

WordBytes

Renewal of Youth – God’s Forgotten Benefit

(Palm 103:5)

There is a tremendous emphasis on practicing exercise, diet, and healthy living as we grow older. All of these have value. Yet there is a much greater remedy available to believers – God’s promise to renew our youth. King David knew this, and included it among God’s benefits which he was determined not to forget. We would do well to follow his example.

Don’t Forget All His Benefits

In Psalm 103:2, David reminds himself not to forget God’s benefits:

“Bless the Lord, O my soul, and forget not all His benefits”

and in verses 3-5 he lists the six benefits he is referring to:

1. forgives all your iniquities
2. heals all your diseases
3. redeems your life from destruction
4. crowns you with lovingkindness and tender mercies
5. satisfies your mouth with good things
6. **your youth is renewed like the eagle’s**

Selective Memory

Unfortunately, unlike David, many believers today appear to have a selective memory. Some only remember benefits 1, 3 and 4, while others include benefit 2 and 5. Very few appear to remember benefit 6 – **renewal of our youth**. Yet, why should we exclude it? 2 Corinthians 1:20 tells us that **ALL** the promises of God are yes in Christ, and that we bring Him glory when we receive them.

“For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us.”

Some Examples from Scripture

Moses Climbed a Mountain at 120 Years Old

Deuteronomy 34:7 tells us that Moses was in great condition when the LORD “called time” at 120 years old:

“Moses was one hundred and twenty years old when he died. His eyes were not dim nor his natural vigor diminished.”

Verse 1 records that He **even climbed a high mountain** to view the promised land:

“Then Moses went up from the plains of Moab to Mount Nebo, to the top of Pisgah, which is across from Jericho.”

Caleb Went to War at 85 Years Old

Joshua 14:10-11 recounts that Caleb, when he was 85 years old told Joshua that he had the same strength to go to war as he had when he was sent to spy out the land of Canaan at 40.

“And now, behold, the Lord has kept me alive, as He said, these forty-five years, ever since the Lord spoke this word to Moses while Israel wandered in the wilderness; and now, here I am this day, eighty-five years old.”

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As yet I am as strong this day as on the day that Moses sent me; just as my strength was then, so now is my strength for war, both for going out and for coming in."

Abraham and Sarah

Sarah was so beautiful at 65 that an Egyptian Pharaoh wanted her as his wife; and even when she was about 90, Abimelech, king of Gerar, also wanted her (Genesis 12:11-15 and 20:2):

"So it was, when Abram came into Egypt, that the Egyptians saw the woman, that she was very beautiful. The princes of Pharaoh also saw her and commended her to Pharaoh. And the woman was taken to Pharaoh's house."

Romans 4:19 and Hebrews 11:11-12 tell us that Abraham was about 100 years old when Isaac was born (Sarah was past 90):

"And not being weak in faith, he did not consider his own body, already dead (since he was about a hundred years old), and the deadness of Sarah's womb."

After Sarah died 37 years later, Abraham married again and had more children (Genesis 25:1).

Zacharias and Elizabeth

Luke 1:7 records that John the Baptist was born to Zacharias' wife Elizabeth when they both had reached old age.

"But they had no child, because Elizabeth was barren, and they were both well advanced in years."

Enhances Value of Long Life

Psalm 91:16 promises us long life:

"With long life I will satisfy him, and show him My salvation."

The value of long life is greatly enhanced by maintaining our faculties and strength as we grow older.

Psalm 92:14 proclaims:

"They shall still bear fruit in old age; they shall be fresh and flourishing"

Hebrews 6:12 urges us to:

"imitate those who through faith and patience inherit the promises."

So let's follow the example of David, a man after God's own heart, and remember **ALL** of God's benefits including **renewal of our youth**, being inspired by those heroes and heroines of faith who inherited this and other wonderful promises.

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WordBytes are Bible teachings to inspire faith and spiritual growth.

JO-AL Bible Teaching & Publications is based in Melbourne, Australia, and was founded by Alan and Joan Taylor in 2009. Alan and Joan have experience in pastoring and pioneering churches, and in travelling teaching, worship and music ministry. At the same time they have established a successful secular technical consulting company.