



Lesson 14

Honor Your Parents

by Kathy Perkins

Psalm 71:9

Do not cast me off in the time of old age; Do not forsake me when my strength fails.

Psalm 71:18

And even when I am old and gray, O God, do not forsake me, until I declare Your strength to this generation, Your power to all who are to come.

Isaiah 46:4

Even to your old age, I will be the same, and even to your graying years I will bear you! I have done it, and I will carry you; and I will bear you, and I will deliver you.

Care giving

“There are only four kinds of people in the world: those who have been caregivers; those who currently are caregivers; those who will be caregivers; and those who will need caregivers.”

former first lady Rosalyn Carter

What care giving looks like

The Bible says to “honor your father and mother” (Ep.6:2) one New Testament commentary says that to honor someone is to “treat him with the deference, respect, reverence, kindness, courtesy, and obedience which his station in life demands.” For young children, this means obeying parents. For teenagers, it indicates showing respect for Mom and Dad even if you think you know more than they do. For young adults, this means including your parents in your life. And for those in middle-age and beyond, it means making sure that parents are cared for as they move into old age or their health declines.

Dennis Fisher, Our Daily Bread

Ways to Honor our Aging Loved Ones

A Complete Guide to Caring for Aging Loved Ones

by Focus on the Family

- Recognize their skills and successes.
- Reminisce with them.
- Record your elders' stories on audiocassette or videotape.
- Reinvent memories.
- Remember friends and help them make new ones.
- Renew their energy with exercise – even in bed.
- Remind them of latent talents.
- Preserve their dignity.

4 Tips to Making Care-giving Decisions

A Complete Guide to Caring for Aging Loved Ones
by Focus on the Family, p. 420

Linda, a woman, who had to make a fast decision about her mother moving to a care facility recommends four tips:

1. Pray about every move, take as much time as you can, and pour out your fears, hurts, and frustrations to the Lord (Philippians 4:6-7). Your strength cannot sustain you when emotionally charged issues overtake you, but God's can.
2. Ask God to make correct moves obvious and to close doors tightly to any wrong moves.
3. Ask God to bring a trustworthy friend to help you and to listen to you (Hebrews 10:24-25).
4. Seek godly counsel from people and agencies with experience who can help you in concrete ways. Talk with people in your church who have gone through this with their parents or aging loved ones. Maybe you can start a support group at church for other caregivers.



Things to Help You Cope

- Don't go it alone.
- Ask for what you need.
- Expect help from your family.
- Identify your strengths.
- Reevaluate your job.
- Get respite.
- Think realistically.
- Energize yourself.
- Reaffirm your faith and calling.

Build Godly character now!

Ecclesiastes 12:1 Remember also your Creator in the days of your youth, before the evil days come and the years draw near when you will say, "I have no delight in them."

Psalm 78:5-7 Which He commanded our fathers that they should teach them to their children, that the generation to come might know, even the children yet to be born, that they may arise and tell them to their children, that they should put their confidence in God and not forget the works of God, but keep His commandments.

My mantra at home this last 2 months during this study and because of my care-giving challenges has become "*What means these stones*"? Taken from Joshua 4 where the Lord commanded the priests to take up 12 stones from the midst of the Jordan and leave them in the place they lodged after crossing on dry land. *That this may be a sign among you, that when your children ask their fathers in time to come, saying, What mean ye by these stones? Then ye shall answer them. . . .* (vv. 6-7, KJV).

In 1 Peter 2:5, we learn as living stones we are to offer up spiritual sacrifices acceptable unto God through Jesus Christ. We are to cry out the mighty acts of God done throughout our lives and in those around us. We are becoming the older generation. Are we living out Psalm 78:3-7? As we honor and care for our parents, we are preparing ourselves to be the aged and teaching our children by example to honor and care for the aged so they too will become godly aged men and women.

Works Consulted

Highly Recommended

Adams, Jay E. *Wrinkled but Not Ruined: Counsel for the Elderly*. Timeless Texts.

Deane, Barbara. *Caring for Your Aging Parents: When Love is Not Enough*. Navpress, ©1989.

**Focus on the Family Complete Guide to Caring for Aging Loved Ones*, Tyndale House Publishers, Inc. ©2002.

Helpful

Mace, Nancy L. and Peter V. Rabins. *The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer Disease, Related Dementing Illnesses, and Memory Loss in Later Life*. *Grand Central Life & Style* ©2006.

Robertson, Betty Benson. *Changing Places: A Christian's Guide to Caring for Aging Parents*. Beacon Hill Press © 2002.