Celebrate wedding anniversaries for widows.

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 inperson 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.

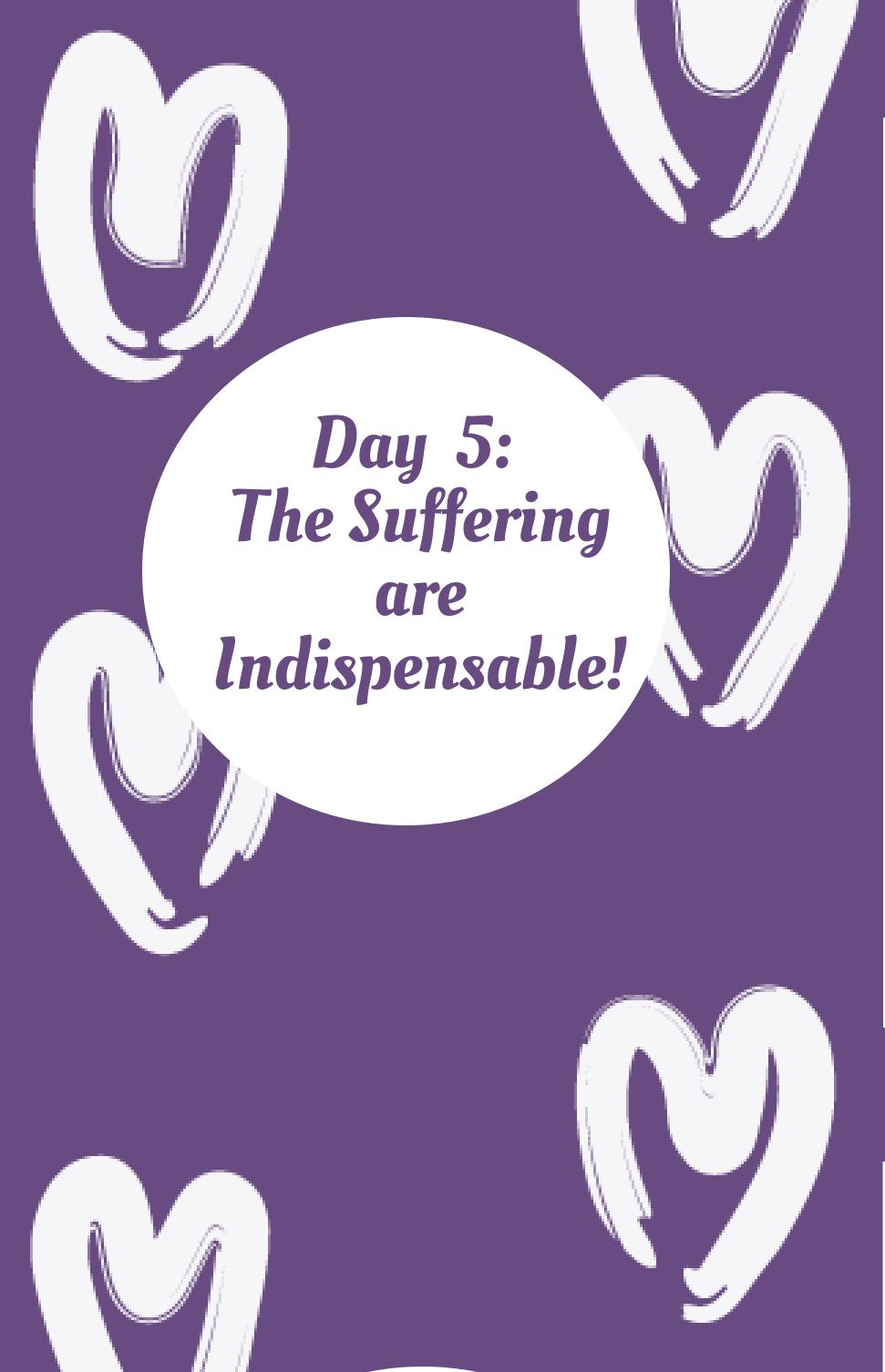
Celebrate the end of seasons, milestones, and the completion of goals that were difficult to reach. Share accomplishments with those you love and recognize God's provision in your life.



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.



Service #LifeVVeek2021



Share Grief

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



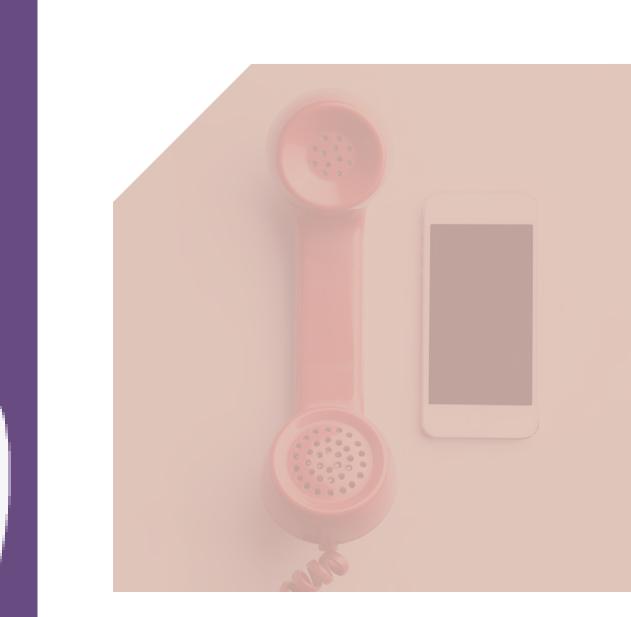
Handyman Day

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.



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.

Prayer Partners

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

Christian Counsel

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

Day 5: The Suffering are Indispensable.

Bible Studies

Create or share Bible studies on depression and anxiety.

Pastoral Preaching Ask your pastor to address

suffering in his sermons and prayers for the church.

Personal Prayer

Worship #LifeWeek2021

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.