

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

Volunteer to conduct a life interview with an elderly person.

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

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

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

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

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

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

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

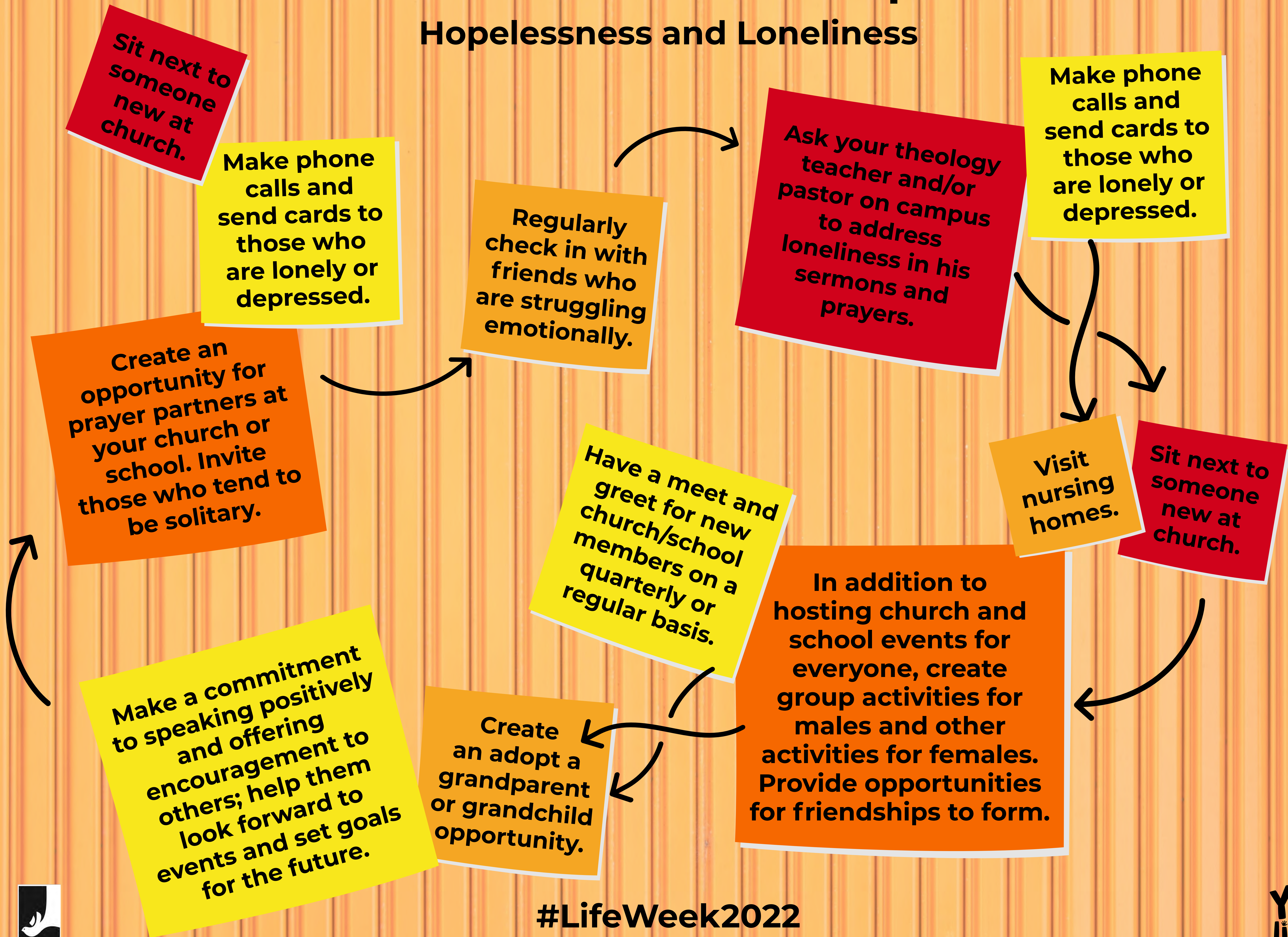


#LifeWeek2022



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## Hopelessness and Loneliness



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## Mental Health

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.

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

Celebrate the end of a stressful week with a three-minute dance off or other activity.

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

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

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

Lead a Bible study on depression or anxiety.

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

"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

Take time for breaks with friends.



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## Sudden Loss and Widowhood



#1

### *Share Grief*

Set up a grief share group in church or school.

#2

### *Remember*

Plan a memory garden or donate money for a tombstone.

#3

### *Devotions*

Write devotions for those who have had a miscarriage or stillborn child.

#4

### *Collect and Donate*

Start a collection for a child's funeral costs; donate a wedding dress to make burial clothes for an infant.

#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.

#7

### *Attend and Serve*

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

### *Offering*

Set aside chapel offerings for a children's hospital or help purchase a wheel chair for an elderly person.

#8

#9

### *Celebrate*

Celebrate wedding anniversaries for widows.

#10

### *Worship*

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

#11

### *Seek Counsel*

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

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