



# Current Issues in Prayer

December 2017

Welcome! The Pope invites people of different faiths to come together and pray:

**That the elderly, sustained by families and Christian communities, may apply their wisdom and experience to spreading the faith and forming the new generations.**



## Getting started:

I find a quiet place to prepare myself for prayer. I become conscious of what is happening inside me. I take a deep breath while I become aware that God is looking upon me and those around me with deep love.



## Short story:

Fred and Mario, two pensioners, met after many years. There was a lot of catching up to do and inevitably they spoke about the way old age had changed their lives. Fred admitted that since retiring he had become very sad and withdrawn. He no longer had a routine and felt he could do nothing useful anymore. He also felt unappreciated by the people around him as he no longer felt able to engage in challenging conversations. This made him grow even more detached from those he valued most in life. Mario understood what Fred was going through. He tried to encourage Fred to see old age from a different angle with the following anecdote: "In Israel, the River Jordan is the source of water to the Sea of Galilee and the Dead Sea. However the Sea of Galilee is full of life, nature, creatures and colour but the Dead Sea is stagnant and has no life".

"So why are they so different?" asked Fred bewildered. Mario explained: "Water pours into the Sea of Galilee from one side and drains out from another. The Dead Sea has no outflow. All the water it receives is retained. There are no water currents and the sea becomes stagnant. The same thing happens to our life. If we do not share and pass on the experiences we receive, we stagnate and destroy the life within us. But if we give good advice we continue to recreate ourselves". The old person who does not share will become enclosed and stagnant but the one who contributes to those around will remain strong and full of life.



## Time to reflect:

How do I regard the old persons who are part of my family?

How do I look upon the role of old people in society?

Do I treasure the advice given by an old person or do I think that such advice is outdated?



## Let us pray:

Dear Lord, we pray for all the old people so that You will grant them health and energy to go on contributing to society, thus strengthening themselves and others in all ways possible.



## Inspiration:

Blessed is the society that has oldies.

*Lailah Gifty Akita*



## Hands on:

During this month I will pray for old people. I will visit an old, lonely person in my community. I will show more appreciation of old people in my community.