

Is 40 the New 30?

By: Teri Miller Barker



I recently reached an exciting milestone in my life. I turned 40 last month. And to be perfectly honest, I really feel no different than I have on previous birthdays. Forty just sounds mature to me, so I guess I'm a big girl now. As with anything that interests me, I did some research on the subject. After all, if I'm going to have to be 40, I need to know what that entails and how it's going to affect my life. You want to know what I discovered? Well for one, I read an article that said, "Life begins at 40." Which sounds wonderful, but I beg to differ, because I've been here for that long, and most of my 40 years have been good, productive ones. Secondly, I discovered that 40 is the new 30, and I was all too happy to adopt this philosophy, because I could accept being the new 30. I mean, who wouldn't want to shave 10 years off their aging process? But my body sent me an enlightening message that said, "Don't believe the hype." My achy left knee and my emerging patch of stubborn gray hair are my subtle reminders that 40 is still 40. After researching what the world has to say about aging, I turned to my favorite book. It's raggedy and torn because it has helped me weather many storms, and it's been an invaluable and dependable source of wisdom in every area of my life. I opened my Bible and came across a scripture that answered my concerns about aging. Psalm 103:5 tell us that God satisfies us with good things so that our youth is renewed like the eagles. That piqued my interest, so I did a little research on eagles to gain a deeper understanding of this analogy. The eagle is often mentioned in the Bible because it's a powerful, majestic bird that doesn't have to flap its wings like other birds to soar to great heights. The eagle goes through a very painful process where it tears out its old, damaged wings in order to grow new, stronger ones. This process helps strengthen and lengthen the life of the eagle. And much like that powerful, majestic bird, I realize I have some things I need to let go and get rid of if I am to continue to live a full and productive life. Is 40 really the new 30? Maybe for some, but not in my case. My research revealed I am a 40-year-old woman whose youth is renewed like the eagles. I embrace this new decade and look forward to aging gracefully and soaring to great, new heights.