



GOD SUSTAINS

A worksheet to encourage older people

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Even to your

old age

&

grey
HAIRS

I AM HE, I AM HE WHO WILL

SUSTAIN **you**

I have made you

• & I will •
CARRY YOU

I will

SUSTAIN YOU

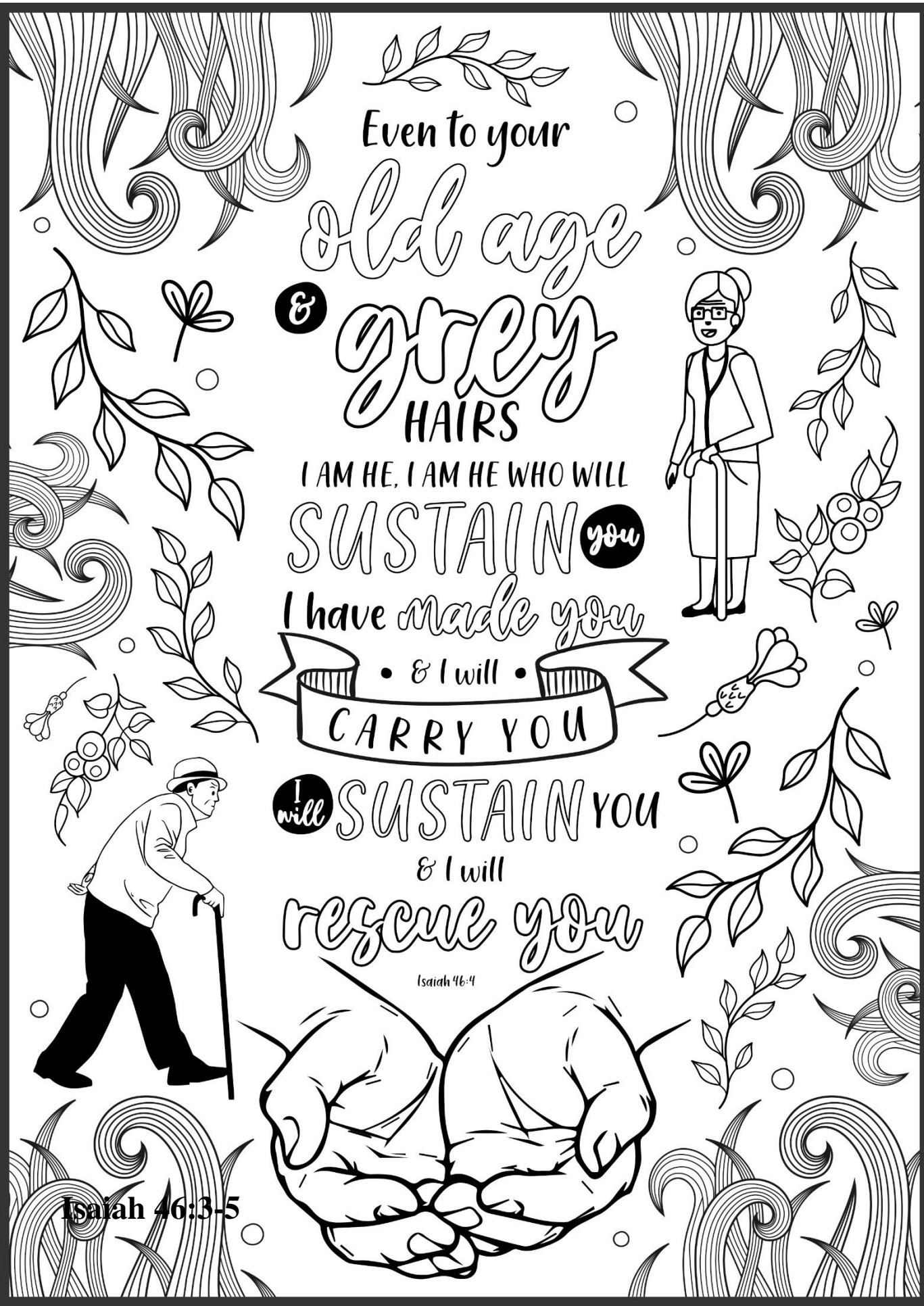
& I will

rescue you

Isaiah 46:4



Isaiah 46:3-5



“Listen to me, you descendants of Jacob, all the remnant of the people of Israel, you whom I have upheld since your birth, and have carried since you were born.

Even to your old age and grey hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you.

With whom will you compare me or count me equal?
To whom will you liken me that we may be compared?

Devotional

Throughout history, older people have faced hard times. Today many older people may be feeling forgotten, depressed and unloved.

BUT God cares for you:

- God is with you.
- God sustains you.
- God carries you.
- God rescues you.

In the dead of night, God is with you.

In times of sickness, God sustains you.

In moments of pain, God carries you.

In the midst of despair, God rescues you.

Prayer

Almighty Lord, thank for your love. When my worries overwhelm me, give me confidence of your love. In the name of Jesus Christ, **Amen.**

Great is Thy faithfulness

Great is Thy faithfulness, O God my Father;
There is no shadow of turning with Thee;
Thou changest not, Thy compassions, they fail not;
As Thou hast been, Thou forever will be.

Great is Thy faithfulness!
Great is Thy faithfulness!
Morning by morning new mercies I see.
All I have needed Thy hand hath provided;
Great is Thy faithfulness, Lord, unto me!

Summer and winter and springtime and harvest,
Sun, moon and stars in their courses above
Join with all nature in manifold witness
To Thy great faithfulness, mercy and love.

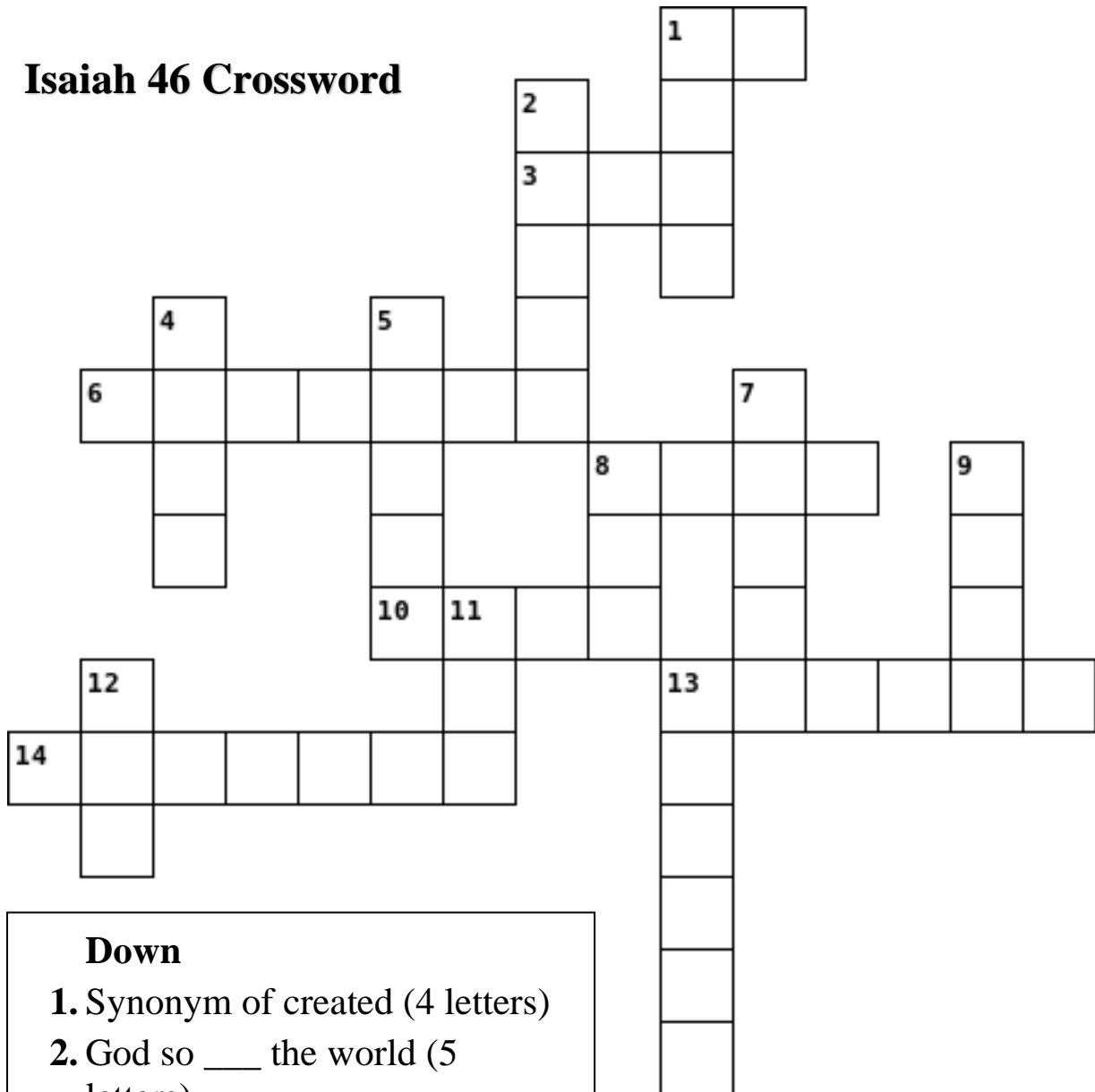
Great is Thy faithfulness!
Great is Thy faithfulness!
Morning by morning new mercies I see.
All I have needed Thy hand hath provided;
Great is Thy faithfulness, Lord, unto me!

Pardon for sin and a peace that endureth
Thine own dear presence to cheer and to guide;
Strength for today and bright hope for tomorrow,
Blessings all mine, with ten thousand beside!

Traditional Irish Prayer

May the road rise up to meet you. May the wind always be at your back. May the sun shine warm upon your face, and rains fall soft upon your fields. And until we meet again, may God hold you in the palm of His hand. **Amen.**

Isaiah 46 Crossword



Down

1. Synonym of created (4 letters)
2. God so ____ the world (5 letters)
4. Grows on your head (4 letters)
5. The beginning of life (5 letters)
7. Saviour of the world (5 letters)
8. Creator of the world (3 letters)
9. Lifesavers ____ swimmers who are in trouble (4 letters)
11. ____ shall not weary them (3 letters)
12. It's not me, it's ____ (3 letters)
13. Major prophet who wrote this passage (6 letters)

Across

1. It's not ____, its you (2 letters)
3. Opposite of young (3 letters)
6. The donkey ____ Mary to Bethlehem (6 letters)
8. Black + white (4 letters)
10. To help someone is to lend a ____ (4 letters)
13. Abrahams descendants are the people of ____ (6 letters)
13. Abrahams descendants are the people of ____ (6 letters)