

MID-LIFE CRISIS

A common problem for those in the age range of thirty years to fifty years is old is the dilemma called a mid-life crisis. This is a stage of life that seems to be a transient time of life when a person moves from youthful adult to middle age or older adult. For ladies, this is physically marked by menopause, and the reality of no longer being able to bear children. The after effects are a change of thinking of the lady in her views, of life, relationships and priorities. The wikipedia.org describes this event as “a period of dramatic self-doubt that is felt by some individuals in the ‘middle years’ of life, as a result of sensing the passing of youth and the imminence of old age.”

For the man physically, the physical effects are balding, graying of the hair, and impotence. Mentally, like ladies, men likewise change views of life, relationships and priorities. Both men and ladies go through this midlife crisis and ultimately lose a sense of identity. This dramatic shift of who they have become has the ability to reshape and redirect a person for the good and the bad.

A person going through this midlife crisis could decide to divorce a spouse of many years, because of this great shift in their identity. They could quit careers that have proved profitable and satisfying for them for years. They might take up hobbies and habits that are totally out of character. They could lose their moral compass and completely violate who they are as a person. A person going through a midlife crisis who was once motivated and choleric, can become pessimistic and aimless.

However, there are some who go through this stage in life, and come out better and more focused. A good question to ask is, “What is the secret to going through a midlife victoriously?” The person must embrace the change of life and recognize it is a part of life. For the unbeliever, a midlife crisis should be a wakeup call to the brevity of life, and his frailty and need of the Lord. For those who are Christians, the event should be filtered through God’s plan for their life. The book of Ecclesiastes 3:1 says, “To every thing there is a season, and a time to every purpose under the heaven:” Likewise in Ecclesiastes 3:11, “He hath made every thing beautiful in his time...” Life is like seasons of nature, all are necessary in the economy of our lives. All four seasons of nature balances nature.

This fall stage of life for the Christian is a time to slow down, and make sure that our purposes of the Lord are being fulfilled in life. By this time, kids are older and less dependant. Our lives are in routine mode. For us as Christians, it is a time as Paul said 1 Corinthians 13:11, “When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.” Though speaking directly about the transitions from youth to adult, the parallel is still there- that it is the putting away of things that need to be put away. There was nothing wrong with being a child, but there comes a time for growth’s sake that we put away some things in order to move on.

During this midlife transition we should be looking to put away just plain knowledge

of life and put on wisdom (This is applied knowledge). We have learned many valuable truths and life skills. It is now the time to start using them in our lives and passing these truths on to the younger generation. We are likewise starting to wrap up this life on earth, and we need to start preparing seriously to meet the Lord, what I call “cramming for finals.” Our free time should be used more for the Lord, and not idly used, as is common in a midlife crisis.

We need to embrace the physical changes as well as the life changes, and not let them change us away from the Lord and the right direction for our lives. Have you ever met these seniors who try to be teenagers? We see ladies in their sixties walking around dressed like teenagers in mini skirts and cropped tops? Not only is it distasteful, but it should be illegal. It is no different than a young person trying to act and be like a senior citizen. Let us embrace this next stage of life, and use it to grow into the man or woman that God would have us to be.