

Midlife Crisis



Identifying, avoiding, and recovering

Causes

A mid-life crisis could be caused by aging itself, or aging in combination with changes, problems, or regrets over:

- work or career (or lack thereof)
- spousal relationships (or lack thereof)
- maturation of children (or lack of children)
- aging or death of parents
- physical changes associated with aging

I Wish...

- I wish I'd done more
- I wish I'd gotten further in my career
- I wish I'd gotten that extra degree
- I wish I took more vacation
- I wish I had started a family
- I wish I bought the nice car
- I wish I could retire early

Prevention

Physical changes that commonly occur during these years are weight gain, wrinkles, sagging skin, hair loss. Regular exercise and maintenance of a nutritious diet may help to sustain one's physical and mental health during these years of transition.

Significant changes made early in life may prevent one from having a mid-life crisis. An example supporting such a theory can be derived from the research conducted by Dr. Susan Krauss Whitbourne. People who changed jobs before their midlife years had a greater sense of generativity when they reached mid-life. They also experienced a greater sense of motivation to deviate from stagnation and a desire to help the younger generation thrive.

Spiritual Midlife Crisis



Identifying, avoiding, and recovering

Causes

A spiritual midlife crisis could be caused by aging itself, or aging in combination with changes, problems, or regrets over:

- spiritual work or career (or lack thereof)
- spiritual relationships (or lack thereof)
- maturation of spiritual children (or lack of children)
- aging or death of parents or spiritual leaders
- spiritual changes associated with maturing

I Wish...

- I wish I'd learned more scripture
- I wish I'd been a teacher
- I wish I'd baptized a friend or neighbor
- I wish I'd gone on a mission trip
- I wish I'd become a deacon or elder
- I wish I'd been a preacher

Prevention

Spiritual changes that commonly occur during these years are responsibility gain, fatigue, stress, and apathy. Regular evangelism and maintenance of a nutritious spiritual diet may help to sustain one's spiritual health during these years of transition.

Significant reformation made early in life may prevent one from having a midlife crisis. People who participated in teaching, preaching, conversions, and restorations before their midlife years had a greater sense of generativity when they reached mid-life. They also experienced a greater sense of motivation to avoid stagnation and a desire to help the younger generation thrive.

Avoid the crisis - Plan to...

PRAY - 2 Thess 5:12 Pray continually. NIV

STUDY - 2 Tim 2:15 Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. KJV

TEACH - Heb 5:12 In fact, though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! NIV

SING - Eph 5:19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, NIV

CONVERT and **ENCOURAGE** - 1 Cor 3:6 I planted the seed, Apollos watered it, but God has been making it grow. NIV

MISSION - Mark 16:15 He said to them, "Go into all the world and preach the gospel to all creation. NIV

Start your Christian life

Hear

Believe

Repent

Confess

Be Baptized

Live a new life