

Ninety Years of Wisdom Shared  
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First United Methodist Church

We are instructed in Leviticus 19:32 to “Rise in the presence of the aged, show respect for the elderly and revere your God.”

Ninety year old Regina Brett shared, “To celebrate growing older, I wrote some lessons life taught me:

- 1) Life isn't fair, but it's still good.
- 2) When in doubt, just take the next small step.
- 3) Life is too short to waste time hating anyone.
- 4) Pay off your credit cards **every month**.
- 5) You don't have to win every argument. Agree to disagree.
- 6) It's OK to get angry with God. He can take it. 7) **Save** for retirement starting with your first paycheck.
- 8) When it comes to chocolate, resistance is futile.
- 9) Make peace with your past so it won't screw up the present.
- 10) Don't compare your life to others. You have no idea what their journey is all about.
- 11) If a relationship has to be a secret, you shouldn't be in it.
- 12) Everything can change in the blink of an eye. But don't worry; God never blinks.
- 13) Get rid of anything that isn't useful, beautiful or joyful.
- 14) Whatever doesn't kill you really does make you stronger.
- 15) It's never too late to have a happy childhood. But the second one is up to you and no one else.
- 16) When it comes to going after what you love in life, don't take no for an answer.
- 17) Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
- 18) Over prepare, then go with the flow.
- 19) Be eccentric now. Don't wait for old age to wear purple.
- 20) The most important vital organ is the brain.
- 21) Frame every so-called disaster with these words 'In five years, will this matter?'
- 22) Always choose life.
- 23) **Forgive everyone everything.**
- 24) Time heals almost everything. Give time time.
- 25) However good or bad a situation is, it will change.
- 26) Believe in miracles.
- 27) God loves you because of who God is, not because of anything you did or didn't do.
- 28) Growing old beats the alternative -- dying young.
- 29) Your children get only one childhood.
- 30) If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

31) The best is yet to come.

32) No matter how you feel, get up, dress up and show up.

33) Life isn't tied with a bow, but it's still a gift.

I rise in respect for her time earned wisdom, and give thanks to God for life lessons learned. I wonder what life lessons I would share if I reached 90:)