

**Living With Purpose In A Worn-Out Body: Spiritual  
Encouragement For Older Adults**

**By Missy Buchanan**

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Author, Living with Purpose in a Worn-out Body: Spiritual Encouragement for Older Adults Older adults' emotions amid life transitions November 19, 2011.

<https://missybu.wordpress.com/>

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Raleigh: Lighthouse Publishing of the Carolinas, 2014. Buchanan, Missy. Living with Purpose in a Worn-out Body: Spiritual Encouragement for Older Adults.

<https://books.google.com.ua/books?isbn=0825443717>

If You're Burned Out, Worn Out, and Tired | Encouraging word by although I'm starting to feel the old roar coming back into my spirit, I'm still This is a very hard thing for me, especially in regards to helping people and serving at my church. . My spirit and soul needed God's Word like my body needs air.

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I thought it would improve a bit when the children got older, but then Let these verses encourage you when you are exhausted. the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. those who love him, who have been called according to his purpose.

<https://lynn dove.com/.../25-encouraging-scripture-verses-for-when-you-are-exhauste...>

Living With Purpose in a Worn-Out Body adults, joins me to share how her work in Aging & Faith and her book offers spiritual encouragement

[www.blogtalkradio.com/dalec/2010/10/19/living-with-purpose-in-a-worn-out-body](http://www.blogtalkradio.com/dalec/2010/10/19/living-with-purpose-in-a-worn-out-body)

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Looking at aging and retirement from a strictly biological or financial viewpoint could offers programs for families and individuals, including seniors. Living with Purpose in a Worn-Out Body: Spiritual Encouragement for

[www.uscatholic.org/articles/201408/resources-getting-most-out-retirement-29225](http://www.uscatholic.org/articles/201408/resources-getting-most-out-retirement-29225)

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Live Be Yoga . As you slump, your body may compensate by flattening the normal inward wear out, exposing the underlying bone like worn-out brake pads. . the spiritual and emotional dimensions of your practice may encourage you . A study at the University of Michigan found that older people who

<https://www.yogajournal.com/lifestyle/count-yoga-38-ways-yoga-keeps-fit>

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INSPIRING FAITH STORIES FOR OLDER ADULTS BY. MISSY BUCHANAN. LIVING WITH PURPOSE IN A WORN-OUT BODY SPIRITUAL ENCOURAGEMENT

[www.hopefulldevotions.com/resources.php](http://www.hopefulldevotions.com/resources.php)

adults like them, needed a daily dose of spiritual encouragement. I sat knee-to-knee with many older adults who shared their stories of Mostly I want to share words that will encourage them to lean forward on this journey of life. Buchanan is the author of "Living with Purpose in a Worn-Out Body,"

[ohioliving.org/communities/ohio-living-swam.../guest-blog-author-missy-buchanan](http://ohioliving.org/communities/ohio-living-swam.../guest-blog-author-missy-buchanan)

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When You Feel Weighed Down, Worn Out, and Bound Up women we read about in the Bible were real people—just like you and me. it makes no difference how old you were when the trauma affected your life, The words paint a picture of chains and manacles falling from a prisoner's shackled body.

[sharonjaynes.com/when-you-feel-weighted-down-worn-out-and-bound-up/](http://sharonjaynes.com/when-you-feel-weighted-down-worn-out-and-bound-up/)

Buchanan, Missy. Living With Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults. Upper Room Books, 2008.

[livingliferetired.com/sherry-christensen/resources/](http://livingliferetired.com/sherry-christensen/resources/)

Living with Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults . A collection of devotionals for senior adults, I found each entry an

<https://www.goodreads.com/book/.../3542755-living-with-purpose-in-a-worn-out-bo...>

Christians often find themselves spiritually stuck. a high-risk spiritual investment portfolio, say these honest things out loud with other people.

<https://www.desiringgod.org/articles/a-place-to-start-for-spiritually-stuck-people>

Depression hits people of all ages, from teens to senior citizens. But it is If it happens to be a day when he has to put the garbage out on the curb, or has an by inviting them on outings or encouraging them to re-start a favorite activity. That is why I wrote "Living with Purpose in a Worn-Out Body" (Upper Room Books.)

<https://www.agingcare.com/.../sense-of-purpose-can-keep-depression-away-161729.ht...>

Living with Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults Frailty, dependence, and constant pain can lead to a spiritual hopelessness

<https://www.scribd.com/.../Living-with-Purpose-in-a-Worn-Out-Body-Spiritual-Enco...>

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