

Family Worship Guide

Preparing for the Sermon on Psalm 70 and Psalm 71

This guide is designed to help families prepare their hearts before hearing the sermon. The emphasis of the sermon is that **God's people must trust, praise, and serve Him through every season of life, including old age**. David is not praying as a young man at the beginning of life, but as an older man who has walked with God for many years and still needs the Lord just as deeply as ever.

This means the passage is not only for elderly people. It is for children learning to trust God early, for parents shaping the home, for adults in the middle years, and for older saints who must finish well. Psalm 70 and Psalm 71 (KJV) teach the whole church how to think about weakness, faithfulness, usefulness, and hope.

How to Use This Guide

Read Psalm 70 and Psalm 71 (KJV) aloud together. Then work through as much of this guide as fits your household. The purpose of this guide is to help your family listen better when the Word is preached.

After the discussion, close in prayer and ask God to make your family faithful from youth to old age.

Opening Scripture Reading

Read the whole of **Psalm 70 (KJV)** and **Psalm 71 (KJV)** together.

If time is short, focus especially on these verses:

- Psalm 70:1, 4-5 (KJV)
- Psalm 71:3-6 (KJV)
- Psalm 71:9 (KJV)
- Psalm 71:14-18 (KJV)
- Psalm 71:20-24 (KJV)

These verses highlight the main themes of the sermon: urgent prayer, lifelong dependence on God, weakness in old age, continued praise, and the duty to declare God's strength to the next generation.

Main Idea

The main idea of the sermon can be stated simply:

The believer never outgrows his need for God and never outlives his calling to glorify God.

David looks back and sees that God has sustained him from youth. Because of that, he asks God not to forsake him in old age. He does not ask for a quiet life of ease. He asks for help so that he may keep praising God and declaring His truth to those who come after him.

Family Discussion Questions:

These questions are written so families can talk together, while parents have clear guidance on the main point to draw out.

1. Why does Psalm 70 begin with such urgency?

David begins with, “Make haste, O God, to deliver me; make haste to help me, O Lord” in Psalm 70:1 (KJV). He is in real distress. He knows he cannot save himself. He does not approach God casually, but urgently.

Parent Note

Help your family see that prayer is not a formality. David truly needs God. This is one of the clearest marks of a godly life: knowing that the Lord is our only true help. Children should hear that prayer is not just something we do at church or meals. It is the cry of needy people to a faithful God.

2. According to Psalm 70:4 (KJV), what belongs at the center of worship?

Psalm 70:4 (KJV) says, “Let all those that seek thee rejoice and be glad in thee: and let such as love thy salvation say continually, Let God be magnified.” Worship includes seeking God, rejoicing in God, and magnifying God.

Parent Note

Focus on these elements: Worship means seeking fellowship with God, delighting in Him, and exalting His name. Help your family understand that worship is not first about our preferences. It is about God Himself. Ask whether your home reflects that pattern in prayer, song, and conversation.

3. What does David remember about God’s care in the past?

David says in Psalm 71:5-6 (KJV) that God has been his hope from youth and has sustained him from birth. He is not inventing confidence in old age. He is resting in a lifetime of divine faithfulness.

Parent Note

This is a major point. The past shapes the present. David's present confidence grows out of God's past faithfulness. Help children and younger believers understand that the habits of faith built now matter later. Help older family members reflect on how God has carried them through earlier years.

4. Why does David ask God not to forsake him in old age?

Psalm 71:9 (KJV) says, "Cast me not off in the time of old age; forsake me not when my strength faileth." David knows that age brings weakness. But he does not want weakness to become uselessness. He wants God to remain near him and make him fruitful to the end.

Parent Note

This is one of the central burdens of the sermon. Old age is not a season of spiritual retirement. The world may treat older people as though they are no longer needed, but Scripture does not. God still has purpose for His people as long as they live. This is an important correction for both young and old.

5. Does the Christian battle end in old age?

No. David still faces enemies, fears, and pressures. Psalm 71 shows that he still needs protection, courage, and strength. The sermon strongly emphasizes that growing older does not end spiritual warfare.

Parent Note

This is an important lesson for the whole family. Children may think older Christians no longer struggle. Older Christians may be tempted to think they have done enough. But the battle against sin, fear, temptation, and spiritual opposition continues through life. God's grace is needed at every stage.

6. What does David want to keep doing before he dies?

Psalm 71:18 (KJV) says, "Now also when I am old and grayheaded, O God, forsake me not; until I have shewed thy strength unto this generation, and thy power to every one that is to come." David wants to keep declaring God's strength to the next generation.

Parent Note

This is likely the key verse for the sermon. Older believers are not merely to endure old age. They are to testify, teach, encourage, warn, and model faithfulness. Parents and grandparents should especially feel the force of this. Younger people should learn to value the wisdom of older saints rather than dismiss it.

7. What kind of future does David expect?

David says in Psalm 71:14 (KJV), “But I will hope continually, and will yet praise thee more and more.” He expects a future marked by hope and increasing praise. He also speaks in Psalm 71:20 (KJV) of being brought up again, which the sermon treats as resurrection hope.

Parent Note

David’s hope is not rooted in comfort, health, or easy circumstances. His hope is rooted in God. That is why his old age is not dominated by despair. Help your family see that the Christian’s final hope is not merely surviving this life, but resurrection and everlasting fellowship with the Lord.

8. How should younger people relate to older believers?

The sermon presses the duty of honoring older, godly people and learning from them. Younger believers need the wisdom of those who have walked with God through many years.

Parent Note

Apply this directly. Ask your children which older saints in the church they know. Encourage them to listen to older Christians, ask questions, and learn from them. A healthy church is intergenerational. Families should not live as though every age group exists separately.

9. How should older believers view themselves?

Older believers should not think only in terms of comfort, decline, or waiting to die. They should think in terms of calling, witness, and fruitfulness as long as God gives them life and strength.

Parent Note

This is one of the strongest practical points in the sermon. The preacher challenges the modern idea that later life is mainly for ease and retreat. Instead, Scripture presents old age as a time for continued testimony, prayer, wisdom, and usefulness. Apply this gently but clearly.

10. What should each person in the family ask after reading these psalms?

Each person should ask: Am I learning to trust God now in a way that will prepare me to trust Him later? Am I becoming the kind of Christian who will still hope, praise, and speak of God’s greatness in weakness and age?

Parent Note

Bring the discussion back to personal application. The teaching is not mainly about a demographic group. It is about lifelong discipleship. Children are preparing for adulthood. Adults are preparing for old age. Older saints are preparing to finish well. Everyone is being called to live before God now.

Questions for Younger Children

If you have younger children, keep the language simple and direct. Use questions like these to help them enter the passage.

- Who does David ask for help?
- Why does David need God?
- What does it mean that God is our refuge?
- Can older people still serve God?
- Should we wait until we are old to trust the Lord?

Parent Note

Simple answers are enough. God helps David. David needs God because he is weak. A refuge is a safe place. Yes, older people can still serve God. No, we should trust the Lord now, while we are young. Keep the conversation warm and clear.

Questions for Teenagers and Older Children

Older children and teenagers can handle more searching discussion. Press them a little further with questions like these.

- How do the choices you make now shape the kind of Christian you will be later?
- Why is it dangerous to assume you can get serious about God only when you are older?
- What does our culture say old age is for, and how does this psalm challenge that view?
- What kinds of spiritual habits should be built in youth?

Parent Note

The sermon strongly stresses that people should not postpone serious faithfulness. Habits formed in youth often continue into later years. Encourage teenagers to see that Bible reading, prayer, worship, obedience, and serious thought are not optional extras. They are training for a lifetime of walking with God.

Family Application

As you finish the discussion, move from understanding the text to applying it. The point is not only that David trusted God. The point is that your family must trust God the same way.

- Children should learn to seek God early.
- Parents should train their children for lifelong faithfulness, not just outward success.
- Older believers should remain hopeful and useful.
- Younger believers should seek out the wisdom of older saints.
- The whole family should learn to talk often about the righteousness, salvation, and mighty acts of God.

This is one of the great practical burdens of Psalm 70 and Psalm 71 (KJV): God's faithfulness in one generation should become testimony to the next.

Suggested Memory Verse

A fitting verse to memorize before the sermon is **Psalm 71:18 (KJV)**:

“Now also when I am old and grayheaded, O God, forsake me not; until I have shewed thy strength unto this generation, and thy power to every one that is to come.”

This verse captures the heart of the sermon. It joins dependence on God with responsibility to the next generation.

Closing Prayer

You may want to close your family time with a prayer like this:

Lord our God, You are our help and our deliverer. Teach us to seek You, rejoice in You, and magnify Your name. Thank You for Your faithfulness through every stage of life. Help our children to trust You early. Help parents to teach Your truth faithfully. Help older saints remain strong in spirit and fruitful in service. Do not forsake us when strength fails, but keep us praising You and declaring Your power to the next generation. For Jesus Christ's sake, Amen.