



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. An angel brought the good news of the Savior to the shepherds in the field and said, *“Today in the town of David a Savior has been born to you; he is the Messiah, the Lord.”* (Luke 2:11) Wisemen came from far away seeking the Savior, Jesus, and when they found Him, they worshiped Him. As we daily seek the Savior and feast upon His Word, we learn to lean into Him and trust Him in the tough times and worship Him regardless because we know He is worthy, and we win with Him in the end. The Savior said in John 10:10, *“The thief comes to steal, kill, and destroy, but I have come to give LIFE and give it to the full.”* Let’s live life to the full in our sunset years and not let the thief destroy our joy whether we are bedridden, house ridden, or overridden.

Encouragement. Paul, who experienced many storms in life, encourages us with a transformational perspective on how he endured: *“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 Cor. 4:16-17) *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.* (Romans 15:13)

Agape. Know that you are loved by God and then reflect His love to others. *“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) Jesus said, *“Love one another. As I have loved you, so you must love one another”* (John 13:34), and *“Love God; love others”* in Mark 10:45. Like the sea reflects the sun’s image, so we, too, should reflect the Son’s image through loving others. With our Savior Jesus Christ, encouragement from His Word, and agape love, our need for Vitamin Sea in our sunset years will be met and our souls will sing, *praise the Lord, it is well with my soul!*

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