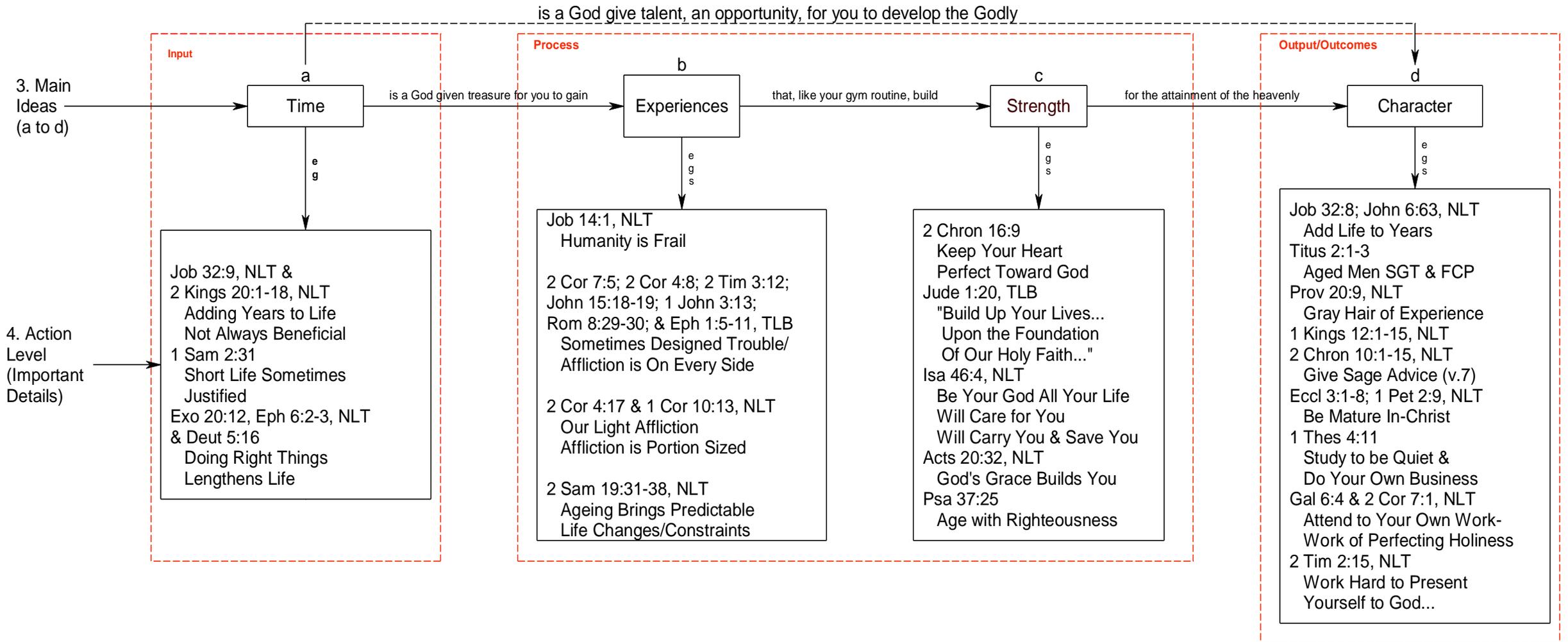


Ageing With Jesus Christ

1. Some people keep close tabs on their age, while others give it less scrutiny. In either case, both groups know that time is slipping away, that each day is a countdown to the inevitable—sinoatrial, (SA), node, the pacemaker cells at the top of the heart, stops sending out electrical impulses. For some people, not thinking about end-of-life or making preparation for it is an effective coping strategy. Others, however, give thought to end-of-life and are making plans and taking decided action to be ready for end-of-life. Framed this way, it appears that ageing is personal, and it is; but it is also ecological or extra personal. Thus, ageing and aging commands the community's attention as evidenced by doctoral Aging Studies, institutional bodies such as the *National Institute on Aging*, and public policy documents such as '[Aging, Health, and Public Policy](#).' As evidence of the extra personal significance of ageing, "The ageing process, ...is subject to the constructions by which each society makes sense of old age. [For example], ...the age of 60 or 65, roughly equivalent to retirement ages in most developed countries, is said to be the **beginning** of old age" ([Definition of an Older or Elderly Person, WHO](#)). Abram, Moses, and Aaron would disagree (Gen 16:16 & Exo 7:7). Why does the community care about ageing? Ageing is on the radar of stakeholders such as employers and insurance providers because "...poor health... [reigns as] the dominant and limiting feature of older populations. Ageing, (a biological process), is also on the radar of clinicians and family members because it associates with aging (functional decline). [The good news is] most of the health problems of older age are the result of chronic diseases; some of [which] can be prevented or delayed by engaging in healthy behaviors. [Hence], ...the aging of populations thus demands a comprehensive, public health response" ([World Report on Ageing and Health, p.4](#)). A comprehensive, public-health focus on ageing or aging should include an emphasis on spirituality—development that comes by the Holy Spirit. The purpose of this study is to raise awareness about the benefits of ageing in Jesus Christ.
2. TESC is the memory aid for this study. What does the acronym, TESC, means? T is for time; E is for experiences; S is for strength, and C is for character. The chart below integrates the acronym into a unified whole. Follow along as we navigate from 3 to 4. Level three has the study is in a nutshell, and level four explores details encapsulated at level three.

Figure 1: Ageing With a Purpose and Clearly Defined Goals for Living a Meaningful, and Well-Ordered Life



Definitions (What do these words mean?):

- Ecological** refers to the relationship and interactions between organisms and their environment.
- Extrapersonal** is outside of a person, beyond what is personal or individual.
- Ageing** is the biological process of growing old or developing the appearance and characteristics of old age.
- Aging** is an "...age-progressive loss... of fitness or the state of adaptation..." (Flatt, 2012).