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When Do You Need God Most?

If someone were to ask you when you thought a person needed God the most, how would you respond? Would you say God was most necessary in the period of youth? After all, the period of youth is one of growth and development. It is a time for romance, enthusiasm, and fun. It is a period when the mind is reaching out, broadening, deepening, and absorbing facts, like a sponge absorbs water. It is a period for critical decisions, a time when one decides what to do with life. It is a time when the sails of the soul are set. Certainly there is a need in the time of youth for a vibrant, strong belief in God. Is this what you would say?

Or would you say the middle years are the years when God is most necessary? The middle years of life are the years in which many of us begin to find ourselves. Someone has said that “middle age is when what makes you *tick* needs *winding*.” It is a period when one’s talents and powers come to full bloom, a time of achievement in one’s profession or business, a time of watching one’s family grow up and start out in life. But middle age is also a time of tremendous responsibility and great danger. It is when one finds oneself in the midst of the sea of life. The peaceful harbor from which one has come is a long way behind now, and there is no returning to it. Yet, the shore toward which one sails is still out of sight over the horizon. This is a period when we need God and all the guidance and help our religious faith offers. So, would you say a person needs God the most in the middle years?

Or would you respond that a person needs God the most in the Golden Years? The Golden Years are beautiful. It is a time when one’s love matures, a time when the fires of worldly ambition die down and one can choose how to embrace this life. It is a time for reaching spiritual maturity and knowing the peace and serenity that maturity brings. One can choose to do the many things that had been dreamed of, but for which there had not been time in the middle years. But if a danger does exist in this time of life, it is that someone in the Golden Years, without much external pressure to stay engaged in the world, can turn inward to such a degree that everything revolves around oneself, and oneself alone. And how can this be prevented? Why, through seeking the love of God, of course. A person needs God in the Golden years to soften and permeate the soul.

So when would we say we need God the most? All the time, in every aspect of the seasons of life! “Be still and know that I am God,” the scriptures say. In the coming days, no matter what season of life you find yourself in, why not take a moment to do just that? Be still. Notice God is there with you. And thank goodness for that awareness, because we all need God.