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Daily Devotional - Friday, September 10, 2021 - How to Stay Young All Your Life

SEPTEMBER 10TH 2021 BY DEE LOFLIN

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Psalm 92:12-15

Our culture is obsessed with youth. Products abound that offer better health, fewer wrinkles, and increased energy, but these address the issue of aging only in superficial ways; nothing alters the fact that our bodies grow older. Feeling old, however, is *not* inevitable—with the right attitude, we can be young at heart no matter what our chronological age may be. We do this by cultivating ...

- **A God-Centered Focus.** Keep your mind on the things above rather than on earthly things ([Col. 3:2](#)). See each day as an opportunity to trust God more fully, love Him more deeply, and serve Him more joyfully.
- **An Active Pursuit of Learning.** Never stop learning from Scripture. Long for the Word the way a baby craves milk so you can continue to grow spiritually ([1 Pet. 2:2](#)).
- **A Hopeful Outlook on Life.** Let godly thinking shape your attitudes. Be joyful, thankful, and prayerful ([1 Thess. 5:16-18](#)).

• **An Others-Centered Orientation.** Don't let yourself withdraw into self-absorption. Instead, invest your life in others for their spiritual encouragement and growth ([1 Thess. 5:11](#)).

Staying young while growing old begins with your mind. So never stop learning, laughing, and loving God with all your heart.

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