

**Day One: Joshua 14:6-15**

- As the Israelites began to settle in the Promised Land, who approached Joshua (6)? Who began speaking to him (6)? What event did Caleb bring up (6-7)? How did his role and outlook during the expedition compare to those who went with him (7-8)? What promise did this prompt Moses to make to Caleb (9)?
- Recall times you “followed the Lord your God wholeheartedly.” As you age, what moments like this do you hope to add to your faith journey? Talk to the Lord about these dreams. Ask for grace to live with purpose and wisdom so that these dreams come to pass.
- Describe Caleb’s life at age 85 (10-11). What did he request (12)? How did Joshua respond (13)? Due to his faithfulness, what land did Caleb inherit (14-15)? Imagine having the strength and vigor that Caleb possessed in his old age. Today, what is one healthy habit you can adopt in order to age well like this?

**Day Two: 2 Samuel 1**

- Set the scene of this text (1-2). Summarize David’s conversation with the men from Saul’s camp (3-10, 13-14). How did David and his men react to the news (11-12)? Prior to this visible reaction, what different emotions do you think he felt? What did David do to the messenger (15-16)? What are your thoughts on this?
- How do you normally respond when learning that someone you love died? How might the Lord want to help you and use you to help others feel safe to express grief in times like this?
- In response to Saul and Jonathan’s death, what did David write (17)? Who had to learn it (18)? Summarize the lament’s content (19-27). Which part moves you the most? Why? Take some time now to write your own lament, perhaps about the death of a loved one. How does it feel to remember and grieve in this way?

**Day Three: 2 Samuel 18:19—19:8**

- Summarize the lack of consensus on how to deliver to David the paradoxical news of his victory and his son’s death (18:19-23). Describe David’s experience of receiving this news (24-33).
- Twice David insisted it was good news, but he was only partially right. How do you respond to surprisingly bad news, such as the death of a loved one? Process this emotional challenge with the Lord. Tell him what you need from him in moments like this.
- How did other people react to the news of the victory and of Absalom’s death (19:1-3)? How did David continue to grieve (4)? What did Joab then confront him about (5-6)? What did he make David do (7)? Why (7)? How did David respond (8)? What did everyone else do (8)? What are your thoughts on what Joab did?
- David grieved many, many deaths in his lifetime. As you age and this becomes a more common experience, what are some ways to invest in your relationship with God so that you feel sustained by him in seasons of grief and loneliness?

**Day Four: Ecclesiastes 12:1-8**

- What does the author say we must do in the days of our youth (1)? Why is it unwise to wait until you are old (1)? In what ways have you heeded the author’s advice? How does remembering God “before the days of trouble come” help with the actual trouble? If you feel you failed to remember the Lord in the days of your youth, give this concern over to

him. What response do you sense, and how do you think he wants you to move forward?

- Describe all the imagery the author uses to convey old age (2-5). What about the moment of death after living a long life (6-7)? Vision and hearing loss, frailty, irrational fears and dulling desires are challenging parts of aging that are often mocked by the dominant culture. What can you do to go against this grain? How can you bring greater respect to the elderly?
- Verse eight reiterates Ecclesiastes' theme: meaninglessness. Some translations use the word "vanity" instead of "meaningless." How do you think these words pertain to the challenges of aging?

#### **Day Five: 1 Thessalonians 4:13-18**

- On what topic does Paul want us to be well informed (13)? What is distinct about Christian grief, especially when we better understand death (13)? What secondary belief rises out of the primary belief in Jesus' resurrection (14)?
- Describe what it looks like to you to authentically grieve, but to do so with hope of eternity. Recall times when you've experienced this in your own life. If you know a grief-stricken person who has no hope, pray for them now. Ask God to show you how to point them toward the comfort and hope of Christ.
- Compared to "the dead in Christ," what will happen to those who are still alive at Jesus' second coming (15-17)? What does Paul want us to do with these words (18)? Focus on the phrase "caught up together with them," found in verse 17. How does this picture of reuniting with departed loved ones make you feel? Write down a response or say a prayer out loud, telling God about the hope of reunion with him and with others.