

Young at Heart

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Online Course
WORKBOOK CONTENT

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Module 01

THE REAL FOUNTAIN OF YOUTH

Moses was one hundred twenty
years old when he died;
his eyes were not weak, and his
vitality had not left him.

DEUTERONOMY 34:7 CSB

If you woke up this morning, I have good news for you! You are still alive! And God wants you to be activated, fruitful and flourishing. He wants you STILL fulfilling his purposes and plans for your life. Regardless of your age, he wants you to be Young at Heart.

There is so much pressure to preserve our youthfulness physically. We live in a visual culture that has an obsession with youth, celebrity status, and outer beauty. From creams to potions to serums, we can spend so much money trying to stay young-looking—as though we have the power to actually stop the aging process. You and I both know we can't stop aging, but what we can do is choose to grow ageless—and the secret to growing ageless is this:

Youthfulness has nothing to do with our biological age or the condition of our skin, but it does have everything to do with the condition of our heart.

It's our heart that keeps us young! Think of it this way: We can be young physically but old in other ways at the same time. Can you think of why this is true? What kinds of things can fill our hearts and make us grow old too soon? Have you ever found yourself in such a place? Record your thoughts here.

Conversely, we can be old and young at the same time. Personally, I want to age well and keep being young! Don't you? Together, let's discover how. Let's rekindle the wonder of living for God. Let's learn how to live young at heart just like he's promised us we can!

To get started, look up 2 Corinthians 4:16 NIV and write it here.

Based on this verse, fill in the blank in the following sentence.

Instead of preserving our outer self, God wants to _____ us from the inside out.

How do you suppose God wants to renew us from the inside out? Write your thoughts here.

To become young at heart, God wants us to drink from the fountain of youth. How do you think God wants us to do that?

Who is our Fountain of Youth? Who is our living water that can keep us young?

God created us to live with an eternal perspective. With that in mind, which direction do you think he always wants us looking? Why do you think that is?

Look up James 4:14 and record how James describes our lives here on earth.

In the natural, our bodies are decaying. That’s why all those anti-aging creams and serums get so much attention! Isn’t that what nips and tucks promise to fix? They nip here and tuck it up there. But there’s something better—something that works from the inside out. When we’re filled with the Spirit of God, there will be a renewal taking place on the inside of us. I like to say that we don’t retire from life, but that we refire for God! We become fired up with the passion and zeal of God and what he wants us to be doing with our lives.

Look up Ecclesiastes 3:11 and record what it says that God has placed inside your heart.

If you have an eternal perspective, then how might you live your life here on earth?

Based on everything you've heard in today's teaching, what do you think will keep you young at heart more than any cream or cosmetic procedure ever could?

How have you been fulfilling your purpose here on earth?

Whatever you have already done on this earth, there is always more. More purpose. More passion. More plans of God. In light of this, what other ways do you hope to continue fulfilling more of the plans and purposes God has created just for you—and created for you to do?
