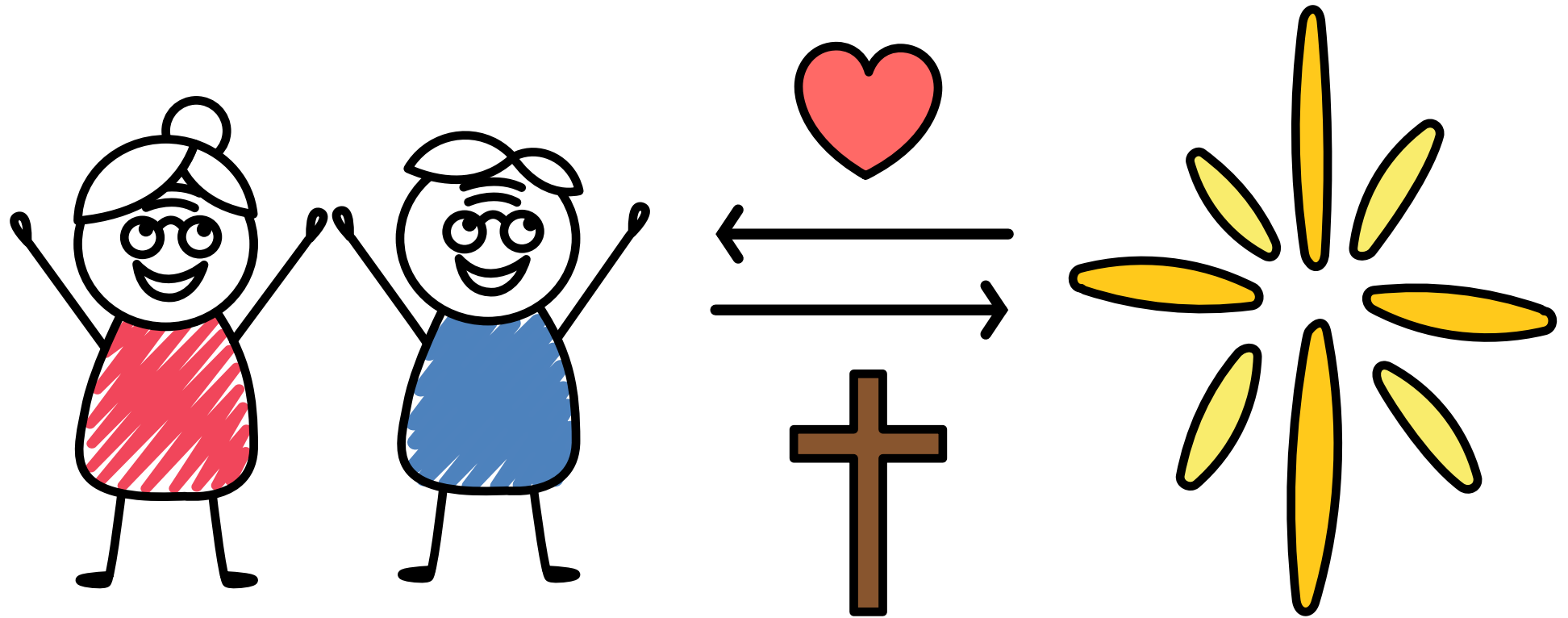


An illustration featuring a central blue circle with the text "Perfect Life 100%". Surrounding this circle are ten diverse elderly people of various ethnicities and ages, all smiling. The background is light blue and decorated with several yellow emoji icons, including smiling faces, laughing faces, and hearts over eyes, symbolizing joy and happiness.

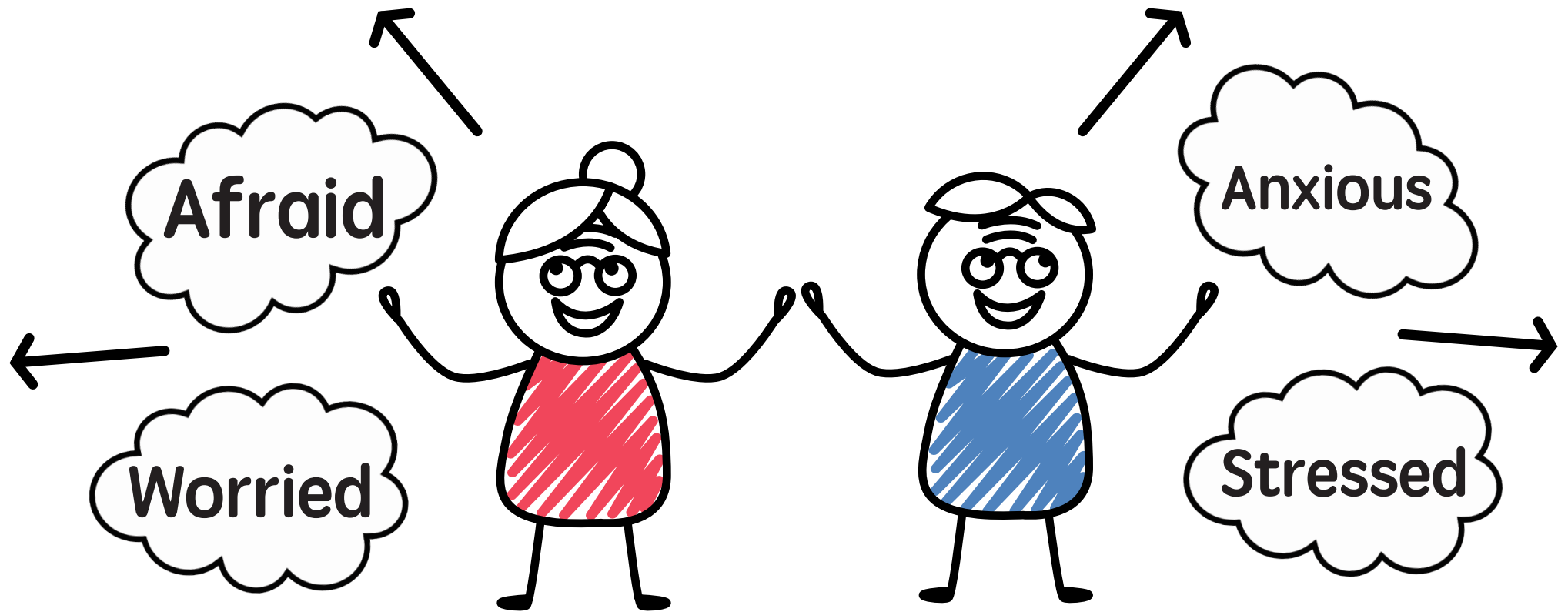
Perfect
Life
100%



Reconciled to God & be in love with Him

For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. More than that, we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

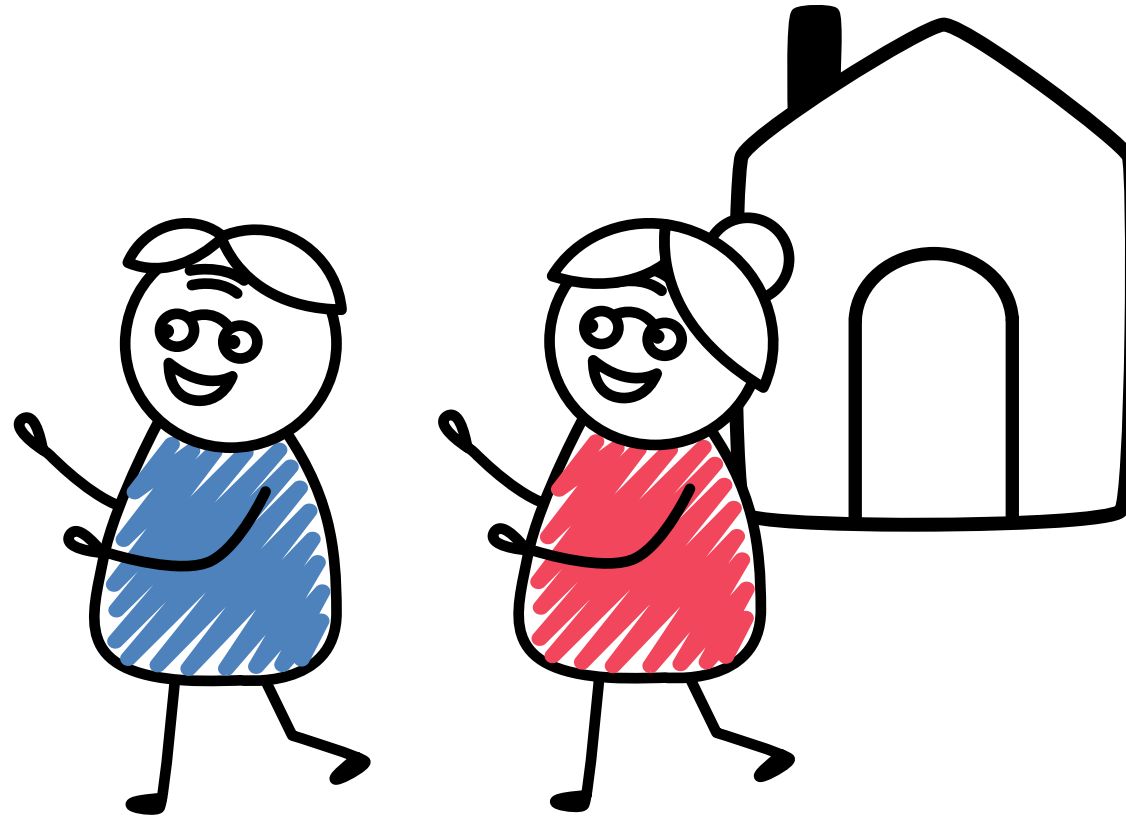
(Rom. 5:10-11)



Cast all your cares to God
“God, I entrust them to You!”

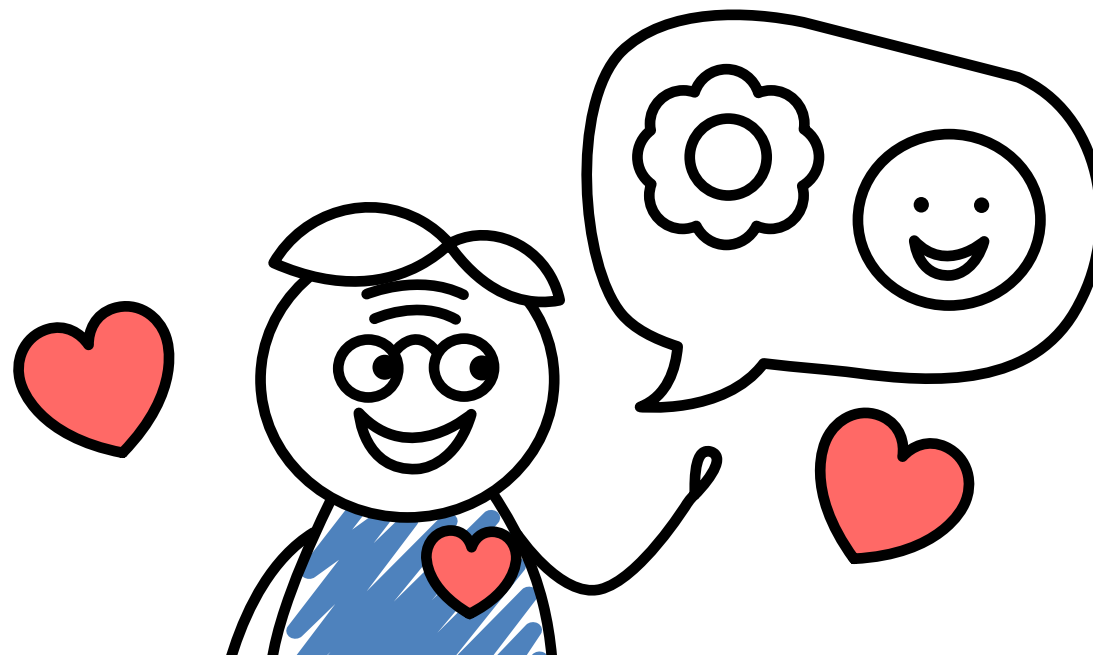
Do not be anxious about anything,
but in everything by prayer and supplication with thanksgiving
let your requests be made known to God.

(Phil. 4:6)



Exercise

Beloved, I pray that all may go well with you
and that you may be in good health, as it goes well with your soul.
(3 John 1:2)



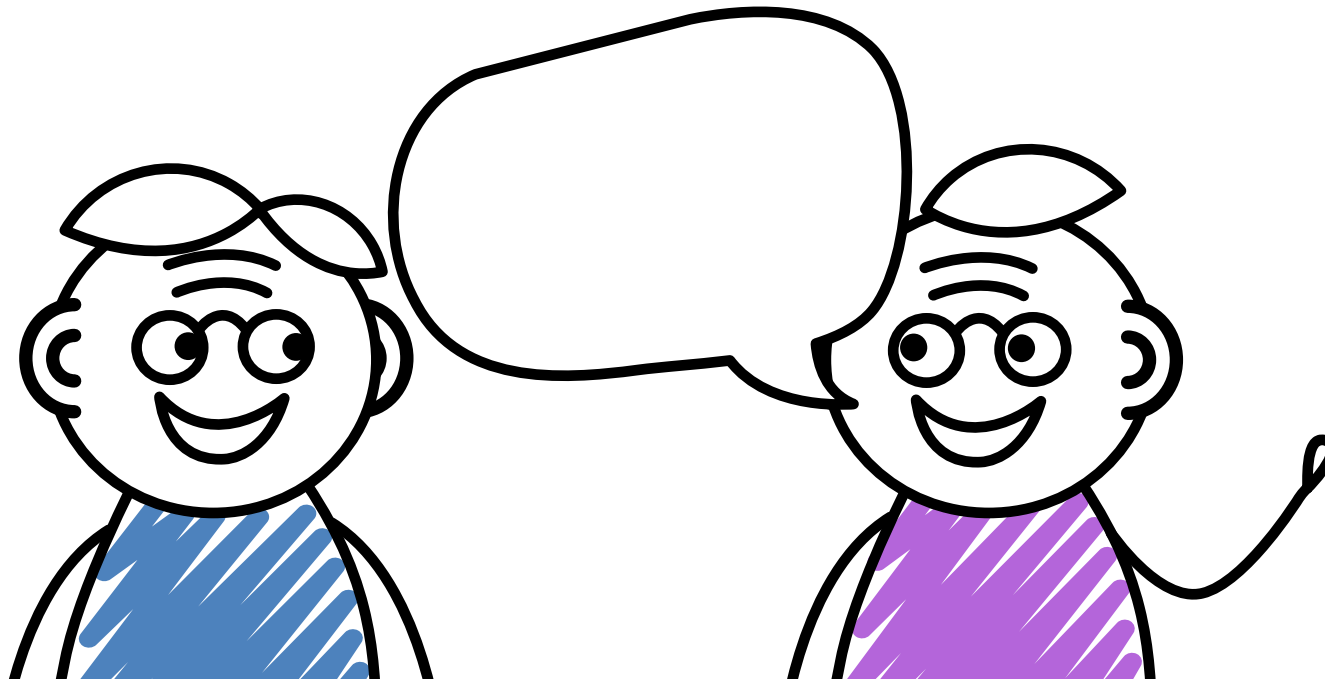
Say good words

But instead let there be thanksgiving. (Eph. 5:4b)

Give thanks & appreciate

Let no corrupting talk come out of your mouths,
but only such as is good for building up, as fits the occasion,
that it may give grace to those who hear.

(Eph. 4:29)



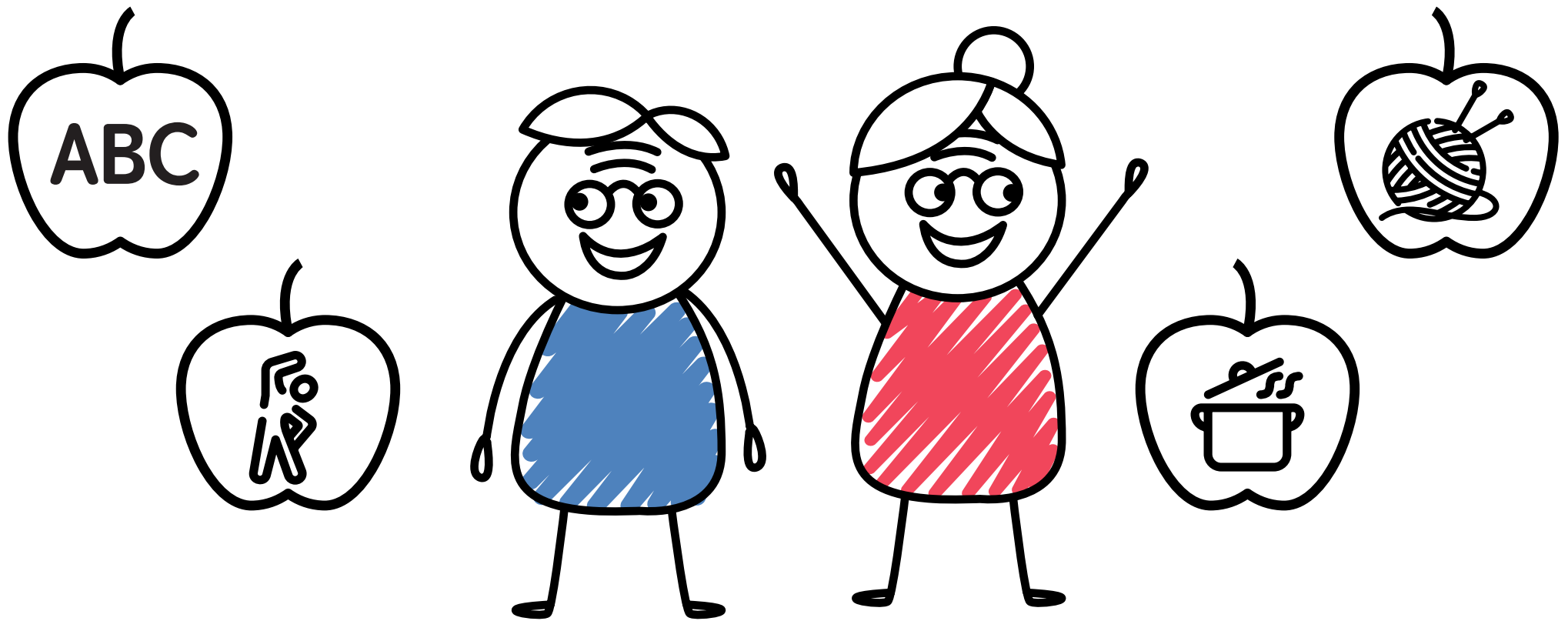
Be a good friend

Let love be genuine. Abhor what is evil;
hold fast to what is good.
Love one another with brotherly affection.
Outdo one another in showing honor.
(Rom. 12:9-10)



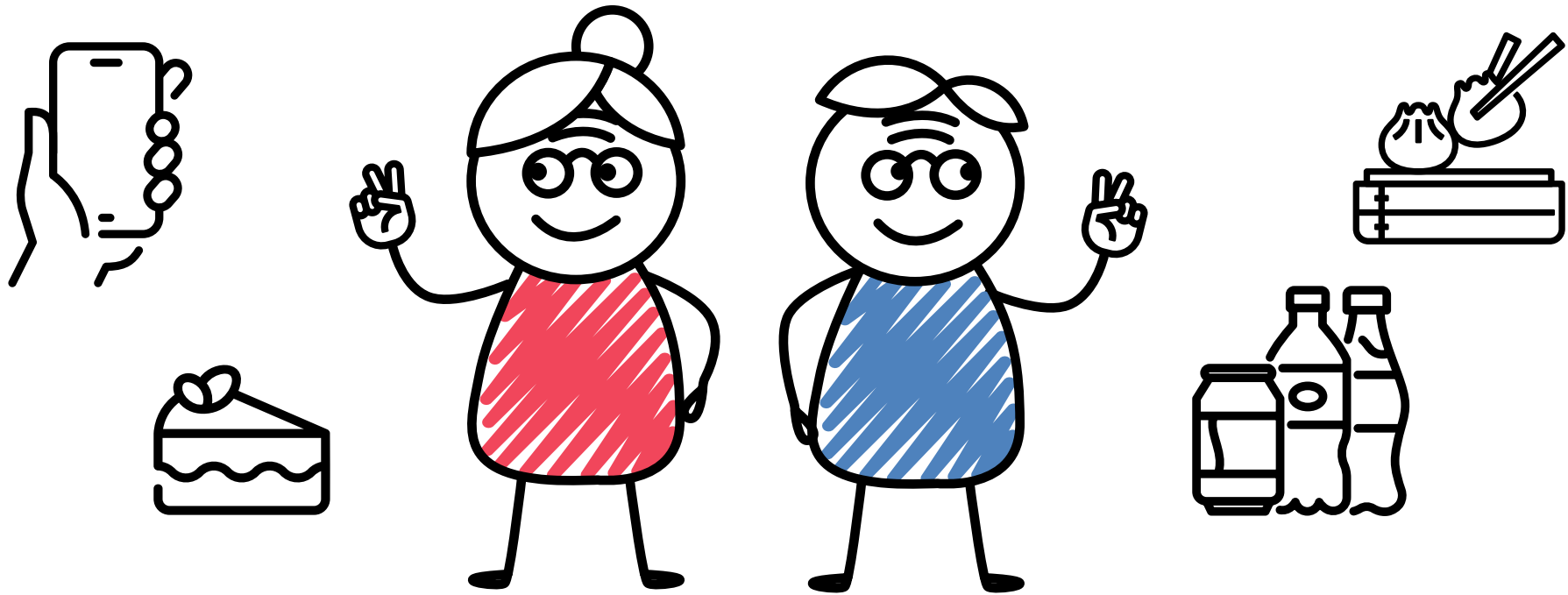
Remember, supplicate & bless

First of all, then, I urge that supplications,
prayers, intercessions, and thanksgivings be made for all people.
(1 Tim. 2:1)



Learn a little every day

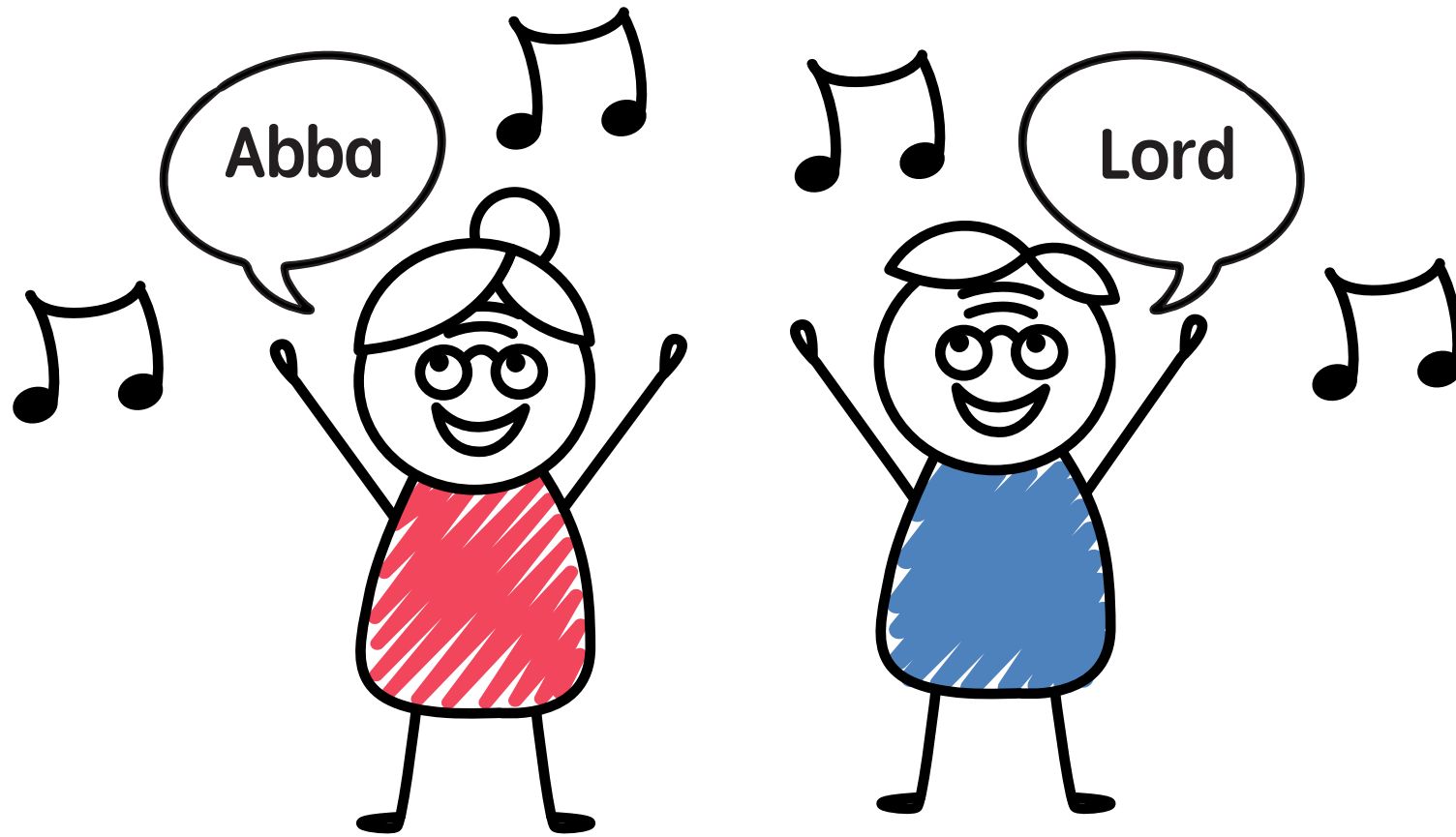
The righteous flourish like the palm tree and grow like a cedar in Lebanon.
They are planted in the house of the Lord; they flourish in the courts of our God.
They still bear fruit in old age; they are ever full of sap and green.
(Psalm 92:12-14)



Have self control

Older men are to be sober-minded, dignified, self-controlled, sound in faith, in love, and in steadfastness. Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good.

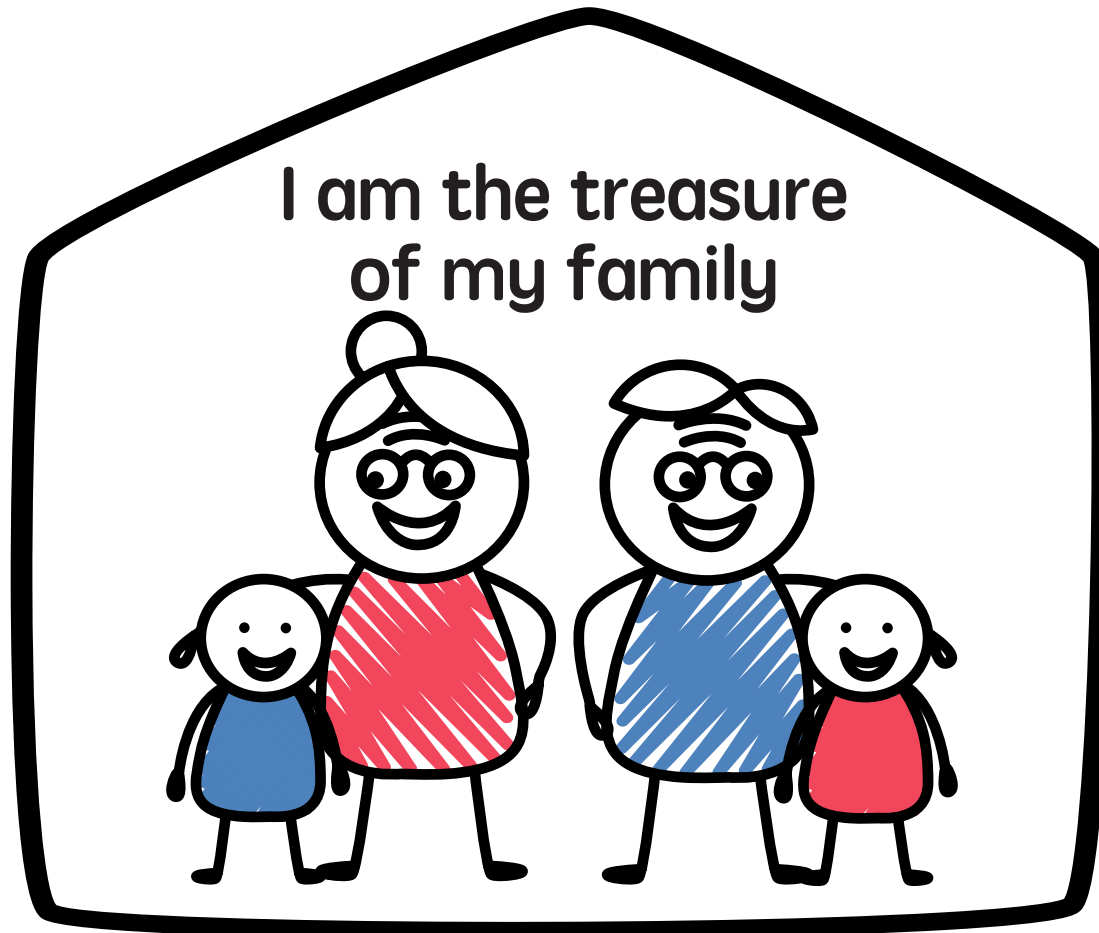
(Titus 2 :2-3)



Voice out in meetings

Addressing one another in psalms and hymns and spiritual songs,
singing and making melody to the Lord with your heart.

(Eph. 5:19)



Bless your family

But as for me and my house, we will serve the Lord.
(Joshua 24:15b)