



This sign has spoken to me as I soaked in the sun by the seashore at Treasure Island. I anxiously arose early mornings to anticipate and enjoy the beautiful sunrises, but just as beautiful and breath-taking were the spectacular sunsets each evening. Then I reflected upon those I know who are in their sunset years and how I long to be a part of making those years beautiful and breath-taking for them. As their student, I want to listen and learn from their stories along the seashores of life. As their friend, I want to remind them of their value, worth, and calling during these sunset years and how it can be a very refreshing and meaningful time in life if they have Vitamin Sea!

Savior. Jesus said, *“I am the WAY, the TRUTH, and the LIFE. No one comes to the Father but through me.”*

John 14:6. “If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” John 15:5 Seek Jesus. Walk with Him on the water, keeping your eyes focused on Him. Eat with Him on the beach. Learn from His stories. Lean into Him when times are tough because *“The thief comes to steal, kill, and destroy, but I have come to give LIFE and give it to the full.”* John 10:10. Let’s live life to the full in our sunset years and not let the thief destroy our joy,

Encouragement. *“Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So, we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”* 2 Corinthians 4:16-17 and Romans 15:13 *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*

Agape. *“For God so loved the world that He gave His only Son that whoever believes in Him will not perish, but have eternal LIFE.”* John 3:16 *“Love one another. As I have loved you, so you must love one another.”* John 13:34 *“Love God; love others.”* Mark 10:45. I saw a sign the other day that said, “Just love them. I’ll sort them out later. – God” One way we can show God how much we love Him is to treat every soul we meet as if he/she were the very own child of God.