

Sermon Title: Life in Stages “Empty Nesting”

What is your favorite sound in the world?

Mine is **AAAAHHHHH** – the sound of a job well done and accomplished

Today we are talking about the Empty Nesting stage of life, approximately 50-64 years old.

There is something called **Empty Nest syndrome** which about 25% of parents will experience, which is an overwhelming feeling of **loneliness, anxiety, and sadness** brought on by the rapid change in life when kids leave the house.

Even though there is some loneliness and sadness in this stage of life, if you are able to process through those emotions you will find that there can be a lot of joy celebrating a job well done in raising your children, and it's even possible to be excited about the prospects of what might be to come in this new stage of life.

Psalm 71: 5-24

Last week Pastor Dan talked about the growing in numbers stage of life that is so busy but also so very rewarding. He ended by telling us we have a choice to say that as for me and my house, we will serve the Lord. This week, in the empty nesting stage, we are not as busy, but we still have choices to make.

- Some people get addicted to the feeling of business that comes in the growing stage
- **Some people take their identity as a parent too far**
- It can be hard going through the process of changing your priorities, your resources, and your time.

But if you can navigate the changes between the growing in numbers stage and the empty nest stage, there are many benefits to this stage of life!

1. You can **take some time and allow yourself to solidify your identity in God's Word.**
2. Now that your purpose in raising your children is gone, you can let God define your purpose in an empty nest.

- a. Just because your kids are gone, does not mean that God is done using you for His purposes.
3. You have more time to spend with God!
 - a. More time means you can go deeper in your relationship!

Mission Trip Video

10 out of the 22 people on that trip were in this empty nest stage or a little older.

- Each one of them said that being in their current stage of life definitely played a factor in their decision to come on the trip.
- Each person said that their relationship with God has increased, but it is still necessary to make conscious decisions to spend time with God.
- More about the mission trip

A Deeper look at Psalm 71:

- **Multiple times the Psalmist says that he relies, trust, and leans on God, and that is something he has done for many years.**
 - Verses 5, 6, 14, and 17 all talk about trusting or relying on God.
- When God comes through, our response should be to praise and worship Him.
 - Verses 6, 8, 14, 15, 16, 19, 21, 22, 23, and 24 all talk about the Psalmist's response to God's faithfulness being praise, worship, and sharing about God to people who don't know Him.
- The Psalmist also mentions multiple times in Psalm 71 asking God to be close to him.

Challenges:

1. **Find ways to trust God more this week.**
 - a. I know we've been let down before by people, but God is different! (Psalm 71:5-6)
2. Be closer to God this week through praise and worship on a regular basis. (Psalm 71:8, 23)

So when your kids leave the nest, we can always remember that we are not alone, because God is with us.

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Scripture passages to go up on the Screen:

Psalm 71:5-24 –

⁵“For you, O Lord, are my hope, my trust, O Lord, from my youth.

⁶Upon you I have leaned from before my birth; you are he who took me from my mother's womb. My praise is continually of you. ⁷I have been as a portent to many, but you are my strong refuge. ⁸My mouth is filled with your praise, and with your glory all the day. ⁹Do not cast me off in the time of old age; forsake me not when my strength is spent. ¹⁰For my enemies speak concerning me; those who watch for my life consult together ¹¹and say, “God has forsaken him; pursue and seize him, for there is none to deliver him.” ¹²O God, be not far from me; O my God, make haste to help me! ¹³May my accusers be put to shame and consumed; with scorn and disgrace may they be covered who seek my hurt. ¹⁴But I will hope continually and will praise you yet more and more.

¹⁵My mouth will tell of your righteous acts, of your deeds of salvation all the day, for their number is past my knowledge. ¹⁶With the mighty deeds of the Lord God I will come; I will remind them of your righteousness, yours alone. ¹⁷O God, from my youth you have taught me, and I still proclaim your wondrous deeds. ¹⁸So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come. ¹⁹Your righteousness, O God, reaches the high heavens. You who have done great things, O God, who is like you? ²⁰You who have made me see many troubles and calamities will revive me again; from the depths of the earth you will bring me up again. ²¹You will increase my greatness and comfort me again. ²²I will also praise you with the harp for your faithfulness, O my God; I will sing praises to you with the lyre, O Holy One of Israel. ²³My lips will shout for joy, when I sing praises to you; my soul also, which you have redeemed. ²⁴And my tongue will talk of your righteous help all the day long, for they have been put to shame and disappointed who sought to do me hurt.”