

## Only as Old as You Feel

Written by admin

Friday, 01 November 2013 07:19 - Last Updated Friday, 29 December 2017 09:12

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Only as Old as You Feel

*by Pam Ford Davis*



***"Moses was 120 years old when he died; his eyes were not weak, and his vitality had not left [him] (Deuteronomy 34:7 H.C.S).***

"You're only as old as you feel." That's a scary thought; I'd hate to think I'm that old!

Many of us have days when we feel decrepit. I frequently whine to my husband, "The old gray mare, she aint' what she used ta' be!"

I'm partly to blame. The "use it or lose it" is so true; if I'm too lazy to exercise, I'm losing muscle mass, mobility and flexibility. Instead, I chose to think of myself as young and hopeful.

How would you like to be 120 years young?

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Yes, I do read 120 years "old" but the physical description led me to believe he did not let chronological time determine his age. He had the vision of a visionary and vitality to pursue God's purpose.

I'll think young and quit counting!

 **"Aging is not lost youth but a new stage of opportunity and strength."** Betty Friedan (1921-2006)

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