

## **Ageing with Grace in an Anti-Ageing Culture**

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'You're only as old as you feel...' 'Stay young!...' 'Keep fit'... 'Be healthy!' — these are the messages that we hear from the culture around us every day. The reality, however, is that we can't stay young and fit and healthy forever. For many people, the process of ageing brings various unwanted limitations and challenges. As Christians, how can we navigate the challenges of ageing with godliness and grace? What does serving Jesus mean in this phase of life and what could it look like? This elective will help us understand God's perspective on ageing and how we can continue to be faithful servants of the gospel even when the spirit is willing, but the body is weak.