



Remembering Youth **Holistic Development and the Abundant Life**

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Do you remember what it was like to be young?

This question is worth your careful consideration.

For as simple an inquiry as this appears to be on the surface, its depth and power will only be discovered when fully understood.

Of course, everyone can remember when he was young in terms of chronological age, but identifying the full experience of youth is a far greater challenge. This challenge requires one to really be in touch with his soul and spirit to even begin to comprehend all that was once within his possession, and what could possibly still be...

If the average person had really *integrated* himself with the life that once flowed through him, he would live much differently. It is clear from the lifestyle of most people that they are disconnected from the youthful spark that once ignited them. The fact is that we live in a world that robs us of our vitality, and ages us prematurely - mentally, physically, and spiritually.

The reason that so many people lose their joy in life is because they no longer live as youthfulness demands - free of unnatural burdens. Instead of what was so obviously wonderful and glorious, the lifestyle we subsequently adopt as a result of living in a corrupt world drives the life and youth out of us. Eventually, we get to the point where the reality of the health and enjoyment that God intended us to have is unrecognizable, both to ourselves and those around us.

The consequence is a society that perpetuates and reinforces habits and qualities that are antithetical to our true nature and design. So many dysfunctional patterns of life filter through so many avenues and structures within society, that virtually every person has had the innocence and vigor of his youth compromised to such an extent that he is unable to sustain it into his adult years. Worse still, some people never really experienced a youthful state at *any time*, because when they were young, their youthfulness never had the ability to become established. This may have been caused by severe life situations that did not allow youth to naturally flourish during the appropriate developmental years.

Given the evil tactical workings of the *enemy of all men's souls*, the vast majority of people require a reacquaintance with the qualities of youthfulness...or, in some cases, to experience them for the first time.

So, let's Remember Youth!

The following is a list of five of the leading attributes that characterize both health and youth, along with a brief explanation and a corresponding Scripture verse for each one:

1. You Are On The Rise, Not On The Decline.

When you are youthful, everything is important and vital. Abundance is truly in the air! People who have everything to live for go out and contend for their happiness and lay hold of it as though it were their birthright; which it is!

Conversely, people who are on the decline in life, where their greatest passion is behind them, fall into a passive existence where nothing is crucial because nothing is getting them excited enough to break the depressing malaise that has numbed them.

"Now to him who is able to do exceedingly, abundantly beyond all that we ask or even think according to the power that works in you" Ephesians 3:20

2. You Have Lots of Energy

Energy is the currency of life. Without energy you cannot pursue life, and life cannot be lived beyond that which you are open to and capable of. But energy is created upon demand, and legitimate demand is created by upon desire. Youthfulness is the state, therefore, of *healthy desire manifested in proper action, which creates abundance*. One of the greatest causes of premature ageing is misspent energy.

"For it is God who works in you both to will and to do his good pleasure." Philippians 2:13

3. You Can Make Quick and Effective Changes, and Strong and Immediate Comebacks

Life is continuous, but how much of it is missed because people are bogged down in long standing defeat, hopelessness, or established negative patterns? The pliability of a youthful mind and spirit allows for maximum mental and spiritual movement in order to create a natural defense AND offense for whatever comes as an attack against your life.

"In the world you have trials and tribulations, but be of good cheer, I have overcome the world."
John 16:33

4. You Manage Your Health and Life, Not Disease and Aging

When in good health, managing that health is a matter of following the natural and spiritual order that God gave to be followed. It is wonderful to be alive and to remain young. When you depart from the natural and spiritual order, you bring illness into your life, and *disease management* eventually becomes a full time job, robbing much of your precious time.

"Take my yoke upon you, for my yoke is easy and my burden is light." Matthew 11:30

5. Faith Comes More Naturally, So You Have Fewer Blocks To Receiving the Light

Atheism and pessimism are learned over time through a variety of internal and external evils. A child is not by nature a doubter; belief and trust are his first responses to life. Those who through disappointment, defeat, and personal temptation have their thoughts and ways twisted, need only to simplify their existence, and not further complicate it through compounded dissipation and degeneration, in order to return to youthful optimism.

"Let the little children come to me, and do not forbid them: for of such is the Kingdom of Heaven."
Matthew 19:14

From my many years of working as a creative consultant and life coach, I can affirm that people can be young or old **at any age**, depending on what they do with the gift of life that God has given them.

In Isaiah we read, *"Even the youths shall faint and become weary, and the young men shall utterly fail. But those who wait upon the LORD shall renew their strength. They shall walk and not faint."*

It is incredible to know that living free, living in "the presence of the LORD", produces all the life that could ever be desired and a constant experience of REJUVENATION!



Jay Etzel is a creative consultant and life coach who specializes in health and wellness, holistic development, and leadership training. He develops inspirational programs to impact the various aspects of culture. His work also includes a special division for education where he has pioneered a number of integrative success programs for high school and college students.

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