

## PROBLEMS OF MIDDLE AGE

Text: Psalm 37:25

INTRO: The Bible recognizes that help & guidance are needed by people of all ages. You have heard sermons addressed to the young. Perhaps you have heard sermons addressed to the elderly. But between youth & old age there is an important & crucial part of one's life: the middle years. There are certain problems that are especially pertinent to those in their middle years.

### I. PROBLEMS & POTENTIAL PROBLEMS OF MIDDLE AGE.

- A. Loss of touch with spiritual realities. The young who desire to do so are aided by their idealism to maintain a sense of the realities of the spiritual realm. Those in old age are softened by thoughts of going home—but those in their middle years must often put forth extra effort to maintain their spiritual perspectives.
- B. By the time folks reach middle age they have seen so many hypocrites in the church, so many cut-throats in the business world, so many crooked politicians, uncaring health care workers, disinterested school teachers & other misfits in every walk of life that their hearts may be tempted to become callous, unfeeling & cynical.
- C. A common problem for those who have achieved a degree of success by middle age is a feeling of self-sufficiency. Luke 12:16-20.
  - 1. Most “self-made men” are like the rich fool. Who sent the rain, the sunshine, & put the nutrients in the soil & the power of life in the seed?
  - 2. Like “Little Jack Horner.”

3. The self-sufficient person tends to forget God & spiritual realities & center his attention on **things**. Matt. 6:33.

D. Another common problem faced by those in middle life is that of waking up to the realization that many of their child-hood dreams & plans not only have not materialized, indeed they never will, & a flood of self-pity rushes in to fill the void.

1. Characterized by a song from the 70's, "The Class of '57 had its dreams. We all thought we'd change the world with our great hopes & schemes. Or maybe we just thought the world would change to fit our needs. The class of '57 had its dreams."
2. This problem, tho seemingly the opposite of self-sufficiency, usually produces the same effect—that of seeking satisfaction in the obtaining of **things**. Luke 12:15.
3. King Ahab is an excellent example of this problem, 1 Kings 21:1-4, 7, 19.

E. Observation tells us that one of the most common problems of middle age manifests itself in sexual lust. We all know individuals who have seemingly overcome the problems of young manhood & womanhood, only to throw away all their victories in their middle years & go disastrously wrong in matters of sexual immorality. 2 factors are usually involved.

1. As a general rule, the home life is not what it should be. Husband & wife have gradually drifted apart, take each other for granted...

Eph. 5:33, Let each one of you in particular so love his own wife as himself & let the wife see that she respects her husband.

2. The 2<sup>nd</sup> factor often involved is a nagging curiosity: “Am I still attractive to the opposite sex?” Q is almost innocent—but finding the answer without losing innocence is difficult indeed. We need to be aware that the Q is of little consequence when things at home are as they should be.
3. Another song of a few years back notes this problem. It tells of a successful businessman who trades his luxury car in for an expensive sports model, his gray business suits for jeans & high boots. “There’s a young thing beside him who melts in his hand. He’s middle age crazy & trying to prove he still can.”
4. This is reminiscent of the foolish behavior of King David, 2 Sam. 11:2-4, 15.

## II. THE BIBLE CAN PREPARE US TO FACE & OVERCOME THESE PROBLEMS & POTENTIAL PROBLEMS.

- A. First, we must realize that there are such problems to be met. Don’t say “It can’t happen to me.” 1 Cor. 10:12.
- B. Refuse to fall in love with **things**. Mark 10:29-30.
- C. Learn to be content. It is not wrong to seek to better one’s lot in life, but it **is** wrong to make one’s self miserable by never being able to accept life as it really is.  
  
Heb. 13:5, Let your conduct be without covetousness & be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.”
- D. Work to make your homelife what it should be. READ Eph. 5:22-33.

- E. Maintain Bible study & prayer. God talks to us thru Bible study. We talk to Him thru prayer. Such will help to keep spiritual things real to us.

CONCLUSION: As we stated earlier, the problems we have discussed are not totally limited to those of middle age, but they are particularly applicable to that period. Even so, all age groups who are faced with these and similar problems need the suggested aids or solutions.

La Porte, TX, February 11, 1979

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