

3rd August 2025

Young

**"You are as young as your faith, as old as your doubt;
as young as your self-confidence, as old as your fear;
as young as your hope, as old as your despair."**

Samuel Ullman, *Youth*

As I was preparing for the baptism in our church today, and while I was writing my "Thought for the Day" for yesterday, there was a song going round and round in my head. I couldn't let it go. So I offer it to you here, without additional comment or exploration.

It's a song from the 1974 album *Planet Waves* by Bob Dylan, and its words have always been important to me, after I first heard them sung in the 1980s by the wonderful Joan Baez. The song is *Forever Young*. If you don't know it, you can find it on *YouTube*. And I reckon that if Bob Dylan and Jesus had been contemporaries, Jesus might have had Dylan's lyrics in mind when he admonished his disciples with his words, "Let these youngsters come to me. Don't you see the Kingdom of God in them?"

May God bless and keep you always.

May your wishes all come true.

May you always do for others,

And let others do for you.

May you build a ladder to the stars,

Climb on every rung.

And may you stay forever young

May you grow up to be righteous.

May you grow up to be true.

May you always know the truth,

And see their light surrounding you.

May you always be courageous,

Stand upright and be strong.

And may you stay forever young

May your hands always be busy.

May your feet always be swift.

May you have a strong foundation

When the winds of changes shift.

May your heart always be joyful.

May your song always be sung.

And may you stay forever young.

A prayer for today

Stay young, God says. Keep remembering you're my child – forever and ever.