



A Bible Study On Living in the Power Years

Suggested use: To introduce this topic, show the brief video *The Power Years*. It is available for viewing on ALOA's website at aloaserves.org/resources/videos/the-power-years/

Introduction

The "Power years" has been called by some as the "Third Age." The thinking behind these terms comes from the European tradition of adult education. Three ages of the lifespan each were identified with special focus, challenges and opportunities. The first age, from birth to about 30, included the primary tasks of biological development, learning and survival. The second age, from about 30 to 60, focuses on forming a family, parenting and work. The third age, from 60 to 90 (and longer) was considered a period in which a person could further develop their intellect, imagination, emotional maturity and wisdom. However, this third age of power years gets rejected when ageism views older adults weak, over the hill, out of touch, unproductive and powerless. This results in seeing people from 60 and above to be people of little worth, significance and real purpose. This Bible study is designed to counteract negative ageism with a view of people living in the "Power Years."

Observation #1: God is a God of great power as revealed in creation of the universe and in His mighty acts among people of the world. Take a quick look at the writers of the Book of Psalms to discover a God of power.

Readings: Psalm 20:6-7
Psalm 63:1-5
Psalm 66:1-5
Psalm 68:34-35
Psalm 77:14-15
Psalm 89:13
Psalm 145:1-21

Psalm 147:1-5

Psalm 150:1-6

Share how you believe that God is a powerful God in His acts of creation and in His mighty acts- especially in the Old Testament years.

Observation #2: God is a God of great power as He reveals Himself in the person of Jesus, His Son.

Readings: Isaiah 9:6-7
Luke 1:26-38
Luke 24:25-35
John 1:1-18
Romans 1:16-17

Share how God has been at work in your life to believe that Jesus is the power of God unto salvation for you.

Observation #3: God is a God of great power as He sends the Holy Spirit to empower people to believe and equip them with gifts of serving.

Readings: Ephesians 1:19-23
Ephesians 3:14-20
Colossians 1:3-14
I Peter 1:3-9
II Peter 1:3-11
II Timothy 1:7

Share how God is at work in you to experience the power of the Holy Spirit in your daily living. You have just shared the fact that you are living in "The Power Years." **Thanks be to God.**

Pastor Ken Holdorf has been in ordained ministry for over 50 years, and currently serves as Pastor of Senior Adult Ministry at Prince of Peace Lutheran Church in Carrollton, Texas. He is the author of several manuals on senior adult ministry, including *Best Practices for Ministry By and For Senior Adults*. Pastor Holdorf generously grants permission for this study to be copied, used and adapted to fit individual needs.

Adult Lutherans Organized for Action - ALOA is a nationwide resource to the church that strengthen ministry by, with and for adults in the second half of life. ALOA offers events for individuals and provides resources to encourage older adult ministry in Lutheran congregations.



ALO A is a Recognized Service Organization (RSO) of the LCMS and an affiliated Social Ministry Organization of the ELCA.



Evangelical Lutheran Church in America
God's work. Our hands.

