Sermon: **He fills my life with good things, so that I stay young and strong like an eagle.** (Psalm 103.5)

Most children are always on the go – physically, emotionally, mentally. Quite tiring for us.   
“Energy is wasted on the young”, mainly because it is not focussed. But is our energy focussed any better?

Some routines become “*must*-do’s” – eg reading 50 books a year, Christmas card list, watching The Chase.

For a church there might be some similar “*must* do’s” – having evening services, or a children’s talk, or an annual Garage Sale.

We need to realise that in life, especially with God, there is change, routines can be dropped.

TEXT – he *fills* my life (not filled). Electric cars are limited by how far they can travel before refuelling, and refuelling stations are not common. Imagine disposing of a car every time it ran out of petrol!   
What God offers is not a one-off energy package, but a life-time support.   
To become a Christian is not an on-off event but an ongoing journey of life.

TEXT – *good* things. It is good to read books, to share your news at Christmas, to be stimulated by quiz programmes; to have more opportunities for worship, a place for youth in church, and recycling is good.

But none should become a burden, making us feel bowed down, old and weary. TEXT.

Jesus focussed on the moment – healing, preaching, but taking time out too. Not to get away from people but to allow the refilling. How do we get our refilling? Might be a daily prayer/Bible study, a weekly service, an annual Quiet Day. We can be refilled by taking walks, coffee with friends, having a holiday. There is no one way. But all ways chosen should be good. TEXT.

NB TEXT – not literally young/strong! Youthful approach to life. Young people are usually flexible, inquisitive, eager to learn. This gives an inner strength, which is what the TEXT means.

How can we retain inner flexibility (when physical flexibility wanes!)?

How can we remain inquisitive, without being nosey?

How can we continue to learn?

The Covenant is about renewal of relationship with God. Not merely to keep on God’s right side (*we* can never *do* that anyway), but TEXT.

Myra Fraser, whose funeral we held this week, knew this, which is why this TEXT was part of her funeral reading which she chose. She retained an inner flexibility, she remained interested in the Solomon Islands, took Word for Today, bulletin, Touchstone. As a result she, at 99, held on to a degree of youthfulness.   
Would that we could do the same…