

## You Shall Never Fall

As we reach the last chapter of our lives, we begin to realize our failing strength and loss of the resilience of youth. One of the major concerns for the elderly is that of falling. Falls by adults 65 and older accounted for 3 million emergency room visits and over 36,000 deaths in 2020. With an increasing elderly population, those numbers have steadily increased over the past 4 years, and is one of the main healthcare concerns of our senior population.

When it comes to our spiritual well-being, falling is also a real danger. After listing the Christian graces, Peter said, *“Therefore, brothers, be all the more diligent to confirm your calling and election, for if you practice these qualities you will never fall.”* (2 Peter 1:10 ESV) Preparing oneself physically through exercise and strength building can help prevent falling, we must also prepare ourselves spiritually to avoid stumbling. In his final exhortations to Corinth, Paul said, *“Watch, stand fast in the faith, be brave, be strong. Let all that you do be done with love. (1 Cor. 16:13–14)*

- “Watch” – Be aware of our enemy, the devil (1 Peter 5:8)
- “Stand Fast” – Stand on the foundation of Christ (1 Cor. 3:11)
- “In the Faith” – Hold to the traditions in Christ (2 Thess. 2:15)
- “Be Brave” – Be ready to give a defense to all (1 Peter. 3:15)
- “Be Strong” – Strength comes through trials (James 1:2-4)
- “Done with Love” – Love is our motivation (1 Cor. 13:1-3)

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