



# Fullness of Life

SENIOR ADULT MINISTRIES  
CHURCH OF THE NAZARENE  
CARPETA DISCIPLESHIP MINISTRIES FOLDER 2022



**Job 12:12**

***"Is not wisdom found among the aged?  
Does not long life bring understanding?"***

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## **GENERAL GUIDELINES:**

As DISCIPLESHIP MINISTRIES we want to provide you with a mini-plan design which can be modified according to the interests of each congregation in order to facilitate the care that our senior adults deserve.

## **METHODOLOGY:**

Interact with your senior adults, they have a wealth of knowledge, and they know how to share their opinions. They can help you to teach the class if you make it participatory. Use a constructivist method of teaching, allowing everyone to contribute to the class.

## **SENIOR ADULT MINISTRY PLAN**

### **INTRODUCTION:**

The Church of the Nazarene through DISCIPLESHIP MINISTRIES considers it necessary to provide educational materials to all age groups from birth to senior adulthood.

Everyone is important and we are committed to providing the necessary spiritual food and the attention that each member deserves, fulfilling the mandate of Christ when he said *"They do not need to go away. You give them something to eat."* Matthew 14:16

### **RATIONALE:**

For DISCIPLESHIP MINISTRIES it is very important to pay attention to our senior adults since they have already given their time and talents for God's work and what they contributed was very useful. It's now necessary that they feel important and useful to their church family. They can do this by providing wise advice and prayer support to the children and youth of their church family.

### **OBJECTIVE:**

We need to provide comprehensive care to the senior adults within the congregations of the Church of the Nazarene so that they become disciples of Christ who disciple others through his word and at the same time reach others for his kingdom.

## ACTIVITIES:

N°	ACTIVITY	DATE
1	Provide classes for the senior adults that include care and attention that is appropriate for their age.	January to December
2	Provide a place and opportunity once a month for the senior adults to do crafts and projects that they enjoy.	January to December
3	Schedule retreats and relaxation times	January to December
4	Schedule a periodic afternoon when the senior adults can display their crafts for sale and possible generate a little income for themselves.	January to December
5	Celebrate special events and birthdays of the senior adults every three months	January, April, July, and October
6	Look for sponsors who will help care for the needs of your senior adults.	
7	Other	January to December

## ESTIMATED COSTS:

N°	DETAILS	TOTAL
1	Materials for crafts	\$
2	Refreshments for meetings	\$
3	Transportation for retreats and get togethers	\$
4	Other	\$

## CONCLUSION:

Our Church recognizes that senior adults are people of great esteem and value, to whom respect, and consideration must be given. We can do that by providing materials for their emotional and spiritual care. The following lessons about Prevenient Grace and Saving Grace were designed for the senior adults in your church.

**Rev. Evilanda Solís de Cruz**

## LESSON N°1

### TOPIC: WHAT IS PREVENIENT GRACE?

#### VERSE: EPHESIANS 1:4-8a

*"For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will — to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished up us."*

#### **BEFORE THE CLASS STARTS:**

Begin you class by asking some questions to arouse the interest of your students, for example: What is grace? Where does the word preventive come from?

#### **INTRODUCTION:**

Grace is a gift that we do not deserve because of our sinful nature which we inherited through generations going back to Adam. However, God, in his great mercy, provides us with his grace that covers us and gives us the opportunity to obtain divine favor.

In the 2017-2021 Manual of the Church of the Nazarene on page 24, Article VII explains God's prevenient grace and it reads as follows: *"We believe that the grace of God through Jesus Christ is freely bestowed upon all people, enabling all who will to turn from sin to righteousness, believe on Jesus Christ for pardon and cleansing from sin, and follow good works pleasing and acceptable in His sight. We also believe that the human race's creation in Godlikeness included the ability to choose between right and wrong, and that thus human beings were made morally responsible; that through the fall of Adam they became depraved so that they cannot now turn and prepare themselves by their own natural strength and works to faith and calling upon God."*

In other words, God is always reaching out to for man, providing man a way to turn from sin and have a relationship with him, to deliver man from sin or eternal death.

### **Taken from the Internet**

In "The Principles of a Methodist Farther Explained, Wesley uses the metaphor of a house to describe our spiritual journey. He refers to our justification by faith as "the door." He compares the condemnation of our sin and the recognition of our need for salvation to a doorway or entrance. Prevenient grace is a doorway grace. He prepares our hearts and minds to hear and receive the Gospel of Jesus Christ, and to respond in faith.

"This grace convinces them that they are sinners who need God to experience forgiveness," explains Rev. Nday Bondo Mwanabute, professor of theology in Mutare, Zimbabwe. "The Holy Spirit helps them draw closer to God and recognize his will and holiness."

What does Prevenient Grace mean? If you think using a strange word like prevenient is a problem, Wesley's other favorite word was foresight; a word he used in the 18th century in a very different way than it is used today.

The words prevenient and foresight come from a Latin root that means to precede. Therefore, prevenient, or foresighted grace is nothing more than the grace that comes before. Before what? Justifying or Saving Grace.

Wesley taught that God's grace is available to everyone and not to just a few, as some of his contemporaries believed. Unfortunately, many people resist God's prevenient grace and never choose to approach Christ in faith and walk through the doorway to justification to continue their spiritual journey.

### **CONCLUSION:**

God still shows us his grace, through our Lord Jesus Christ, so that all people can repent and believe in the grace that is completely free. God shows us his prevenient grace as a gift of salvation, so we can avoid eternal punishment for our inherited sin. *"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us."* Romans 5:8.

### **DISCUSSION:**

1. Ask three students to explain how they experienced God's prevenient grace at the time of their conversion, when they accepted Jesus Christ.
2. Have your students write down their testimony and expand on this topic of grace.

## LESSON N°2

### TOPIC: WHAT IS SAVING GRACE?

### VERSE: EPHESIANS 2:8

*"For it is by grace you have been saved, through faith—  
and this is not from yourselves, it is the gift of God — . . ."*

#### INTRODUCTION:

Saving grace is divine favor bestowed on mankind by God through the death of his son, Jesus Christ, who gave himself as an atonement lamb for the sin of the world (John 1:29). Humanity was lost in sin and God's mercy moved in a powerful way, on behalf of fallen man, to restore his image which was lost through sin.

To better understand saving grace better, let's read this short story that will illustrate the issue we're addressing.

#### THE FARMER AND THE HORSE

(Written by David Cantone; taken from the internet)

A farmer had only one horse. One day the horse ran away. All of his neighbors came to him saying, *"I'm so sorry. This is very bad news. You must be very upset."* The man simply replied, *"Maybe"*.

A few days later his horse returned with twenty wild horses. The man and his son put the 21 horses in the corral.

All the neighbors came to him saying, *"Congratulations! This is very good news. You must be very happy"*. The man simply replied, *"Maybe"*.

One of the wild horses struck the farmer's only son, breaking both of his legs. All the neighbors came by saying, *"I'm so sorry. This is very bad news. You must be very upset."* The man simply replied, *"Maybe"*.

The country went to war, and every young man in good physical condition was recruited to fight. The war was terrible, and all the young men died, but the farmer's son was saved, because his broken legs prevented him from being drafted.

All the neighbors came by saying, *"Congratulations! This is great news. You must be very happy"*. The man simply replied, *"Maybe"*.

## **DISCUSSION:**

Ask your senior adults to spiritualize this illustration and discuss how it relates to saving grace.

Our reference verse, Ephesians 2:8, contains the culmination of verses 1 to 7 which we can classify in the following points:

### **I. THE GRACE OF GOD AS THE CONDUCTING THREAD OF SALVATION (Verses 1-2)**

- a. The Bible declares in verses 1 to 7 that the grace of the Lord is waiting on man. The first verses recall the multiple sins in which man had fallen.
- b. Men were following the currents of the world and the perversities that Satan put in the hearts of men to separate them from God.

### **II. GOD'S MERCY LEADS TO SALVATION (Verse 4)**

- a. Mercy is an act of love that moved the heart of God to show us His favor, to feel compassion, love, and empathy for us.
- b. Mercy comes from the Hebrew word "hesedh" which means to love without condition.

In the Old Testament we find this word to describe God's love for his people. This word is united with his grace. In the New Testament, the word "eleeo" is used and it means to have compassion, to show mercy. Jesus mentioned this in the beatitudes, when he said, "*Blessed are the merciful, for they will be shown mercy.*" Matthew 5:7

### **III. THE RICHES OF HIS SAVING GRACE (Verses 7-8)**

- a. His riches are unlimited and don't end. His purpose is to save everyone who believes that Jesus can free them from the slavery of sin and eternal damnation. This has to do with faith, it's the gift of God that saves, not by the authority of the person but it's a free gift of God.
- b. The good things or works that a person does cannot produce salvation, although works are part of following Christ, works cannot bring salvation.

**CONCLUSION:**

Saving grace is unmerited favor from the Lord that he bestows on all people who want to embrace this gift.

So, what is saving grace?

1. Saving Grace is how God seeks to restore human beings.
2. It's the opportunity that God provides to deliver us from eternal death.
3. It's how God shows the need for man to seek salvation.
4. It's the hand that guides human beings to ask God's forgiveness
5. It's how God provides an opportunity to be redeemed, restored, and saved from sin.

**DISCUSSION:**

1. Ask two or three volunteers to explain how they experienced saving grace in their lives and what their conversion was like.
2. Share other examples of how God demonstrates his saving grace. List them on the board.

## LESSON N°3

### TOPIC: THOSE WHO TRUST IN THE LORD FIND SAFETY

#### VERSE: PSALM 91:14-16

*"Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation."*

#### INTRODUCTION:

This is a Psalm where there are many promises made by God to us which continues to show us his grace, both prevenient and saving, from verse 14 to 16 it is God himself who speaks showing his grace and mercy, describes the blessings he gives to those who recognize and love him. In these last three verses we find eight actions of God in our favor:

- I. I will rescue him
- II. I will protect him
- III. I will answer him
- IV. I will be with him in trouble
- V. I will deliver him
- VI. I will honor him
- VII. I will satisfy him with long life
- VIII. I will show him my salvation.

To achieve these blessings, we will focus on the conditions or demands of the Lord.

#### I. LOVE (verse 14) [First Condition]

- a. Loving the Lord is the first command we must follow to obtain the promises from the Lord. The most important commandment is to *"Love the Lord your God with all your heart, with all your soul, with all your mind and with all your strength."* Mark 12:30.
- b. John the Beloved experienced the love of Jesus and in 1 John 4:10 he says: "This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins".

- c. Paul said in Romans 5:8 *“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”* Once again, we see God’s grace and love for us; we are not alone, He is here, where you are.

## II. I WILL DELIVER HIM

He is here to keep us from danger, or to bring us out of danger. But we must also remember that God freed us from guilt and the power of sin. There are many examples in the scriptures of people who loved God, and God freed/delivered them.

Ask your students to list some of these biblical characters as examples that God sometimes frees those who love Him. (David, Peter, Moses, Paul...)

## III. I WILL HONOR HIM

To honor means to esteem, value, or give great respect. Psalm 84:11 says: *“For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless.”* Isaiah writes that the human being without God is like a sore, *“From the sole of your foot to the top of your head there is no soundness—only wounds and welts and open sores,”* Isaiah 1:6.

## IV. HE WILL CALL ON ME. (Verse 15)

- a. To call on someone usually implies to ask for help, to cry out, to beg. The Hebrew word “Cara” means to call on. We can “call on” God through prayer.
- b. Jehovah says to Jeremiah: “Call to me and I will answer you. . .” (Jeremiah 33:3) When is God going to respond? When we call on him.

God in his grace and mercy adopted us as His children and we can call out to Him as His children. He is a good father, and we can call “Abba”, father, with confidence. What a bless!

## V. I WILL SATISFY HIM WITH LONG LIFE. (Verse 16<sup>a</sup>)

- a. It expresses the feeling of fulfillment, contentment, joy. These are heavenly blessings that God has prepared in his infinite grace.
- b. Our days on earth will be lived with love, even if we have material poverty, God does not abandon us; *“I have never seen the righteous forsaken...”* Psalm 37:25
- c. All of this is a covenant, a promise that God has put at the disposal of senior adults. Deuteronomy 6:1-2

## **VI. I WILL SHOW HIM MY SALVATION (Verse 16b)**

- a. This means that we will be saved from being thrown into eternal doom, into hell fire. That's why God sent his son Jesus Christ. (Psalm 91:3) "Surely he will save you from the fowler's snare..."
- b. What a blessing we have as children of God, we only need to believe in his promises and fulfill his commands or decrees.

### **CONCLUSION:**

This passage contains many promises and blessings in favor of senior adults, among them we will mention the following:

- He will be your refuge/fortress
- He will save you from the fowler's snare
- He will save you from the deadly pestilence
- You will not fear the terror of night
- You will not fear the arrow that flies by day
- You will not fear death

### **DISCUSSION:**

Divide the class into two groups to complete the following activity. You can also have your class complete the activity individually for the following Sunday. Then at the beginning of the next class allow time for them to present what they've learned and give time for feedback.

1. Read Psalm 91. List the blessings that Psalm 91 contains according to God's promises and the requirements for those promises or blessings to be fulfilled.

## LESSON N°4

### TOPIC: FAITH AND LOVE ERASE A MULTITUDE OF SINS

#### VERSES: LUKE 7:40-50

*"Jesus answered him, 'Simon, I have something to tell you.' 'Tell me, teacher,' he said. 'Two people owed money to a certain moneylender. One owed him five hundred denarii, and the other fifty. Neither of them had the money to pay him back, so he forgave the debts of both. Now which of them will love him more?' Simon replied, 'I suppose the one who had the bigger debt forgiven.' 'You have judged correctly,' Jesus said. Then he turned toward the woman and said to Simon, 'Do you see this woman? I came into your house. You did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. You did not put oil on my head, but she has poured perfume on my feet. Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little.' Then Jesus said to her, 'Your sins are forgiven.' The other guests began to say among themselves, 'Who is this who even forgives sins?' Jesus said to the woman, 'Your faith has saved you; go in peace.'"*

#### INTRODUCTION:

The story begins with an invitation from Simon, a Pharisee, to Jesus to have dinner with him. As they sit at the table, a woman who had lived a sinful life enters the room and begins to weep at his feet, drying her tears on his feet with her hair and kissing them. She then pours perfume on Jesus' feet.

In this lesson we are going to talk about this woman who didn't have a good reputation and lived an unpleasant life, but who leaves us with a lesson from which we will take two points: **(1) the evidence of faith and (2) fruit and consequences of faith.**

#### I. THE EVIDENCE OF FAITH (verse 37-38)

- a. Simon had admiration for Jesus, he also wanted to know more about him and his ministry, and he may possibly have wanted to criticize Jesus or find fault in his teachings.
- b. The woman enters without invitation, and she brought with her a jar of expensive perfume. As she stands behind Jesus, she begins to cry and as her tears wet Jesus' feet, she dries his feet with her hair, then kisses his feet and

pours the perfume on them. The Bible doesn't tell us exactly why she acted this way, but it's possible that her tears were tears of regret for the sinful lifestyle she had led, and her actions show her love for Jesus.

- c. In Bible times, a sinful woman was punished by being stoned according to the religious laws, they were discriminated against, and they couldn't participate in public gatherings (Deuteronomy 22:21). This is why the woman entered the house without permission. She cried because she felt unworthy, although in her heart there was already the fruit of change taking place because of God's prevenient grace. In Mark 2:17 Jesus said: *"It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners."*
- d. Simon, the religious Pharisee, is surprised, angry, and amazed that this woman, who was not invited, is touching Jesus and he is allowing her to wash and kiss his feet. Simon says to himself: *"If this man were a prophet, he would know who is touching him and what kind of woman she is—that she is a sinner."*
- e. But Jesus was more than a prophet, he was the Son of God; he not only knew the heart of the woman, but he also knew Simon's heart.
- f. Jesus says to Simon: "I have something to tell you." Simon replies: "Tell me, teacher." And Jesus tells Simon the story of a two people who owed money to a moneylender to illustrate how much someone loves someone else who has forgiven them. This woman was draw to Jesus by prevenient grace.

## II. FRUIT AND CONSECUENCES OF FAITH (verse 47)

- a. The woman was justified. *"Your sins are forgiven."* The Greek word "apeontai" is used and it means: are absent. This word is conjugated in the perfect tense, communicating a completed action, showing Simon and the other guests a change of status for the woman. Now she could be included as a guest at the table.
- b. My friends: what a blessing we have received! You and I were not worthy to be present at the table with the Lord, but because of his saving grace, he has justified us, forgiven us, rescued us, saved us from sin and sorrow, given us a new status in life, adopted us, and now we are his "chosen people, a royal priesthood,. . ." 1 Peter 2:9 This is only possible by the grace of God!
- c. As the fruit of her faith, the woman received the forgiveness of her sins, the assurance of her acceptance in society and happiness knowing she was saved.

**CONCLUSION:**

The tears of a humble, contrite woman brought her forgiveness. My brother. All that God's wants from you is a contrite heart (Psalm 51:16-17), sincere heartfelt praise pleases the Lord.

**DISCUSSION:**

Which character in the story do you most identify with?

How do you recognize and appreciate God's mercy? Explain?

- The woman in our story represents people who are aware of both their sins and the forgiveness that God offers without reservation.
- Simon represents people who, believing themselves to be perfect, think that they don't need forgiveness, and they end up isolated in their arrogance and pride.

## LESSON N°5

### TOPIC: GOOD NEWS FOR SENIOR ADULTS

#### VERSES: LUKE 4:16-21

*“He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written: ‘The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord’s favor.’ Then he rolled up the scroll, gave it back to the attendant and sat down. The eyes of everyone in the synagogue were fastened on him. He began by saying to them, ‘Today this scripture is fulfilled in your hearing.’”*

#### INTRODUCTION:

Our reality is that the majority of the news we hear is bad news, in fact, newspapers that sell the most are the ones that bring the worst news. When we turn on our TVs, we hear about another misfortune and sadly we’re getting used to seeing and hearing bad news: deaths, accidents, disasters, divorces, rapes, illnesses, etc.

Jesus read what Isaiah wrote: *“The Spirit of the Lord is on me, because he has anointed me to proclaim good news . . .”* (Isaiah 61). What is this good news?

#### I. SET THE OPPRESSED FREE (HEAL THE BROKENHEARTED)

- a. We sometime hear people say, “I have a broken heart!” What do they mean? A broken heart can be cause by various reasons: contempt, abandonment, loss of a loved one, etc. (Ask your students to make a list of what breaks the human heart.)
- b. What can be done? Run to the only doctor, Christ Jesus, who can pick up the pieces of the broken heart and mend it, setting free those who were oppressed and bringing health and well-being.

## II. FREEDOM FOR THE PRISONERS

- a. This doesn't speak only of people who are physically captive (in prison), but of those who are imprisoned by their passions or vices.
- b. Christ shouts to them: "Be Free! Fly! There are no cages for those who believe in me, only freedom. Be free."

## III. SIGHT FOR THE BLIND

Jesus opens the eyes of those who are spiritually blind because of sin. They need the lamp of the Word to see the way they must walk.

## IV. PROCLAIM THE YEAR OF THE LORD'S FAVOR

The beginning of a new life where all debt is canceled. (The year of jubilee was to be celebrated every 50 years, all land was returned to the original owner, all slaves were set free, and all debts were cancelled. Leviticus 25) Christ has proclaimed the "year of jubilee" and we can celebrate, be joyful!

### **CONCLUSION: (verses 20-21)**

Today this scripture has been fulfilled in Christ. Today the Messiah has come. Jesus the Nazarene is here, and we can take our burdens and our problems to Him. The message of the good news of Jesus is proclaimed TODAY.

1 Peter 5:7 — Let us rest in the Lord and listen to His good news.

### **DISCUSSION:**

1. Do you know someone who has a broken heart?
2. What good news can you share with your brokenhearted neighbor, friend, or family member?

## LESSON N°6

### TOPIC: TOOLS FOR SENIOR ADULTS IN CRISIS

### VERSE: 2 TIMOTHY 1:7

*“For the Spirit God gave us does not make us timid,  
but gives us power, love and self-discipline.”*

#### **INTRODUCTION:**

The Holy Scriptures are full of verses and passages that inspire encouragement, because throughout our life journey, we will go through situations in which we will be afraid.

Fear is a defect that affects the ability to act positively and therefore acts with cowardice.

#### **I. NOT TIMID (verse 7a)**

Timidity is a fear that doesn't come from God because it affects God's plans. The disciples were afraid when the waves swept over the boat, and it seemed they would sink. The disciples said to Jesus, *“Lord, save us! We're going to drown!”* Jesus rebuked the storm, but he also rebuked his disciples by saying, *“You of little faith, why are you so afraid?”* (Matthew 8:23-27)

Jesus tells us not be afraid of stormy problems we may face. *“I will be with you in the boat.”* God hasn't given us a SPIRIT of TIMIDITY.

#### **II. THE SPIRIT GIVES US POWER (verse 7b)**

The word power comes from the Greek word "dunamis" which refers to God's power. In his name we can act, in moments of crisis we can pray with power, prayer sustains us. Because of God's grace, we can clothe ourselves with power to endure life's trials, and those trials make us stronger and prepare us to be strong, rooted in a solid foundation (Matthew 7:24). We find our house built on the rock with the power of God there to help us withstand the harshness of this violent world.

### **III. LOVE (verse 7c)**

Love is a feeling that moves us to act at the precise moment that enables us to hear, believe, hope, and endure. Having faith in God, who “*will meet your needs according to the riches of his glory in Christ Jesus.*” (Philippians 4:19). “*There is no fear in Love. But perfect love drives out fear, . . .*” 1 John 4:18.

### **IV. SELF-DISCIPLINE (verse 7d)**

Self-Discipline or self-control is the ability that allows us to train and/or to control ourselves: emotions, actions, anger, fear ... to act calmly in times of crisis, storms, disasters...

### **CONCLUSION:**

Courage matters, without it we cannot fulfill God's purpose for our lives.

Let's humbly receive the Spirit of God who gives us power, love, and self-control. We can overcome fear by depending on God. Believe in his word, believe in his promises, he will give us what we need to overcome.

## LESSON N°7

### TOPIC: CHRIST CALLS SENIOR ADULTS TO REST

#### VERSE: MATTHEW 11:28-29

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”*

#### INTRODUCTION:

In our lifetimes and during our journey of life, senior adults have experienced many pressures and difficulties, but probably one of the most difficult and the one we think about the most these days is Covid-19. Even more so when we hear stories from friends and family about their experiences with this virus. Even more concerning than other things is the number of deaths that have occurred everywhere and the overpopulated hospitals. This information overwhelms us and causes us to feel more pressure and/or stress.

But there are also other pressures that concern us. Our family, issues/concerns about our children and grandchildren whom we love so much, economic pressures and other problems that seem to have never end.

In verse 28 we read what is considered some of the best words that Jesus spoke that allow us to get the rest we need. That is why the first point is the following:

#### I. A CALL TO REST (verse 28)

- a. This is the wonderful ministry of Jesus. He came to look for the tired and needy in this world, and that includes each one of us. He realized that during this life-long journey we would face many difficulties that would bring fatigue and in which we would need a helping hand.
- b. Jesus also encountered those same pressures during his lifetime and could see that the people were tormented and suffered injustice, even from their own religious laws. That's why he began his ministry, not in the capital city, but in Galilee, a place that had a bad reputation, and with people who had much more need. He came to these people to give them spiritual rest, which would fill their lives with peace. Jesus said: *“Peace I leave with you; my peace I give you.”* (John 14:27) Blessed rest and blessed peace.

## II. TAKE THE YOKE OF CHRIST (verse 29)

- a. There is a paradox in all this: Jesus wants to give us peace and rest, but he also offers us a yoke to wear. Let's go deeper into this passage to understand this statement that Jesus makes in these verses.
- b. It would have been customary for the Jews to use the word "yoke" to refer to submitting to something. The Pharisees placed such great burdens on the people that there was no way they could keep the law. So, imperfect humans were asked to carry this burden. But Jesus, knowing all this, said: *"For my yoke is easy and my burden is light."* (v.30) The word "easy" in Greek is "chréstos" which also means to fit.
- c. The yoke used by the oxen were made with great care and precise measurement to make sure they fit the neck of the oxen well. This was to ensure that the yoke wouldn't hurt the oxen as they worked long hard days in the fields.
- d. Now, Jesus said, I have the perfect yoke for you that fits you well, so it won't hurt you during your daily walk. It's designed to give you rest during your long hard journey in life. The yoke Christ offers is available to you until you reach the end of your life and into eternity.

### CONCLUSION:

A yoke connects two oxen together so that they work as a team and share the workload. Jesus invites us to walk with Him, to share his yoke. With Jesus the work becomes easy, and the load is light, and we will find rest for our souls.

### DISCUSSION:

Make a list of burdens that Jesus is willing to share with us, as we take his yoke, so that we can find rest in Him.

## LESSON N° 8

### TOPIC: PREPARING SENIOR ADULTS FOR BATTLE

#### VERSE: EPHESIANS 6:10-11

*“Finally, be strong in the Lord and in his mighty power.  
Put on the full armor of God,  
so that you can take your stand against the devil’s schemes.”*

#### INTRODUCTION:

In this passage, the apostle Paul encourages us to remain firm in the Lord because we will unexpectedly face Satan’s attacks. Just like we have had to face the Covid-19 pandemic that no one was prepared for, attacks by the evil one will come just as unexpectedly, without warning. But the Apostle Paul gives us the following recommendations:

#### I. BE STRONG IN THE LORD (verse 10) Why “in the Lord”?

- a. We get our strength from God, He is the source of power, He is where we get our spiritual fuel.
- b. This spiritual fuel helps us prepare for battle, to fight the attack of the enemy. It is necessary to get physical exercise, eat a good diet, have suitable clothing, and learn strategies that will help us to defeat the enemy and to be victorious.
- c. The words “be strong in the Lord”, are an instruction to be prepared for what is to come. As soldiers of Christ, we need to prepare ourselves for the evil one’s attacks, because the first attack will be internal. They may include:
  - Discouragement
  - Depression
  - Doubt, fear, apprehension
  - Thinking your defeated
  - Feelings of guilt
  - Blaming God...

God’s Word gives us the following advice:

## **II. PUT ON THE FULL ARMOR OF GOD (verse 11)**

- a. It's important to dress appropriately to go out to war.
- b. Prayer is necessary to free ourselves from the fiery darts.
- c. When we read the Bible, we find defense and attack strategies.
- d. Listen to the voice of God. He is our commanding general who tells us what to do and how to achieve victory in Christ.

### **CONCLUSION:**

God has prepared in advance for us to have defenses and effective strategies so that we will be triumphant in Christ.

### **DISCUSSION:**

As a class, list other strategies that we find in the Bible to attack the enemy and fight the battle of faith.

## LESSON N°9

### TOPIC: WE SHOULD LONG TO BE IN THE HOUSE OF THE LORD

#### VERSE: PSALMS 84:5-7 (WEB)

*“Blessed are those whose strength is in you,  
who have set their hearts on a pilgrimage.*

*<sup>6</sup> Passing through the valley of Weeping, they make it a place of springs.*

*Yes, the autumn rain covers it with blessings.*

*<sup>7</sup> They go from strength to strength.*

*Every one of them appears before God in Zion.”*

#### INTRODUCTION:

There are times in our lives that we go through painful situations that are difficult to think about. After we've lived through those situations, for us to remember them causes pain and emotional hurt all over again.

#### I. THROUGH THE VALLEY OF WEEPING (verse 6a)

- a. The original Hebrew says, “through the Valley of ‘Baca’”. It is believed that this valley was located near Jerusalem. It's an arid, dry place that would have been difficult to pass through, but was on the way to Jerusalem, so the people of God would have had to journey through it in order to worship. The only water seen there is the tears on people's faces, a symbol of pain, a struggle in an emotional desert.
- b. On many occasions, the psalmist journeyed through and experienced this “Valley of Tears”, through problems, illnesses, and anguish.
- c. Today, some of us are living in this “Valley of Tears” as we pass through this Covid-19 pandemic with our friends and relatives who are infected. All we can do is pray/intercede for them. But the Bible tells us that WE GO THROUGH THE VALLEY, we don't stay there, this will not last forever, we will pass through this valley and leave this place or obstacle(s) behind us. This leads us to the next point.

#### II. A TRIUMPH OF TRUST (verse 6b)

- a. God is with us in the middle of the painful situation to strengthen us. He only wants us to pass through the valley so that we will come out stronger. God will

change those arid places into fountains when we go to the GREAT I AM and ask Him to fill our dry pool with the power of His Spirit.

- b. That is why verse 5 says: *“Blessed are those whose strength is in you, who have set their hearts on a pilgrimage.”* (A pilgrimage is a long journey to a sacred place as an act of devotion.) To get there we will need to make the journey with determination. Now we come to the third point.

### **III. WE LONG TO BE IN THE HOUSE OF THE LORD (verse 1-4)**

- a. *“My soul yearns to be in the presence of God.” “How lovely is your dwelling place.”* This is a place where the weary find rest, where there is safety, and the weight of burdens can be unloaded.
- b. The psalmist said: *“My soul yearns, even faints, for the courts of the LORD; . . . Even the sparrow has found a home, . . . where she may have her young —”* This is what the presence of the Lord is like, we find refuge and peace in His house.

### **CONCLUSION:**

Dear Friend: I know that some of you are going through the “Valley of Weeping”, but let's not stay there, let's persevere in our journey to the Lord, to his altar, where he can change that problem into rain that will fill our dry pools. We long to be in his presence.

## LESSON N°10

### TOPIC: STRENGTHEN US WITH THE POWER OF THE HOLY SPIRIT VERSE: EPHESIANS 3:14-21

*“For this reason I kneel before the Father, from whom every family in heaven and on earth derives its name. I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen”*

#### INTRODUCTION:

The apostle Paul says: *“For this reason I kneel before the Father”*. Paul assumes this attitude of intensity and urgency when he prays because the church of Ephesus knows:

- God’s love
- They are filled with the Holy Spirit
- They are strengthened by His power
- The attributes of the Father
- They are filled with the fullness of God.

Paul tells us that because of His love, God decided a long time ago that He would adopt us as His children through Jesus Christ. (Ephesians 1:5)

In this lesson we will see three requests that Paul intensely prays for in these verses.

#### I. HE MAY STRENGTHEN YOU WITH POWER THROUGH HIS SPIRIT (verse 16)

- a. *“I pray that out of his glorious riches”*, the apostle wanted the church to be spiritually rich. Spiritual riches are unlimited when we let Christ dwell in our hearts, our inner man is filled with energy/power.

2 Corinthians 4:16 says: *“Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.”*

- b. Spiritual power is distinctive of every Christian who submits to the Lord.

## II. SO THAT CHRIST MAY DWELL IN YOUR HEARTS (verse 17)

- a. If we allow the Spirit to dwell in our hearts, we will be rooted and established in him. (Psalm 1:3).
- b. There will be no wind, storm, plague, virus, pandemic that will discourage us, depress us, break us, or throw us away. We will be strong and firm in the Lord.

## III. YOU MAY BE FILLED TO . . . THE FULLNESS OF GOD (verse 19)

- a. When you are filled with the power of the Holy Spirit, you will have the ability to know the things of God with their four dimensions:
  - 1. **Width:** Width of his grace
  - 2. **Length:** Experience the great mercy of God
  - 3. **Depth:** God's love is not superficial
  - 4. **Height:** Cannot be measured
- b. His love overflows, it doesn't fit inside anything, it surpasses all knowledge.

### CONCLUSION:

The Apostle Paul concludes his prayer by praising God, *"to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen."* (verse 21). For those who fulfill the condition to repent and believe in Christ Jesus, as believers their lives will reflect the following:

- They will have internal strength.
- They will be filled with the power of the Holy Spirit.
- Christ will dwell in their heart.
- They will be grounded in the love of God.

### DISCUSSION:

Ask your students to list the things that testify to the fact that a person is filled with the power of the Holy Spirit.

Explain the reasons for their good deeds.

## LESSON N°11

### TOPIC: “STRONG TOWER” IS THE NAME OF THE LORD

#### VERSE: PROVERBS 18:10 (NASB)

*“The name of the Lord is a strong tower; The righteous runs into it and is safe ”*

#### INTRODUCTION:

God provides a wonderful and strong defense that serves as a wall to protect anyone who draws near to Him. This doesn't mean that when we mention the name of the Lord things happen like magic. The name of the Lord as a declaration of his character, all that he is and everything that He represents, including his attributes and the His power to protect. His power is displayed in different ways. . .

JEHOVAH JIREH: "The LORD will Provide" (Genesis 22:14). This name was immortalized by Abraham when God provided the ram to be sacrificed in place of Abraham's son Isaac.

JEHOVAH RAPHA: "The LORD who Heals" (Exodus 15:26). *“. . . for I, the Lord, am your healer."* both of body and soul. Of the body, protecting from and curing illness, and of the soul, forgiving sins.

JEHOVAH NISSI: "The LORD is my Banner" (Exodus 17:15). This name commemorates the victory of the Israelites over the Amalekites in the wilderness in Exodus 17.

JEHOVAH M'KADDESH: "The LORD who Sanctifies" (Leviticus 20:8; Ezekiel 37:28). God makes it clear that only He, not the law, can cleanse His people and make them holy.

JEHOVAH SHALOM: "The LORD is our Peace" (Judges 6:24). Gideon encounters an angel of the Lord and sees the angel face to face. He fears that he will die because he saw the angel's face, but God tells him, *"Peace! Do not be afraid. You are not going to die."* So, Gideon built an altar to the Lord and called it "Jehovah Shalom".

ELOHIM: "LORD God" (Genesis 1:1). This is the Hebrew word for God that appears in the very first sentence of the Bible. It literally says, "In the beginning Elohim, Elohim created the heave and the earth. The term "Elohim" means "supreme one" or "mighty one". (Taken from the Internet)

Let's see what God means when it comes to our protection:

## 1. STRONG TOWER (Verse 10a)

In Bible times, cities were protected by walls and towers. The walls prevented the enemies from entering the city and the towers were to guard and defend the city against an invasion. The Bible warns us that if we don't turn to Jehovah our protector, we have an enemy who wants to find us unprotected so that he can attack and destroy us. God wants us to protect our hearts, if we run to Him, He is our strong tower where we can find safety, security, and rest.

## II. THE RIGHTEOUS WILL BE SAFE (verse 10b)

Who is the invitation for? God invites everyone to seek refuge in Him. His Word says: *"And everyone who calls on the name of the LORD will be saved; . . ."* Joel 2:32, Acts 2:21, Romans 10:13. This is for those who are justified, those who repent, those who acknowledge Jehovah as a strong tower.

### CONCLUSION:

*“. . . let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, . . ."* Hebrews 12:1b. This verse implies that we must "throw off" our burdens or hinderances in order to run the race set before us. If we are carrying burdens, it prevents us from running and advancing. The justified, those who have received Christ as their Savior, have given their burdens to God so that they can fix their *"eyes on Jesus, the pioneer and perfecter of faith."*

### DISCUSSION:

1. Make a list of prayer requests and needs for your whole class.
2. Divide you class into groups of 3 or 4 people in each group. Divide the requests among the groups.
3. Allow time for the groups to meet together and present these requests and needs before God.

## LESSON N°12

### TOPIC: GOD'S GRACE IS SUFFICIENT

#### VERSE: 2 CORINTHIANS 12:10

*" That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong"*

#### INTRODUCTION:

The apostle Paul describes the difficulties he faced in 2 Corinthians 11:22-28. He had been flogged (whipped), beaten, stoned, without sleep, hungry, thirsty, persecuted, cold, naked, shipwrecked, in danger even from his fellow Jews.

The apostle discloses intimate secrets from his personal life that he had never revealed to the Corinthians before and along with all this, he tells them about the "thorn in my flesh", for which he prayed three times asking God to remove it. Whatever this tormenting thorn may have been, Paul prays eagerly to have it taken away.

Perhaps as believers we think that God keeps each of us in perfect condition and in perfect health, but it is here that we discover the power of God through each trial we must endure. In the midst of trials, we find fervent prayers, searching, surrender, hope, faith... and things that polish us and make us stronger.

Let's discover God's response at each stage of life, in these two points.

#### I. THE GRACE OF GOD IS THERE IN THE MIDDLE OF THE TRAIL (verse 9a)

- a. The apostle Paul was going through a trial (test) that he called "a thorn". The Greek word is "Skolosps", and it means stake. Was there a "thorn" or stake stuck in Paul's body? Some commentators believe that the "thorn" refers to people who were constantly attacking Paul, who opposed him in his ministry, adversaries who did the work of Satan, who humiliated and tortured him.
- b. Others believed that it was a disease or an illness. Still others believe that the "thorn" refers to false apostles or messengers of evil. Whoever or whatever it was, Paul said: *"Three times I pleaded with the Lord to take it away from me."* The Lord's answer was: *"My grace is sufficient for you."* (2 Corinthians 12:8)

- c. The word “enough” in Greek is "Arkeo" which means, sufficient, satisfied, content.

The word “grace” in Greek is "charis". Grace is a gift from God that humans don't deserve, a gift that is greater than any problem. God tells us — be content with the gift that I have given you, you are perfect to me, sit down and be satisfied with how I have made you. Paul had reason to say, *“I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me”*.

- d. Circumstances like these keep us humble. We learn from each circumstance that takes place in our life. This leads us to the next point.

## II. CHRIST'S POWER IS PERFECTED IN WEAKNESS (verse 9b)

- a. In these verses we see that Paul's suffering was necessary to show us that divine power is present in human weakness. We reach our ultimate point of weakness when we realize that we can't do it without Christ.
- b. Paul says in verse 10: *“I delight in weaknesses, . . . For when I am weak, then I am strong”*, because in our weakness God has the opportunity to show his power.
- c. Power is a symbol for every believer who humbles him or herself and let's God act in their weakness. In Ephesians 3:16-19 Paul prays: “. . . that out of his glorious riches he may strengthen you with power through his Spirit in your inner being. . . And I pray that you, being rooted and established in love, may have power, . . . to grasp how wide and long and high and deep is the love of Christ.

### CONCLUSION:

God chooses to bless us when we face trials, and when it seems that we are sinking, like Peter when he walked on water, the Lord tells us, “Here is my grace and in your weakness my power is acting to make you strong.”

Let us rest in the Lord, because when I am weak, then I am strong.

## **DISCUSSION:**

Divide the class into two groups: provide each group with a piece of paper and have them write the following questions and their answers:

1. List the greatest weaknesses that senior adults experience?
2. In what circumstances have you felt discouraged and weak?
3. Present each groups answers to the whole class.

## **TEACHING AIDS:**

When we talk about teaching the word “pedagogy” describes the principles and practices of educating and teaching children whereas the word “andragogy” is an adult-focused approach to teaching. The recipients of your training will be between the ages of 30 and over.

### **HOW DO ADULTS LEARN? THEY LEARN THROUGH . . .**

- ... the mastery of skills and strategies of learning.
- ... motivation and personal interests.
- ... psychological development.
- ... the physiological characteristics of the brain.
- ... personal situations, your availability, and conditions in which you find yourself.
- ... level of self-esteem.

So, when you put an adult into a learning situation . . .

### **YOU MUST TAKE INTO ACCOUNT THAT. . .**

- ... it may have been a while since your students have been in a classroom setting. So, it may be difficult for them to learn because they lack resources, skills, and strategies to learn, and they don't have established study habits.
- ... they seek a usefulness and practical way to learn. If they feel like what they are learning doesn't help them, they will become unmotivated, they'll lose interest, and they'll stop learning.
- ... may come to class under conditions that make it difficult to learn. They may be tired, have work and/or family concerns, etc. Learning is not the main aspect of their lives.
- ... they may have a low level of self-esteem. Feeling undervalued and believing poorly in yourself makes it hard to learn new things.

## **THEREFORE . . .**

- ... It's necessary to learn to unlearn by helping them to establish new learning strategies and equip them with skills and study techniques that will help them organize and build their learning.
- ... It's necessary to establish very clear objectives to be achieved.
- ... you need to combine the theoretical with the practical aspects and relate the abstract with the concrete in everyday life.
- ... you need to establish relationships between what is taught and what they work with.
- ... a climate of trust and understanding must be established.
- ... you must value teaching and the effort that teaching takes.
- ... you must reward successes and value failures. You must stimulate and motivate.

## **REMEMBER:**

1. Learning is not the main aspect of adult life.
2. Adults seek the practical applicability of learning.
3. Learning implies wanting to learn, being able to learn and knowing how to learn.
4. Ask the Holy Spirit for techniques, strategies, and the grace to teach your class well.

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