



# CELEBRATING

## Adults in Later Life

### Devotional

Use the three verses of 'As the varied way of life we journey' (SASB 531) to guide your devotional time, reflecting on the journey of life and all its ups and downs.

This can be read out loud or used for personal use by printing copies for people to take home.

#### The Mountaintop Moments of Life

*As the varied way of life we journey,  
Come the plains and then the mountainside,  
Come the days of joy when birds are singing,  
And the world is fair and sweet and wide;  
Then a deeper joy comes, overfilling,  
From the everlasting throne of love,  
And all other joy is but an echo  
From the ever-blessèd heights above.*

#### Reflection

Walk on, through the mountaintop moments.

The times of deep, profound, inexplicable joy.

The times when everything is just as it should be.

The times when we feel the warmth and light of the sun.

The times of laughter, fellowship and peace.

The times of holding loved ones close.

The times of knowing we are held.

#### The Dark Valleys of Life

*There are shadows on the earthly pathway  
Where, at times uncertainly, we tread;  
In perplexity we halt and linger  
Till our faith again is upward led.  
For the heights of truth are ever calling,*

*And celestial radiance from afar  
On our pilgrim way is gently falling  
For our comfort where the shadows are.*

### **Reflection**

Walk on, through the dark valleys.

The times of deep, profound, inexplicable pain.  
The times when it feels like everything has fallen apart.  
The times when we can't see the sun for the dark, swirling clouds.  
The times of uncertain tomorrows and breathless nights.  
The times of crying out to experience God's love -  
And finding that he walks with us.

### **The Varied Way of Life**

*In the days of peace and golden sunshine,  
In the days of joy, or days of woe,  
There is confidence in him who holds us;  
There is light to guide us here below.  
And beyond await the heights of rapture  
Where all earthly joys, transcended, fade  
In the glory of the Saviour's presence,  
In the Home eternal he has made.*

### **Reflection**

Walk on, through the ups and downs.

Walk on, through the good days and the bad.

Walk on, through the mountaintops and valleys.

Walk on, through the story that God has crafted for us.

Walk on, towards our eternal resting place, when we will be home at last.

Walk on.

Through the varied way of life, walk on.

