God Chose YOU for Purpose Elderly and End of Life

Visit, call, or write to an elderly person. Create pen-pals between the elderly and youth.

Volunteer to conduct a life interview with an elderly person.

> Ask to be taught new skills by a grandparent, elderly neighbor, or grandchild.

Host an event to discuss end of life. Include information on wills, funerals, and medicine.



Volunteer to help a retiree with cleaning, yard work, and general upkeep.

Ask an older person to present the history of the church and what he/she remembers.

Create a card game competition or other social activity at church.

Take a day trip or eat a meal with an elderly person.

#LifeWeek2022



Create a cookbook of favorite recipes. Ask all generations to contribute.



Offer to care for someone at end of life by washing his/her hair or shaving his face.



God Chose YOU for Purpose Hopelessness and Loneliness

Make phone calls and send cards to those who are lonely or depressed.

Create an opportunity for prayer partners at your church or school. Invite those who tend to be solitary.

Sit next to

Someone

new at

church,

Make a commitment to speaking positively and offering encouragement to others; help them look forward to events and set goals for the future.

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Create an adopt a grandparent K or grandchild opportunity.

Regularly check in with friends who are struggling emotionally.

Ask your theology teacher and/or pastor on campus to address **Ioneliness in his** sermons and prayers.

Have a meet and **Greet for new** church/school members on a *quarterly or* regular basis.

In addition to hosting church and school events for everyone, create group activities for males and other activities for females. **Provide opportunities** for friendships to form.

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Make phone calls and send cards to those who are lonely or depressed.

Sit next to someone nursing homes. new at church.

Visit





Locate Christian counseling centers near campus and get to know your school counselor.

Share your accomplishments with those you love and recognize God's provision in your life.

Find a prayer partner and include prayer to address stress, anxiety, and emotional struggles.

Lead a Bible study on depression or anxiety.

Create positive habits like taking walks and include others in person or through phone calls.

Take time for breaks with friends.



God Chose You for Purpose **Mental Health**

Call and send cards with encouraging messages to those who are lonely or depressed.

Invite speakers to discuss mental illness to your class or congregation.

Post a list of ways to deal positively with stress and anxiety.

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Celebrate the end of a stressful week with a threeminute dance off or other activity.

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest on me." 2 Corinthians 12:9



God Chose YOU for Purpose Sudden Loss and Widowhood

Share Grief

Set up a grief share group in church or school.

Remember

Plan a memory garden or donate money for a tombstone.

Devotions

Write devotions for those who have had a miscarriage or stillborn child. **Collect and Donate** Start a collection for a child's

funeral costs; donate a wedding dress to make burial clothes for an infant.



#1

#3

#4

#5

Schedule Time

Schedule time to be with the person experiencing loss on the anniversary of that loss.

#6

Visit and Hold

Visit the hospital when families are preparing for loss or grieving. Hold their hands, listen, and be present. Set aside chapel offerings for a children's hospital or help purchase a wheel chair for an elderly person.

> Celebrate wedding anniversaries for widows.

On All Saints Day, recognize those who have passed in the previous year.

Attend and Serve

#7

Attend funerals, sing funeral hymns, and express your condolences. Pray for the family, donate, and serve at the funeral meal.

#LifeWeek2022

Seek the counsel of pastors, church workers, and Christian family and friends as you work through times of loss and suffering.

Offering

Celebrate

Worship

Seek Counsel



