

# How to Stay Young & Fruitful

## Keys for Being Useful all Your Life

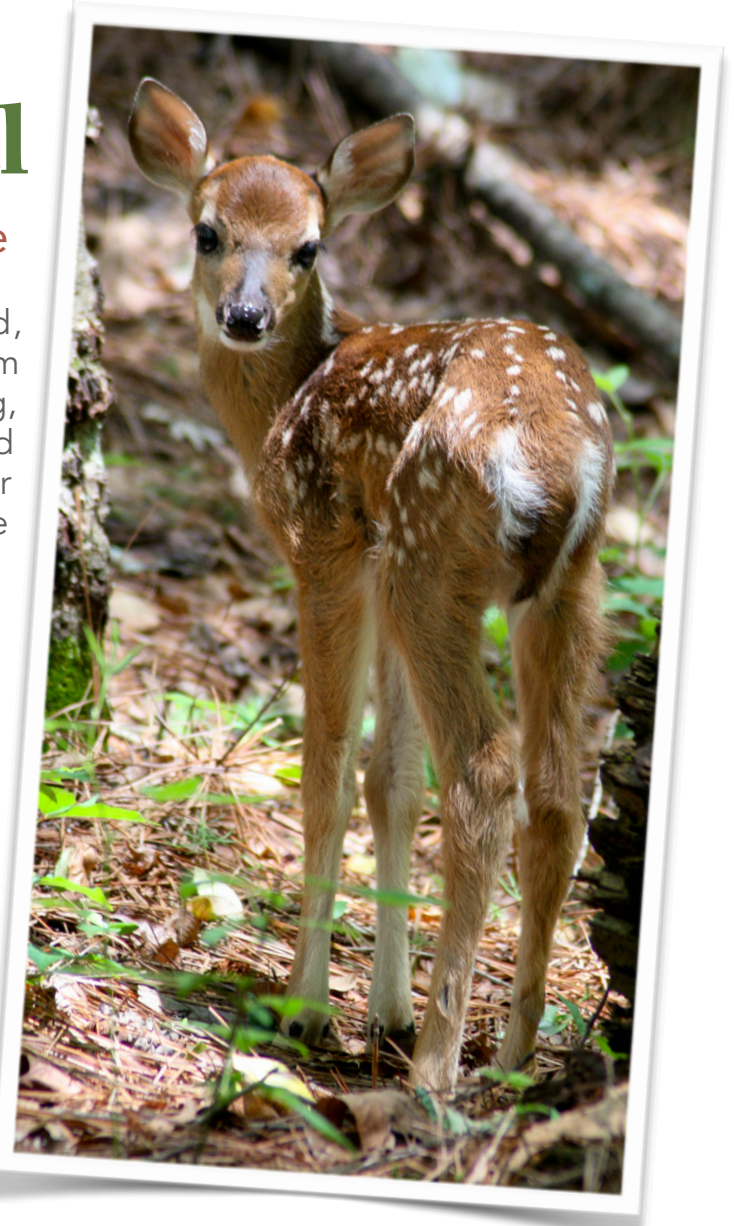
**1 Keep Learning** - about God, challenging things, difficult problem solving things. When we stop learning, we cease to grow. Don't be satisfied with anything less than God has for you, this includes new things. Continue to learn the word of God.

**2 Keep Loving** - Love is energetic, bitterness is caustic. love is a wellspring, the energy from it is youthful and healthy.

**3 Keep Laughing** - Laugh at yourself. Seek out humor and the funny side of life. Laughing keeps the mind thinking and the body reacting in a way that exercise alone cannot match, Humor requires high thinking, it stimulates our nervous system and refreshes our soul.

**4 Keep Leaving** - your cares behind. Stop dragging the past around with you, cast all your anxieties aside, leave them for God to handle. Don't drag someone else down to your level so you'll have company in your misery, climb up to someone else's level. Learn from past mistakes but then let it go. Keep moving forward.

**5 Keep Longing** - Continue to dream about the future. No matter what your age, have a vision for tomorrow, is there anything too hard for God? Don't stop testing what you can do, or underestimate what God can do for you. God wants to fulfill your dreams. Anticipation is almost as wonderful as actually experiencing. Set goals, have dreams you want to accomplish. Imagine things. Desire big things from God. Have something to look forward to and be excited about.



"You're young and useful at any age if you're still dreaming about tomorrow."

**6 Keep Looking** - your best. Don't give up on yourself, it shows how you think about yourself. You function your best when you feel your best. It builds confidence. Be your best, take pride in yourself. Don't become slouchful. Take care of yourself, exercise, eat right.

**7 Keep Laboring** - keep doing something active, don't slow down to the point where all your time is idle. Move, join, participate, accomplish, learn new. Stay active, drive hard. Desire to accomplish things. Avoid entropy. Don't seek to take it easy. Have ambition.

**8 Keep Leaning** - on God. Always remember he is in control. He is the source of your strength, joy, endurance, worth, and purpose. Rely on God, continue to depend on God for all things in your life. Everyday desire to trust God to take care of your needs.

**9 Keep Language** - You become what you speak. Don't be negative, speak only of positive things when discussing goals. Tell yourself you can do it, whatever it is you try, expect good things from God.

**10 Keep Listening** - The day we stop listening, we stop learning and stop growing. We will never know everything and will make mistakes when we think we do. God reveals wisdom, caution, advice, etc. when we let him speak, but he won't compete with us for attention. Be quiet, and let God speak. Seek learning how you can become better, listen for positive guidance from God through scripture or from others. Godly advice.

