

What Can Christian Seniors Do?

- *Teach in local jails or in Federal prisons*
- *World Bible School correspondence courses*
- *Spiritual journaling/writing articles for church bulletin or seniors newsletter*
- *Senior Adventures in Ministry (and other short-term missions)*
- *Let's Start Talking (teaching English using the Bible)*
- *World English Institute (teaching English online using the Bible)*
- *Intergenerational spiritual activities with your family*
- *Intergenerational spiritual activities with your church family*
- *Spiritual mentoring of your grandchildren*
- *Practicing hospitality*
 - * *Times of singing in your home*
 - * *Monthly brunch for widows and widowers, with devotional and sharing time*
 - * *Adopt a college student*
 - * *Adopt a young family*
- *Attend family encampments with your entire family*
- *Join Sojourners, evangelizing through manual labor and teaching for churches, children's homes, Christian schools, etc.*
- *Keep a positive attitude about your need to be involved in your congregation as long as your health allows*
- *Serve as caregiver for your parents or spouse and set an example of commitment and faithfulness*
- *Spell caregivers to give them a chance to get out to shop or just take a break*
- *Attend programs like Abundant Living Retreat to get your batteries charged and be inspired by others*
- *Use your finances for things that make an impact for eternity – education, motivation, evangelization, etc.*
- *Sew for people; make teddy bears and diaper shirts for babies in Nicaragua*
- *Attend worship assemblies at your local congregation every time you are able. While there, encourage...*
- *Visit the nursing home. Visit shut-ins. Visit other congregations' special classes. Call if you are unable to visit.*
- *Volunteer to assist with disaster relief following floods, tornados, earthquakes, etc.*
- *Become involved in marriage mentoring*
- *Be the encourager in your retirement home or assisted living home. Bring joy to those around you.*
- *Decide to serve where you are needed – then look for the open door and walk through it*
- *Study and share the word of God with your neighbors and family*
- *Lend your professional skills to missions and ministries after you have retired from using them to make a living*
- *Work with Christian summer camps and reach out to connect with today's youth*
- *Cook or bake for the sick, the lonely, shut-ins, the broken hearted, college students who are away from home*
- *Attend special programs in your congregation to gain perspective and be an encouraging example*
- *Like Moses, use whatever you have in your hand to find out how you can be serving God and people*
- *Visit and help widows and orphans*
- *Become involved in your congregation's seniors ministry. Insist on service, not just social activity.*
- *Embrace the younger generations and share your stories with them. They need your love and acceptance.*
- *Use to your advantage the benefits of aging, such as that spiritual awareness often increases as physical abilities decrease*
- *Live every day what you want your legacy to be*
- *Volunteer for local community service, such as hospital aides, silver-haired legislature, meals on wheels...*
- *Edit the church bulletin, keep a scrap book for the seniors program, take and save photos for the church*
- *Learn to interpret for the deaf and volunteer to be in the regular rotation*
- *Live with integrity what you claim to believe*

- Give money to pay for Bibles for people in jails, prisons and nations where they are not readily available
- Pray continually for those who are lost, confused, rebellious or sad
- Work together – with all ages – to make church the family that God designed in to be
- Be willing to accept different styles of music in worship to show the spirit of unity in areas of preference
- Make your table a special place for family, friends, neighbors and strangers
- Make an impact for eternity with what you leave behind when you die
- Keep culture, politics and citizenship in proper perspective with your life as a child of God
- Take your grandchildren on mission trips instead of just entertaining vacations
- Mail get-well, birthday, anniversary and sympathy cards to anyone who might enjoy them
- Volunteer at your local Christian school to help with library, crafts, reading, serving food, etc.
- Get involved with Campus Ministries at area colleges and universities
- Quilt or sew lap throws for people in nursing homes or hospitals
- Assist your congregation with Vacation Bible School and School Supply Drives
- “Witness” to friends and neighbors by sharing your story of faith and growth in the Lord
- Pray the Scriptures – and act on those prayers
- Volunteer for neighborhood after-school programs to assist with homework and teach children about God
- Use your writing talents to create poetry, true stories or journals that can enrich those who read them
- Deal with grief from a Christian perspective so that people see your faith in Christ more than your sadness
- Study, understand and share information about social security survivor benefits and other end-of-life issues
- Volunteer to work with hospice organizations and/or inner city ministries a few hours each week
- Carefully think through and make a list of the most important things you want to do before you die – do them
- Work with a local congregation to help plant a church in an area of town that needs a ministry
- Become a vocational minister by preaching and/or teaching without pay from the church
- Show Christ to the downtrodden, addicted, poor, homeless and difficult people who are looking for answers
- Stand up for Jesus – wherever and whenever it is needed – but only in a spirit of kindness and concern for others
- Keep your body – the Temple of God’s Holy Spirit – fit so that you can stay involved in the kingdom
- Become involved in peer evangelism
- Host or assist with birthday lunches for widows and/or widowers
- Assist with your congregation’s benevolence programs and evangelism to low-income families
- Make hats or caps for cancer patients
- Take a pilgrimage to the Bible lands or the sites of Restoration history to grasp deeper dimensions of faith
- Live the idea that age has much more to do with our mindset than with our body’s or mind’s strength
- Learn to stay up to date with technology enough to at least understand your grandchildren’s language
- Use technology to send encouraging messages to students, missionaries, ministers and others. Or just write them.
- Be the answer to your own prayers – be the harvester in the fields that are ready for harvest
- Work in the local soup kitchen for the homeless and/or with seniors who frequent community centers
- Clean medicine bottles to prepare them for use in hospitals in other parts of the world
- Write letters, cards, notes to strengthen and encourage young parents or to commend young people

Add your own ideas to this list of projects Abundant Living has collected from a variety of individuals and churches during the last four years.