

**Celebrate
wedding
anniversaries for
widows.**

*Day 5:
The Suffering
are
Indispensable!*

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

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

CELEBRATION
#LifeWeek2021

**TAKE TIME
FOR BREAKS
WITH FRIENDS
AND FAMILY.**

*Participate in an All
Saints Day service
that recognizes
those who have
passed before you.*

*Celebrate the
hope and
healing we
have in
Christ.*

Celebrate the end of
seasons, milestones, and
the completion of goals
that were difficult to reach.
Share accomplishments
with those you love and
recognize God's provision
in your life.



The Suffering are Indispensable!

Education #LifeWeek2021

- Locate Lutheran and Christian counseling centers in your community. Post location information publicly.
- Post a list of ways to deal positively with stress and anxiety.

- Plan educational events during suicide awareness and mental health awareness month.
- Create and post fact sheet of referrals for crisis hotlines and support groups.

- Invite speakers to discuss mental illness.
- Bring in a speaker on the warning signs of suicide and how to provide help to those contemplating it.

- Post fact sheets on suffering.
- Encourage open discussion about depression and or anxiety. Model vulnerability in this area.

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Share Grief

—
Help create a grief share or anxiety resource center at church.



Handyman Day

—
Sponsor a handyman day to aid widows with home tasks: mow lawns, rake leaves, wash windows, etc..



Checking In

—
Check in with friends who are struggling.

**Service
#LifeWeek2021**



Send Cards

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



Engage

—
Engage in mental health conversations.



Attend

—
With permission, attend a counseling session with a friend to provide encouragement and support.

Day 5: The Suffering are Indispensable.

1 Prayer Partners

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

2 Bible Studies

Create or share Bible studies on depression and anxiety.

3 Christian Counsel

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

4 Pastoral Preaching

Ask your pastor to address suffering in his sermons and prayers for the church.

5 Personal Prayer

Engage in personal study and prayer. Recognize that struggling is part of each Christian's life and that it will come to an end. Rejoice in the promise that God is always working for your good and that He will not forsake you during this period of suffering.

Worship

#LifeWeek2021