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Not Old, Not Young, Not Done

Following Jesus in Your 50s & 60s

Our 50s and 60s are two decades with unique opportunities and challenges.

Perhaps you are becoming an empty-nester, considering or entering retirement, caring for elderly parents, or welcoming grandchildren. This stage of life is new and different, but the joyful call of following Jesus is the same.

In *Not Old, Not Young, Not Done*, you'll find encouragement to faithfully follow Jesus through the ups and downs of this season. No matter what the specific circumstances you might find yourself in during the "afternoon of life," author Christopher Ash speaks truth to the heart.

You'll be invigorated to walk intentionally through this fresh season of fruitfulness. As you thoughtfully consider your circumstances, you'll be strengthened to do what God calls you to now, and you'll be preparing your heart and habits for the years to come.

Reflection questions are included and could be used for discussion with close friends or a spouse.

About the Author



Christopher Ash has been a pastor and is now an author and Writer-in-Residence at Tyndale House, Cambridge. He was Director of the Proclamation Trust's Cornhill Training Course from 2004 to 2015. He is married to Carolyn, and they have four children and ten grandchildren.

Endorsements

“The period of time between middle age and old age has not yet been given a name, but with characteristic wisdom, warmth and insight, Christopher Ash has provided us with a navigational map to chart our progress. The unique privileges, challenges and opportunities of this era are to be enjoyed rather than endured as we follow Jesus and seek to make a difference for his kingdom.”

Alistair Begg

Bible Teacher, Truth For Life; Senior Pastor, Parkside Church, Cleveland; Author, *Pray Big* and *Christian Manifesto*

“In our fifties and sixties it can be so easy, so comfortable, to step back from serving in the church, stop getting involved in the lives of needy people, and simply settle into a comfortable spirituality that lacks passion for prayer and for new discoveries in the Bible. In this book, Christopher Ash kindly nudges us out of complacency, encouraging us to steward this particular season of life for the kingdom of God.”

Nancy Guthrie

Bible teacher and author of the Seeing Jesus in the Old Testament series

Suggested Interview Questions

1. Why is the afternoon of life a particularly appropriate time to review your life of faith and pursue hope-filled wisdom rather than regretfully look back with longing for former days?
2. What is an example of someone in the afternoon of life who has inspired you and played a role in some of the wisdom shared in this book?
3. How can people in their 50s and 60s guard against the idolatry of fitness and appearance as they age without alternatively surrendering good stewardship of the body?
4. You write about stepping out of one's comfort zone — by moving or joining the mission field — to stretch the muscles of faith in this season of life. If neither of these options are possible for people, what are other ways they might exercise faith and service?
5. What are some practical ways for people in the afternoon of life to cultivate intergenerational faithfulness in the church beyond their familial relationships with grandchildren?
6. What are ways for those in the afternoon of life to cultivate, grow, and persevere in their prayer life?
7. How can empty nesters find restored vision through their identity in Christ when their identity in vocation or parenthood fades into the background?
8. How can meditating on Jesus as the closest friend comfort those who may have found themselves with few friends in the afternoon of life?
9. What are some unexpected blessings for afternooners who must sacrifice time, money, and energy to care for their aging parents?
10. How does keeping our focus on the marriage supper of the Lamb provide hope for anyone in the afternoon of life, whether they are married, divorced, bereaved, or unmarried?



To schedule an interview, contact publicity@thegoodbook.com or publicity@thegoodbook.co.uk.