



LIVING WITH
PURPOSE
in a WORN-OUT BODY

SPIRITUAL ENCOURAGEMENT *for* OLDER ADULTS

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Missy Buchanan

Living with Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults



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"Why am I still here? Buchanan writes to the encounters of lifelong Christians as well as elderly nonbelievers who are thinking anew about God." Frailty, dependence and constant pain can result in a spiritual hopelessness in this significantly " Helping scriptures from the New Testament and Psalms are incorporated with each meditation. Forty-two short, comforting devotionals offer much-needed spiritual encouragement to the once-vibrant who today cope with daily limitations and failing wellness. While we're inspired by occasional news about a fantastic centenarian who swims every day, it's more common to grieve and question as family members grow feeble. COPING WITH PURPOSE IN A WORN-OUT BODY is normally elder-friendly: large-print text message and wide margins for less difficult managing by arthritic hands. " Buchanan fosters empathy for and expresses the deepest problems of the frail elderly without tap-dancing around the challenging issues. culture. The devotions are created in the initial person, allowing visitors to speak right to God about the pills they take, the walkers they need to be cellular, the ambulances that eliminate their friends.gray" Why does God need such prolonged suffering? Through the painful-to-consider feelings of reduction, personal pity, resignation and loneliness, she leads caregivers and those in their care to see that coping with purpose in old age is an expansion of the problems lived all along: understanding how to offer one's will to God's, trusting God's grace and continuing to respond with the pleasure and fortitude of faith.Though we might experience fear and discouragement, this book invites us to remember that God's energies are in work silently but powerfully throughout most of life," writes one reviewer. With compassion and honesty, Buchanan gives tone of voice to the those living an assisted life. Help someone you like find a reason and method to live out God's purpose regardless of their limitations.



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This is a warm, comforting book specifically for those . It really is honest and actual, honoring the realities of ageing. Excellent and Validating for the elderly I bought this reserve for my mom who's in a nursing home. This was a warm, comforting book especially for those who are experiencing the diseases common to aging. What a blessing it really is to have someone write so that network marketing leads you to get a one-on-one conversation with God. I immediately downloaded the reserve to my Kindle. Initially I thought she will discover it depressing but simply the contrary - she stated, "wow, that's just how Personally i think". This book is a huge help and guide whenever using individuals who question their value and usefulness... I've used this in spirituality groupings, group devotions, and even one-on-one with patients fighting depression related to decline in health. This book is very accessible and effectively executed. Living with Purpose in a Worn-Out Body: Spiritual Encouragement to get Older Adults. She enjoys the short and sometimes humorous thoughts of the author. Since I live in a body that is wearing out, and have friends whose bodies are deteriorating, and because I always have looked to the future, I was alerted by the positive attitudes expressed by the writer and the old American girl who was reading some of the devotional. At first I thought the mom was the author. This book features 41 short Christian devotions aimed specifically at elderly adults. Highly recommend! After starting my read, I came across it had been a devotional, an extremely practical devotional, and I purchased a paper copy to talk about with my friends. Chapters are short, deal with 1 very "rubber meets the street" topic, and have a positive spiritual program, accompanied by very appropriate quotes from the Reserve of books. So far three of my friends have browse the complete book, while I still am savoring a chapter now and then. Much to relate to. This is also an excellent resource for the children of elderly parents." She missed the first type of the title totally. I was especially touched by the topics of the devotions. What I love about Missy Buchanan's books, is that she actually is able to get within the mind of older people, and does keep us centered on what is positive inside our lives at the stage after sixty. Although I think the book can appeal to people of any age range, especially those who are delicate souls who have connection with people in this age range. They, as well, will someday be in their senior years.. A comforting reminder that God has not abandoned you and you still have an objective. The devotions are approximately one page long and include a Scripture verse from both Old Testament and the brand new Testament.. Buchanan can be an writer, columnist and speaker on the subject of ageing and faith. We read the book to her and she discovered great solace in it. She actually is the writer of "Living with Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults". I bought this publication in Kindle format and it is also available in paperback format. I did so not know who the younger girl was in the interview. Very helpful. Opens The Doors Of Empathy And Understanding We was recently introduced to the work of Missy Buchanan. Since her friends are reading it, I am certain she will pick it up sometime and understand its positive input. These topics are very real worries to many elderly adults. Missy Buchanan offers you a comforting reminder that God has not abandoned you and you still have a purpose..it is just truth! brushing the teeth, getting dressed, cutting food, etc. This book gave me daily readings of how aged aged people can feel about issues in their lives. It is truly inspiring the way the author finds praise and gratitude in each scenario an elderly adult may be confronted with. Could source! They are verses that I will refer to in difficult instances and in times when I feel a have to hear God's voice. I would recommend this book if you are approaching their twilight years or understands someone who is definitely elderly and/or living by itself. The author displays insight and compassion for the thoughts and feelings of elderly adults. In my own posting I had one woman who said, "Oh, no I am not going to claim that my own

body is falling apart! Great to have supportive scriptures following each entry Am reading it to my 93 yr. A couple of years back, I was looking for a publication about older adults and Faith.. I got so much out of this little book...the format is great and each story gives one insight into the journey I am embarking on in the near future.. WONDERFUL! My mom is 91 and struggles with why she has to live this longer and wonders what is her purpose. Each one of these devotions should be read slowly and then meditated on. It isn't unfortunate or depressing. It isn't naive or sugar covered, but still offers wish and humor for those in the later on chapters of their lives. I firmly believe that there is purpose in every stage of existence and that all existence is a sacred gift of God... Her brain is good but her body is certainly wearing out. Her ministry is intended to aid older adults and those who love and care for them. As a hospice chaplain, I work mainly with older adults. I think it validated her thoughts and at her age (90) and in her condition I believe it was the great thing that could have occurred. Missy Buchanan's books affirm this belief. INSPIRATIONAL AND INFORMATIVE! That is when I discovered Coping with Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults by Missy Buchanan. older friend in the nursing home. I was relocated to tears by this author's compassion and empathy for old adults. When you browse this book, you will find that Missy Buchanan is normally actual and honest about the struggles an older adult may become going through and she steps ideal in there with you and offers you hope and spiritual encouragement. I love how the devotions are created in first person. I read it and approved it along to a friend dealing with severe arthritis - and adjusting to getting confined after living a busy, helpful life. "Slow Movement" deals with the fact that everything will take more time. Inspiring for the elderly. I am 90 yrs. Old. The unhurried life could be a blessing because there is more period to note the first bloom on the blossoms blooming outside the windowpane. It offers spiritual readings that assist to handle these emotions. It gave me plenty of food for thought. E Very Dissappointed Never what I was expecting. Good encouraging phrases and devotions to think about. Very encouraging for older generation with hurting bodies. After reading a friends copy I purchased three books and provided them all away. Five Stars Bought this to help me with the seniors ministry at AVEO. The Scriptures that are used are some of the most cherished verses in the Bible. Five Stars Very inspirational for a difficult time of life. My mom is 91 and struggles with why she's . Mrs..so lots of the stories echo what and feelings expressed by my loved ones who possess since passed on. This book really helped her be more content and she acquired me order it for her 92 yr aged sister. Many of these devotions refer to the problems of surviving in a nursing home or assisted living facility. It opens the doors of empathy and understanding. I couldn't place it down. I first became aware of this reserve when it had been featured within an interview with the author and the mom of one of the hosts on HELLO America. I do a whole lot of reading and will often have four books heading at the same time, so this book is like candy if you ask me, or should I say like a protein snack. Great to possess supportive scriptures pursuing each entry.



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