

## OLD AGE

# Pope Francis, Shepherd of Truth

Notable quotations from Pope Francis and official teachings  
of the Roman Catholic Church

### “GLAD TIDINGS”

“In old age they will still bear fruit” (Ps 92:15). These words of the Psalmist are glad tidings, a true “gospel” that we can proclaim to all ... They run counter to what the world thinks about this stage in life, but also to the attitude of grim resignation shown by some of us elderly people, who harbor few expectations for the future.

### DON'T BE AFRAID

Many people are afraid of old age. They consider it a sort of disease with which any contact is best avoided. The elderly, they think, are none of their concern and should be set apart, perhaps in homes or places where they can be cared for, lest we have to deal with their problems. This is the mindset of the “throwaway culture” ...

### “NOT OUTCASTS”

A long life — so the Bible teaches — is a blessing, and the elderly are not outcasts to be shunned but living signs of the goodness of God who bestows life in abundance. Blessed is the house where an older person lives! Blessed be the family that honors the elderly!



### DON'T GIVE UP

Old age is no time to give up and lower the sails, but a season of enduring fruitfulness: a new mission awaits us and bids us to look to the future.

### “GREAT RESPONSIBILITY”

We grandparents and elderly people have a great responsibility: to teach the women and men of our time to regard others with the same understanding and loving gaze with which we regard our own grandchildren. We ourselves have grown in humanity by caring for others, and now we can be teachers of a way of life that is peaceful and attentive to those in greatest need.

### “MOST VALUABLE”

... We are called to be artisans of the *revolution of tenderness* in our world! Let us do so by learning to make ever more frequent and better use of the most valuable instrument at our disposal and, indeed, the one best suited to our age: prayer.

### “CHANGE HEARTS”

Our trustful prayer can do a great deal: it can accompany the cry of pain of those who suffer, and it can help change hearts.

### REACH OUT

I ask you ... to seek out those elderly persons who feel most alone, at home or in residences where they live. Let us make sure that no one feels alone ... Expecting a visit can transform those days when we think we have nothing to look forward to ; from an initial encounter, a new friendship can emerge. Visiting the elderly who live alone is a work of mercy in our time!

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