

**Solid Rock Christian Church Manassas, Virginia**

**Bible Study - December 16, 2021**

**Prepared & Presented by: Pastor James G. Austin, Jr., PhD, D.Min.**

**Title: "Calming a Mid-life Crisis"**

**Scripture Reference: Proverbs 20:29**

**"The glory of young men is their strength; and the beauty (i.e., splendor) of old men is the grey head."**

**I. Introduction**

A. The glory of a young man is his health and physical strength. The honor of an old man is his wisdom and experience. But what about the middle-aged man or woman?

B. Someone once said that youth looks forward, old age looks backward, and middle age looks worried.

C. Mid-life can be a traumatic time for many people. During this period, many are thrown into a tailspin called a mid-life crisis.

D. Mid-life is the group, generally speaking, between the ages of thirty-five to fifty years old.

**Comment:** I know that for many of you who are reading this material, the age range I just mentioned above, generally speaking, has passed us by. However, please continue to read on and perhaps you may be of assistance and a source of encouragement at some point, to someone in that age group. Also, reflect on your own life to the time when you were between 35 and 50 years of age, and recall how you dealt with things.

E. Continuing on - mid-life is when:

- You know all the answers, but nobody asks you any questions.
- You are too tired to work - but too broke to quit.

- Your work is less fun - and your fun is more work.
- Your narrow waist and your broad mind change places.
- You have more hair growing in your ears than on your head.
- You read the obituary page every day to see if anyone your age has died.

F. Just like adolescence is a transition from childhood to adulthood, mid-life is a transition from being a young person to an old person.

G. Because the aging process can be both stressful and sometimes difficult to accept, the calming of a middle life crisis should be dealt with prayerfully.

#### What Causes a Mid-Life Crisis?

### II. Factor # 1 - The Aging Factor: The realization that you are getting old.

A. In Psalm 37:25, David said, "I have been young, and now am old." It didn't happen overnight. He wasn't young one day, then woke-up the next day as an old man. It happened gradually.

B. When you were a child, was it your desire to be older? When you were sixteen, did you want to be twenty?

C. When you turned thirty, did you want to be twenty again? Well, when you reflect back, it may seem like someone stepped on the accelerator of life and now, when you hit the brakes, you discover that they don't work, and the accelerator is stuck!

**Comment:** Look at it this way - Give God thanks and praise for each day that He gives you!

D. Rick Majerus, the Men's basketball coach at the University of Utah commented about his mid-life experience. Rick said - "Everyone is worried about the economy this year. Hey, my hairline is in recession, my waistline is in inflation, and altogether, I'm in

depression."

E. The day will come when you, like Coach Majerus, will look in the mirror, see a receding hairline, wrinkles, or grey hair and think, 'I'm not just getting older, I'm getting old. I thought that only happened to everyone else. But it's happening to me, too.'

F. Welcome to mid-life! The negative impact the aging process makes on your face and body, may be a shock to your mind and emotions. Part of calming a mid-life crisis is accepting in your mind what is taking place in your body.

**Comment:** The crisis begins when you refuse to accept the fact that you are aging.

G. A young man walked up to a lady and asked, "How old are you?" The lady responded, "Young man, my age is my own business!" The man said, "Well lady, it looks like you've been in business a long time!"

H. Many people during mid-life want to look younger than their age. One lady asked her friend, "I don't think I look forty years old, do you?" Her friend answered, "No, but you used to!"

//I hope you don't mind a little light-hearted humor.//

### **III. Factor # 2 - The Time Factor: Time seems to pass more quickly.**

A. Not only are we getting older, but each year seems to pass a little faster than the year before. It seems that we are getting older faster.

B. Follow this example for an explanation of what I'm trying to convey. A large amount of film is wound around a video cassette's spindle before you start watching it.

C. When the movie begins, the tape unwinds slowly. As the movie nears its end, the tape around the spindle unravels at an increasingly faster rate, even though the film you are watching is moving at normal speed.

D. The years of our lives are like that tape. When your life begins, the tape unravels slowly. But as you near the end of your life, the tape unravels faster and faster - even though the movie of your life is being played at normal speed.

E. Mid-life brings the realization that time is unwinding at a faster pace each year, and unfortunately, you can't hit the pause button.

#### **IV. Factor # 3 - The Boredom Factor: Like becomes monotonous.**

A. Solomon recognized that life could become routine when he penned the following: "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun." (Ecclesiastes 1:9)

B. Lots of exciting changes take place between babyhood and childhood, such as learning how to walk and talk. Exploring this new world is quite an adventure.

C. Even more changes take place during the adolescent years. Dating, school activities, and learning to drive a car can bring excitement to life.

D. Then one day you get out of your parent's home and you're on your own, and you get a job.

E. You then have to get up, go to work, and come home. Then, as the song says, "I've got bills, I have to pay, so I've got to work, work, work, every day." As a result, life becomes routine and boring. The boredom factor can contribute to a mid-life crisis.

#### **V. Factor # 4 = The Failure Factor: Goals you haven't reached.**

A. As you were growing up, you had great ideas about who and what you were going to do and be by age thirty. You are now age forty and just trying to get the bills paid each month.

B. Perhaps the goals you set for yourself were never accomplished. Your dreams died a long time ago. The motivation you had for reaching those goals have also disappeared.

D. This lack of motivation or purpose in life can be a primary cause for a mid-life crisis.

## **VI. Factor # 5 - The Reflection Factor: Regrets over past decisions.**

A. If you are a mid-lifer, you have had lots of time to reflect upon decisions you have made up to this point in your life.

B. You may have reviewed the career choices you made or didn't make, and you may have concluded that your dissatisfaction is due to the wrong decisions you've made.

**Comment:** I want to interject a thought for you to consider that may have been a factor in your past, decision making process. Perhaps you didn't have the opportunity or the resources to pursue some of the goals you desired. If that was the case, you are not to blame!

C. When you reflect upon the perceived or actual mistakes you made, in order to correct them, you attempt to, let's say, rewind the tape. You do this by trying to start life over again by making drastic changes in order to bring back excitement into your life.

D. You may have just entered into a crisis. However, there is light at the end of the tunnel. Here are a few concrete steps you can take as you trust God to take you through and lead you out of your crisis.

## **VII. First - Don't Panic**

A. A person going through a mid-life crisis is tempted to panic. If you do, you are almost certain to make bad decisions.

B. It is not wise to make decisions if you are either on an emotional high or emotional low. Decisions made on an emotional roller coaster will nearly always be the wrong ones.

C. Keep calm. Realize that your mid-life crisis is a phase that you are going through, and God is using this time in your life to deal with issues inside your heart.

D. God is bringing unresolved things to the surface so you can

deal with them in His way, put them behind you, and then get on with your life.

E. If you remain calm and allow the Holy Spirit to instruct and guide you, you will come out better on the other side.

### **VIII. Second - Accept the Fact that Mid-life is a part of God's Plan for you.**

"To every thing there is a season, and a time to every purpose under heaven. He hath made every thing beautiful in his time: ..."  
(Ecclesiastes. 3:1, 11a)

A. There is an appointed time for everything and that includes mid-life. Life is not over until God says so. Until then, God still has plans for you.

B. You are exactly where God already knew you would be at this very moment: nothing surprises Him.

C. The world may tell you that life has passed you by. That's why it is so important that you view life from God's perspective rather than through this world's eyes.

**Point:** God has and is preparing you to fulfill His will at an appointed time in your life.

### **IX. Third - Realize the benefits in every stage of life.**

A. God has made everything beautiful in its time. Every stage in life has its advantages and disadvantages. Proverbs 20:29 says when a man is young, his strength is his advantage. But the disadvantage of his age is that he lacks wisdom and experience. On the other hand, the older man has wisdom and experience, but he lacks strength.

B. The mid-life person has a little of both. He has some strength and some wisdom. He has gained enough wisdom through his years of experience to avoid the mistakes many younger people make.

C. God wants you to enjoy your life at every stage. Focus on the

benefits of what you have right now. If you don't make the most of the present, you will one day regret the past.

**X. Fourth - Find meaning in life through serving God.**

A. Real meaning and purpose in life does not come through impressing people in the world. It comes from serving and obeying God.

**Point:** We can only be truly fulfilled in life when we live for the Lord!

"Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them;" (Ecclesiastes 12:1)

B. After a person dies, they may be forgotten by everyone except for a few loved ones. "For there is no remembrance of the wise more than of the fool for ever; seeing that which now is in the days to come shall all be forgotten. And how dieth the wise man? As the fool." (Ecclesiastes 2:16)

C. Many people make the mistake of trying to find purpose in life by living either to impress others or to glorify themselves.

**Point:** Life only becomes meaningful when it embraces God's eternal purpose.

**XI. Fifth - Look to the future with hope.**

"For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end."  
(Jeremiah 29:11)

A. If you are at the mid-life stage of life, God is not finished with you yet. The rest of your life can be the best because God still has good plans for you.

B. After a pastor had preached his sermon one Sunday, a man commented, "Reverend, what you said today was exactly what I needed to hear. Thank you very much. It was so helpful to me. It revolutionized my life. Thank you!"

The pastor replied, "I'm glad I said something that was so helpful to you; but I'm curious - what in particular was it?"

"Well, you began your sermon by saying that you wanted to talk to us about two things this morning. Then in the middle you said, "That completes the first part of what I wanted to tell you, and now its time I moved on to the second part."

"At that moment I realized I had to come to the end of the first part of my life and it was high time that I got on to the second part. Thank you, Reverend!"

C. That's the message to the mid-lifer. The first half of your life is behind you and can never be recalled. But the second half, if lived on God's terms, can be the most fulfilling and enjoyable stage of your life.

It is once again interactive time. Please complete the biblical passages that follow by filling in the blank spaces. All Scripture passages have been taken from the King James Version (KJV) of the Holy Bible.

"The days of our \_\_\_\_\_ are \_\_\_\_\_ years and \_\_\_\_\_; and if by reason of \_\_\_\_\_ they be \_\_\_\_\_ years, yet is their \_\_\_\_\_ labour and \_\_\_\_\_; for it is soon cut off, and we \_\_\_\_\_ away."

[Psalm 90:10]

"I will say of the Lord, He is my \_\_\_\_\_ and my \_\_\_\_\_: my God, in him will I \_\_\_\_\_."

[Psalm 91:2]

"Therefore, my beloved brethren, be ye \_\_\_\_\_,  
\_\_\_\_\_, always \_\_\_\_\_ in the work of the  
Lord, \_\_\_\_\_ as ye know that your \_\_\_\_\_ is  
not I vain in the Lord."

[1 Corinthians 15:58]

"There hath no \_\_\_\_\_ taken you but such as is  
\_\_\_\_\_ to man: but God is \_\_\_\_\_, who will not  
\_\_\_\_\_ you to be \_\_\_\_\_ above that ye are able; but will  
with the \_\_\_\_\_ also make a way to \_\_\_\_\_, that ye may  
be \_\_\_\_\_ to bear it."

[1 Corinthians 10:13]

"For in the time of \_\_\_\_\_ he shall \_\_\_\_\_ me in his  
\_\_\_\_\_: in the \_\_\_\_\_ of his \_\_\_\_\_ shall he  
hide me; he shall set me up upon a rock."

[Psalm 27:5]

### Living in the Second Half

- List some benefits you have now that you didn't have earlier in your life.

- Pull the plug - on all desires to relive the past.
- Prayerfully, continue to trust *God* in every area of your life and joyously look to the future with anticipation of what *God* has in store for you.

I truly hope that you have enjoyed our study of "Calming a Mid-Life Crisis" and if you haven't already done so, trust *God* for a brighter tomorrow.

Jude 3

Pastor Austin