

# Aging as a spiritual practice a contemplative to growing older and wiser

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**What is aging as a spiritual practice quote?** It is possible to find enjoyment in the gift of each moment and each breath, even in the midst of difficulty. Aging is beyond our control, but how we age is up to us.

**What God says about Ageing?** He will renew your life and sustain you in your old age” (Ruth 4:15 NIV). “Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you” (Isaiah 46:4 NIV). But those who hope in the Lord will renew their strength.

**What does aging do to a spirit?** Aging allows specific chemical reactions to occur, as well as simply allowing the spirits to “steep” and develop flavor over time. Ultimately, aging spirits makes for a more enjoyable drinking experience.

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