



A Bible Study On Psalm 71 – Prayers for God’s Help in Old Age

Suggested use: To introduce this topic, show the brief video *Tell Me a Story*. It is available for viewing on ALOA’s website at <https://aloaserves.org/key-resources/videos/faith-spirituality-videos/>

Verses 1-4 Who is my God?

- What does it mean to you that God is your REFUGE?
- What does it mean to you that God is your RESCUE?
- What does it mean to you that God is your ROCK?
- What does it mean to you that God is your FORTRESS?
- What does it mean to you that God is your DELIVERER?

Verses 5-8 What is my confession of faith?

- What does it mean when you confess that God is your hope?
- What does it mean when you confess that God is your confidence?
- What does it mean when you confess that God is your portent?

Portent means “of great importance or significance.”

- What does it mean when you confess that God is your daily praise?

Verses 9-13 An older person’s plea for help

- Are there times when you feel God has cast you away and forsaken you?

- Are there times when people make fun of you and your God?
- Have you felt a time when God seemed far away and not near to help you?
- Have you ever asked God to deal with other people who are giving you trouble?

Verses 14-21 A declaration of God’s grace, hope, and comfort.

- In what ways do you declare that you believe in a God of hope?
- Recall some of the blessings from God during your early years.
- How does one still find hope and comfort when they are old and gray?

Verses 22-24 A response of praise.

- Have you praised God with a musical instrument?
- Share ways that you have experienced the joy of knowing, believing, and living in faith that Jesus is your Savior and Lord.

Wrap Up

How would you describe God’s attitude about you as an older person?

How would you describe your attitude about getting older?

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Adult Lutherans Organized for Action - ALOA is a nationwide resource to the church that strengthens ministry by and for older adults. ALOA helps congregations provide more intentional and dynamic ministry by and for older adults and encourages older adult individuals to affirm their gifts and use them in service to family, church, community and world.



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



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