

2018
October

Adopt A Senior Challenge

Loneliness. The dictionary defines it as: “sadness because one has no friends or company.” Maybe you experienced loneliness after you moved to a new town or someone very special to you passed away. To be lonely is not fun!

Did you know that 2 out of every 5 elderly people are lonely? When people get older, their family or children might have moved away, or they lose their husband or wife, or friends. Loneliness can bring many challenges, including health problems.

The Bible encourages us to care for the lonely in the following verses: 1 Timothy 5:1–2, 1 Peter 5:5, James 1:27, Hebrews 13:16, 1 Timothy 5:8, Matthew 25:40.

Please join the **My Place With Jesus Adopt A Senior Challenge**. With the help from an adult, find someone who is lonely either in your neighborhood, church, or at a local senior care facility. Dedicate some time each week—maybe 30 minutes—to spending time being a friend. I have provided you a list of activities you can do, and there’s room for you to add your own ideas.

Send in your completed challenge form by **November 5** to one of the addresses provided to receive a certificate and a surprise!

**Do not cast me off in the time of old age;
do not forsake me when my strength fails.**

••• Psalm 71:9 •••



AN IT IS WRITTEN MINISTRY

My Place With Jesus Adopt A Senior Challenge

..... Activity Ideas

Below is a table of ideas to help you with this month's challenge.
Fill in the blank spaces with your own ideas!

WORK ON A PUZZLE	COLOR TOGETHER		TALK TOGETHER	
	RAKE LEAVES	HELP WITH CHORES		READ A BOOK
MAKE A MEAL		ATTEND AN EVENT	WATCH A VIDEO	
MAKE A CRAFT	PLAY A GAME		BLOW BUBBLES TOGETHER	TOSS BALLOONS TO EACH OTHER
	ATTEND CHURCH TOGETHER	TAKE A WALK TOGETHER		SING TOGETHER
TALK TOGETHER BY PHONE			BAKE COOKIES	



My Place With Jesus Adopt A Senior Challenge

..... Challenge Form



I have completed the October 2018
My Place With Jesus Adopt A Senior Challenge!

Tell me about your experience.

- How many seniors did you adopt? _____
- How often did you keep in touch with them? _____
- What kinds of things did you do together? _____

- Tell me something about your favorite visit. _____

- How do you think it made them feel? _____

- How did it make you feel? _____

I hope that while doing this challenge you have made a life-long friend or two and realized the happiness you have brought to one of God's children. I would like to encourage you to continue to keep in touch with your senior friends even after this challenge is complete.

"And the King will answer and say to them, assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me" (Matthew 25:40).

Name: _____ **Age:** _____

Address: _____

Parent/guardian signature: _____

By checking this box, I consent to allow My Place With Jesus to use my challenge entry for publication in print or for posting online.

Send in this *My Place With Jesus* Challenge form by **November 5** to receive a challenge certificate and a chance to win a *My Place With Jesus* prize package!

Mail a copy to: My Place With Jesus
P.O. Box 6, Chattanooga, TN 37401

E-mail a copy to: msmelissa@myplacewithjesus.com