

# These Old Bones of Mine

By Dr. James L. Snyder

I had a frightening experience the other day. I know I must be getting old because things that never frightened me before frightened me. I also see things I never saw before.

Going into the bathroom one morning, I looked in the mirror, and my grandfather looked back at me. I almost passed out. With great haste, I left the bathroom, rushed to the living room, and sat down to think a little bit. What just happened?

I hadn't thought of my grandfather for a long time, and now here I am, looking at myself in the mirror and seeing my grandfather. Oh boy. How did he get in my mirror?

I knew my grandfather was old, at least from my perspective when I knew him. One thing I remember about him was how much he complained about his bones. You could hear his knees crack whenever he would get up from

a chair. I never could understand that.

Not until recently did I discover that this was not a ploy; rather, he had aching and creaking bones.

It seems that I have inherited his creaking bones. Now I know what he was going through back then, and it wasn't a ploy.

I have no idea how many bones I have in my body, but I am discovering new bones that are starting to creak daily. I didn't know I had so many bones.

After thinking about my grandfather and his creaking bones, I went back into the bathroom to chat with him, but instead of him being in the mirror, there I was. I am my grandfather!

If it were just creaking bones, I wouldn't be too concerned. But looking in the mirror this morning caused me to see that old age is really ugly. I have more wrinkles than I

can count on my face. Where do those wrinkles come from?

I should start counting my wrinkles every morning to ensure I have the same amount from the day before. Of course, there must be some good to these wrinkles, or I wouldn't have so many.

I think I have become the standard for old age with my musical bones and flourishing wrinkles. I sure could use some advice from my grandfather about this situation.

I went to The Gracious Mistress of the Parsonage and told her I thought I needed to go to a body shop to see if I could get a new body. "Do you have any recommendations?"

She looked at me up and down and then said, "Just remember, it'll cost you an arm and a leg." And then she laughed as though it was funny.

I wasn't laughing on

the inside.

Later that day, I checked my Bible for verses dealing with bones, but I had never thought of these verses before.

Psalms 51:8, "Make me to hear joy and gladness; that the bones which thou hast broken may rejoice."

Psalms 34:20, "He keepeth all his bones: not one of them is broken."

I am a proponent of joy, but I never thought of bones being associated with joy. As I get older, I am discovering just how important my bones are. From now on, whenever one of my bones creaks, I will rejoice to know that God keeps all my bones.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage. Telephone 1-352-216-3025, e-mail james-snyder51@gmail.com, website www.jamessnyderministries.com.

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270-250-7904  
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3515 KY- West 80

Campbellsville Location  
1 Living Grace Drive  
(First Wednesday of each month)

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954 W. Steve Wariner Dr.  
Russell Springs

**Beckham Ridge Separate Baptist**  
Hwy 1729

**Bernard Ridge Church of God**  
241 Stephens Ridge Rd.  
Russell Springs

**Bethel United Baptist Church**  
Decatur Road, Dunnville

**Bethel United Methodist Church**  
Bethel Church Road  
Jamestown

**Bethesda Community Fellowship**  
3109 S. Hwy 127  
Russell Springs

**Bethlehem Separate Baptist Church**  
West Hwy 80  
Russell Springs

**Cedar Springs United Baptist**

**Clearfork Baptist Church**  
760 Clearfork Rd. Eli, KY  
(270) 866-7683

**Clear Springs Missionary Baptist Church**  
Est Hwy 619, Bernard Ridge,  
Russell Springs

**Coffey's Chapel United Methodist Church**  
Eli, KY

**Coffey's Friendship Separate Baptist**  
Off S. Hwy 55 (½ mile on Coffey's Schoolhouse Rd)

**Coffey Grove Separate Baptist Church**  
1330 Blankenship Road  
Jamestown

**Concord Wesleyan Church**  
6033 S Highway 1680  
Jamestown

**Creelsboro Church of the Nazarene**  
**Creelsboro Christian Church**  
4286 S. HWY 379  
Jamestown

**Cross Creek Church**  
1673 N. Main St. Jamestown

**Cumberland Baptist Church**  
627 E. Cumberland Ave.  
Jamestown  
Bus Ministry Available:  
(270) 343-3738

**Fairview Baptist Church**  
E. Hwy. 80

**Fairview Separate Baptist Church**  
4313 N Hwy. 55  
Jamestown

**First Baptist Church of Russell Springs**  
392 E. Hwy 80,  
Russell Springs  
Sunday

**Faith Temple Full Gospel Church**  
West Hwy 80 (Royville)

**First Apostolic Church**  
3563 E. Hwy 80  
Russell Springs

**First United Methodist Church of Jamestown**  
157 N. Main Street  
Jamestown  
Phone: (270)-343-4187

**Freedom Christian Church**  
Sun. School 10 a.m.  
Worship Service 10:45  
Wed. Service 6:30 pm

**Friendship Baptist**  
E. Hwy 80

**French Valley United Methodist Church**  
2272 Hwy 379  
Russell Springs

**Good Tidings Baptist**  
W. Hwy 76 – Russell/Adair line

**Grace Family Fellowship**  
170 Stephens Ridge Rd.  
Russell Springs

**Grace Independent Baptist**  
Dowell Road  
Russell Springs  
Phone: (270)-866-2554

**Greater Hope Christian Fellowship**  
N. Hwy 127 Russell Springs

**Grider's Chapel United Methodist Church**  
3913 Highway 1058  
Jamestown

**Hayes Chapel Church**  
1353 W. Hwy 619  
Russell Springs

**Holy Spirit Catholic Church**  
406 N. Main Street  
Jamestown

**Jamestown Christian Church**  
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132 S. Main St., Jamestown

**Jamestown Community Church**  
312 Monument Square  
Jamestown

**Jamestown First Baptist Church**  
165 W. Cumberland Ave.  
Jamestown

**Jamestown Seventh-Day Adventist Church**  
100 Freedom Church Road  
– Junc. 55 & 127 Jamestown  
Phone: (270) 507-9434

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Wilson Street,  
Russell Springs

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Russell Springs

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**Mt. Olive Baptist Church**  
Phone: (270) 585-9299

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**New Victory Baptist Church**  
460 Arles Hale Rd.  
Russell Springs

**Oak Grove Separate Baptist Church**  
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Russell Springs

**Ono Community Church**  
Hwy. 1611

**Pine Grove Separate Baptist Church**  
Below Eli

**Pine Grove United Baptist Church**  
Gosser Ridge Community

**Pine Top Church of Christ**  
Pine Top Rd. Russell Springs

**Pleasant Hill Church**  
55 Pleasant Hill Road  
Sunday 10 AM & 5 PM  
859-248-6169

**Pleasant Hill Community Church**  
8545 Hwy 1680  
Russell Springs  
Sunday Worship Service  
10:00 AM

**Poplar Grove Baptist Church**  
North 127

**Prince of Peace Lutheran Church**  
250 French Valley Court  
Russell Springs  
Phone: (270) 866-4656

**Rockhouse Christian Church**

**Royville Friendship Church**  
West Hwy 80  
Russell Springs

**Russell Springs Christian Church**  
Main & College St.  
Russell Springs

**Russell Springs Church of the Nazarene**  
1442 W. Steve Wariner Dr.

**Russell Springs Lighthouse Church**  
86 Owenstown  
Schoolhouse Rd.  
Russell Springs

**Russell Springs United Baptist Church**  
Junction 80&127

**The Church at the Springs**  
226 Jamestown St.  
Russell Springs  
Phone: (270) 866-5180

**Sano Baptist Church**  
3005 Hwy 1729  
Russell Springs  
Phone: (270) 343-4378

**Sewellton Church of God of Prophecy**  
253 Ballinger Road  
Jamestown

**Solid Rock Church**  
189 West Drive  
Russell Springs, KY 42642  
Phone: (270) 866-4097

**The Church of God**  
P.O. Box 2121 – Hwy 1729  
Russell Springs

**Union Baptist Church**  
3525 Gosser Ridge Road

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Phone: (270) 566-1596  
999 Hwy 1058  
Jamestown  
Worship 9:30  
Sunday School 10:30  
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**Welfare Baptist Church**  
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