, it seems a pity not to use it at all, but you know Lord, that I want a few friends at the end. Keep my mind from the recital of endless details--give me wings to come to the point. I ask for grace enough to listen to the tales of others’ pain. But seal my lips on my own aches and pains--they are increasing, and my love of rehearsing them becomes sweeter as the years go by...

I dare not ask for improved memory, but for a growing humility and lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally, it is possible that I may be mistaken...Give me the ability to see good things in unexpected places, and talents in unexpected people. O Lord, the grace to tell them so. Amen