

Fullness Of Life



**CHURCH OF THE NAZARENE
SENIOR ADULT MINISTRY**

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WHAT WE NEED TO KNOW ABOUT SENIOR ADULTS

What is aging?

Aging is understood as a continuous, multifaceted and irreversible process of multiple biopsychosocial transformations throughout the course of life, which are not linear or uniform and are only loosely associated with a person's age in years. These changes are influenced by factors such as the individual's accumulated decision-making, by social, economic, environmental and political conditions of the environment in which human development takes place and which, together, allow us to predict well-being and good physical and mental functioning or losses and disease. Consequently, aging not only includes the inevitable biological and physiological effects caused by molecular and cellular damage, but also the gradual adaptation to new social roles and positions, vital transitions and psychological growth itself, with heterogeneous manifestations from one person to another (cited in the National Public Policy on Aging and Old Age).

CLASSIFICATION OF PEOPLE OVER 65 YEARS OLD

Healthy senior adults. Sick senior adults. Frail or high-risk senior adults. Geriatric patient.

HEALTHY SENIOR ADULTS:

The person whose physical, functional, mental and social characteristics are in accordance with his or her chronological age. They remain in an unstable balance, but are able to adapt their functioning to their possibilities.

SICK SENIOR ADULTS:

These people are over 65 years of age and have an acute or chronic condition, not disabling, and who do not meet the criteria of a geriatric patient.

FRAIL SENIOR ADULTS:

They meet any of the following conditions: Are over 80 years old. Live alone. Have lost their spouse less than one year previously. Have a chronic condition that causes functional disability: CVA (Cerebrovascular Accident) or stroke, MI (Myocardial Infarction) or heart attack, COPD (Chronic Obstructive Pulmonary Disease). Have a visual deficit. Polypharmacy (taking 2 drugs together to treat a single illness). Have been hospitalized in the last 12 months. Have a cognitive impairment. Have depression. Have insufficient social support. Have a precarious economic situation.

GERIATRIC PATIENT

This is the person who meets three or more of the following requirements: Are over 75 years old. Have many relevant pathologies. There is an accompanying or predominant mental pathology. There are social problems related to their state of health.

STAGES OF OLD AGE

We all know what old age is abstract, but when trying to define it, the criterion of age is usually used to specify. After childhood, adolescence, and adulthood, we talk about aging.

As we previously saw, it used to be said that old age began at approximately 65 years of age, but today we tend to identify those people as "older adults", we differentiate the following stages in old age:

65 to 75 years old – young-old age

From 75 to 84 years old – middle-old age

Over 85 Years – Old-old age

However, this criterion doesn't seem very useful for defining old age. Each individual ages at a different rate and within each age, different stages can be distinguished. On the other hand, feeling young is an experience independent of the years that have passed. Due to the disparity of opinions and the lack of unanimity, this chronological criterion (by age) is only used at statistical and epidemiological levels.



LESSON N° 1

TOPIC: A SENIOR ADULT WHO CRIES OUT FOR AN ANSWER

TEXT: JEREMIAH 33:1-3 (ESV)

INTRODUCTION:

Jeremiah was in prison. He had prophesied that the Babylonians would take the city of Jerusalem and its king, because Israel broke their covenant with God and worshipped all kinds of idols and made shrines to the gods of Canaan. So the Israelites would be handed over to the king of Babylon.

The king was angry with Jeremiah for prophesying that bad things would happen to Him, and he had Jeremiah locked up in prison.

However, even while in prison, Jeremiah prayed and sought God's direction. That is why in the midst of a city threatened with war with Babylon; and even while locked up, Jeremiah was able to hear the voice of God encouraging him: **"Call to me and I will answer you."** God would show wonders to Jeremiah, he would continue to speak to and encourage his servant.

This Text is divided into three truths that we will learn about today:

I. JEHOVAH MOTIVATES PEOPLE TO CRY OUT

The situation in which the people of Israel found themselves at that time was delicate; there was no escape for Israel since it was the fulfillment of the judgment that God had pronounced on them. The people had turned their backs on God, had not listened to his warnings or his call to repentance, and now they would have to live with the consequences.

God knew the heart of his servant Jeremiah and spoke words of encouragement and hope to him. First (verse 2), God reminded Jeremiah of who he was: the creator and almighty God. Then God encouraged Jeremiah to share his burden with him, to express to him what was in his heart. Finally, God assured Jeremiah that He would answer his call and tell him great and hidden things that he did not know.

There are situations that we will go through in life that we will find difficult to understand why they happen. In some cases, they are consequences of our actions, which have a tragic ending. But God tells us in 1 Peter 5:10 *"And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast"*.

II. WHAT'S THE ANSWER? I WILL ANSWER YOU

In this passage, to answer ("to hear") the Greek work "anah" is used and it means "to respond with words", or "to answer" or "to reply" as when engaging in a dialogue. God wants to give us an answer to our call, "...I will answer you...". In Him we can find an answer to our need. He shows us the things we must do to be able to find a solution to each of these needs. Do not complain to God, because there will be no response, do not continue to complain to God for your condition because God is not to blame, just call out and obey, and He will show you the hidden things that you do not know.

III. HIDDEN THINGS HE WANTS TO SHOW US

The word "hidden" in this passage refers to things that are locked up.

He will give us the direction we need in difficult times, but it must come directly from God. He is the Source of all wisdom! We were designed to depend on His sustaining help. But often, we refuse to accept the offer of His help and His counsel that is revealed in His word.

We want quick solutions to our problems, we are not willing to wait in complete calm during pressing times.

God does not tell Jeremiah to call out to him to get him out of prison, nor to stop the invasion of Babylon; there are things that will happen according to His will, but it is better to know the great and hidden things that God will do in the future so that we can live by the Word and according to His will.

CONCLUSION:

God's timing is perfect. Our time is not God's time. For us, God's timing often feels like a long, hopeless delay, but there is God's perfect time to work in a given situation.

No matter how terrible and impossible the situation may seem, God's timing is perfect. God will bring it to fruition because He and He alone has the last word. He puts a light of hope on those mountains, God resolves everything in His time because God's timing has its purposes. Let's call out to God and his answer will be to tell us hidden things we do not know. Psalm 34:6

TO DO IN CLASS:

CALL: from the Hebrew "QARA", is a word that means to call, cry, utter a loud sound, to call unto, cry (for help), call (with name of God), to proclaim. QARA' often describes shouting to get someone's attention (Isaiah 58:1).

Share with the class if you have ever had this experience of calling or crying out.

LESSON N° 2

TOPIC: ANXIETY/WORRY CAN BE HARMFUL TO OUR HEALTH

TEXT: MATTHEW 6:25-34

INTRODUCTION:

In the Sermon on the Mount, Jesus put together a series of teachings that were intended to enable his followers to live to the fullest and offered powerful weapons to confront the giants that frightened those who listened attentively, and today those giants continue to try to harm senior adults with worry and anxiety.

WHAT IS WORRY?

Worry comes from the Greek “*mérimna*” which means "care, anxiety and worry". Worry is something that displeases God, because it causes us not to believe His Promises. Matthew 6:25 says: “*Do not worry about your life...*”. This means that we enter a state of uneasiness or apprehension, which causes anxiety and fear.

In the Sermon on the Mount, Jesus touched on the theme of worry not only because it is harmful to a person's health, but because it is sinful before God, because it implies a lack of faith. When believers are filled with anxiousness, they are showing that they don't have very much faith.

WHAT DOES JESUS TEACH ABOUT FOOD, DRINK, AND CLOTHING?

Jesus mentioned three specific categories of things that the Christian should not worry about: what we eat, what we drink, and what we wear (or cloth ourselves with). To each of them Jesus offers an answer.

Have you seen a bird sowing seed, harvesting, or gathering grain in a barn? Yet, you have never seen a bird die of hunger. This is because “*your heavenly Father feeds them*”. (Matthew 6:26) The point is that the one who feeds the birds is “your heavenly Father”. He gives them food and drink, he also clothes them, with beautiful plumage. Won't he do the same for us?

Worry anticipates events in a pessimistic and exaggerated way, always thinking that the worst will happen, which leads to anxiety and fear.

CONCLUSION

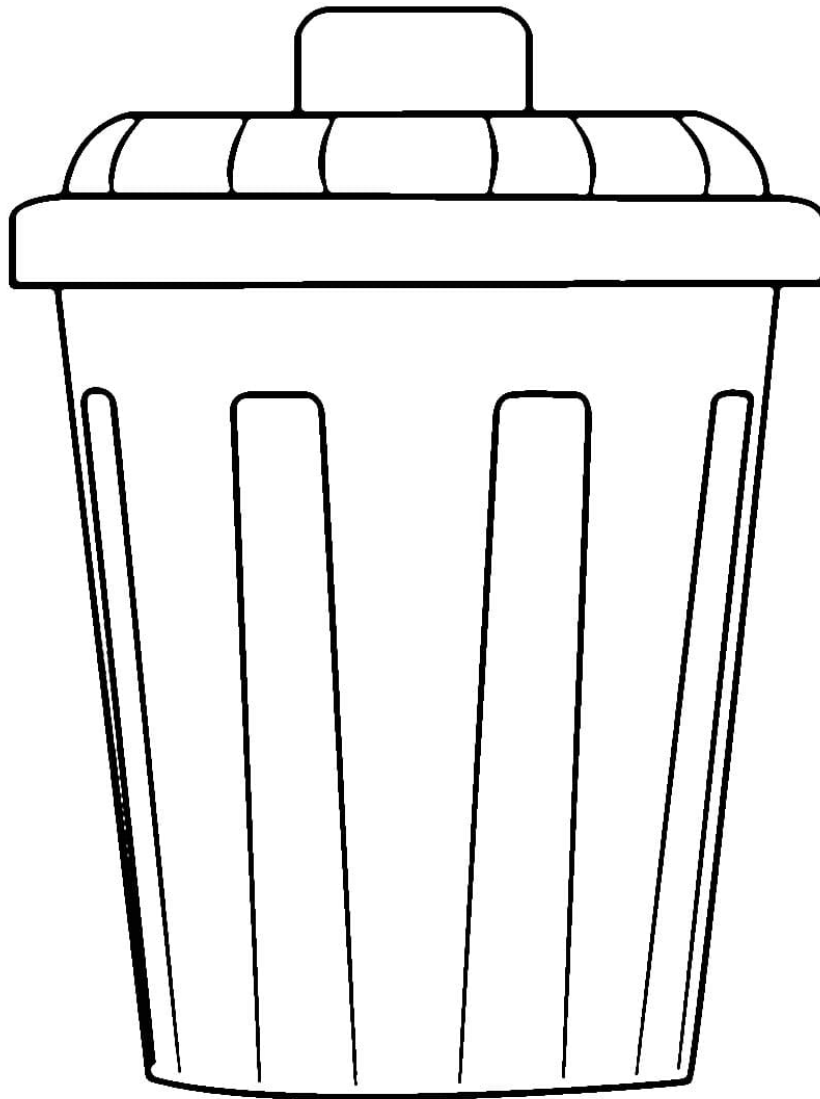
Jesus taught us that worry can lead us to unbelief, because it prevents us from trusting in God's sovereignty. God's Word has the answer: Philippians 4:6-7 and Matthew 11:28, but most of all Matthew 6:33 (NKJV):

“But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

If we make God's affairs a priority; seeking His salvation, living in obedience to Him, and sharing the good news of the kingdom with others; then God is going to take care of our affairs as He promised. And if that's the arrangement, where is the concern? Where is the apprehension? Where is the anxiety?

TO DO IN CLASS:

Find a partner. Share your worries and write them down. After praying for each other, deposit them in the trash can. You can draw pictures that represent what you are worried about and glue them to the trash can below.



LESSON N° 3

TOPIC: THE SENIOR ADULT WHO INTERCEDES FOR OTHERS

TEXT: 1 SAMUEL 12:23

INTRODUCTION

The book of 1 Samuel is full of lessons that can accompany daily living for the Christian. In chapter 12, the prophet Samuel acknowledges that he has come to the end of his time as Israel's leader and bids farewell by giving a great speech to the nation. One of the things Samuel highlights in this speech is the importance of praying and pleading with Jehovah for others. Verse 23 summarizes his teaching and invites us to reflect on the importance of intercessory prayer.

I. THE IMPORTANCE OF INTERCESSORY PRAYER

In verse 23, Samuel reminds us that it is a sin not to pray for others. This statement may sound radical, but it is also very true. In the New Testament, we also find similar teachings, such as 1 Timothy 2:1-2, where Paul exhorts Timothy to pray for all people, including all those in authority.

Many Senior Adults are at an age that is propitious to be able to intercede for others since they often have more time to meditate, pray, advise and even mentor fellow Christians. Intercessory prayer is important because, among other things, it allows us to fulfill the command to love our neighbor as ourselves. If we do not pray for others, how can we truly love them and desire the best for them?

II. THE RESPONSIBILITY OF THE CHRISTIAN

Samuel teaches us that, as Christians, we have a responsibility to others. In this case, his responsibility was to lead the nation of Israel on the path of justice and righteousness. In our daily lives, we can identify people around us who are in need. It may be a friend who is going through a difficult situation, a neighbor who is sick, or even someone we do not know personally, but who needs our prayers. We must be aware that each person has their own struggles and challenges, and as Christians, we are called to support them in prayer.

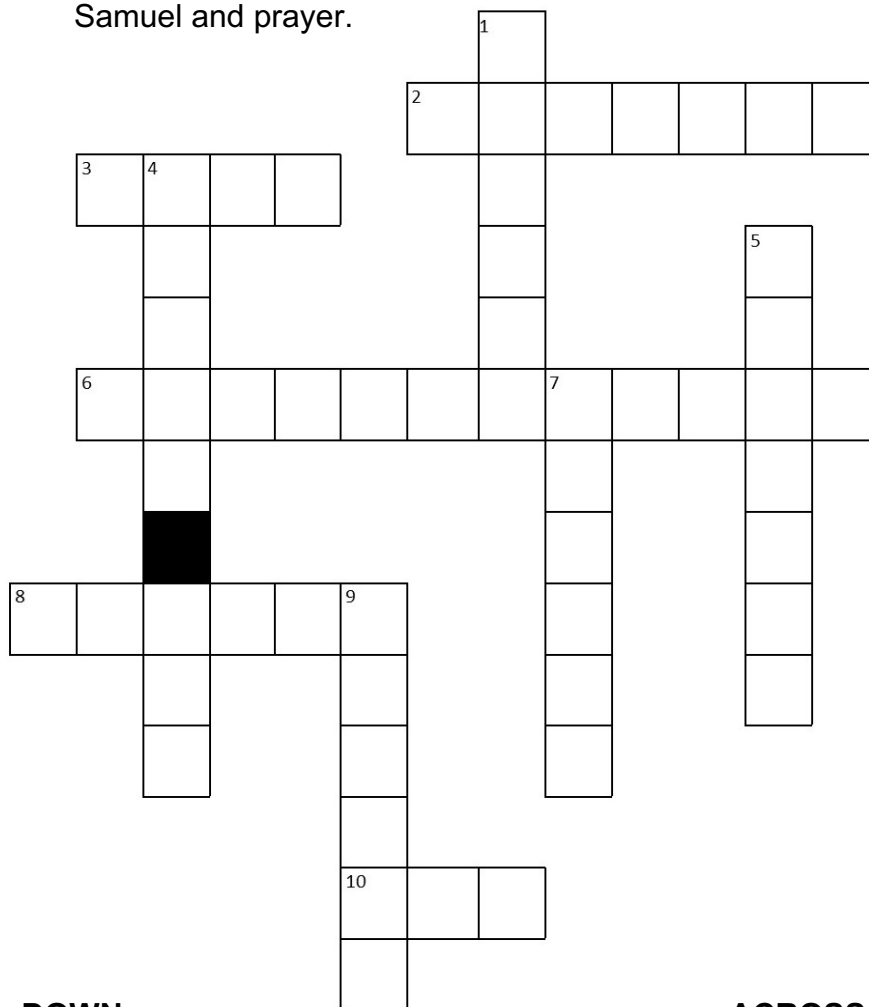
CONCLUSION

1 Samuel 12:23 is an invitation to reflect on the importance of intercessory prayer and the responsibility we have as Christians to support others. It also reminds us that the value of instruction is essential in guiding people along the path of justice and righteousness. In our daily lives, we can apply these teachings by praying for those in need and sharing the truth of God's Word with them.

May God grant us the wisdom and dedication to fulfill this important task. Senior Adults have the experience needed to accompany those who need it.

Evangelistic activity for the elderly: Think about the neighbors that live on your street who are in need and write down 5 requests that you can pray for, then visit them and invite them to church after interceding for them in class.

TO DO IN CLASS: Solve the crossword puzzle below that is based on the story of Samuel and prayer.



Eyes	Servant
Intercession	Eli
Prophet	Samuel
Listen	Speech
Young Man	Temple

DOWN

1. The building where Samuel's mother prayed
4. A male who is not a boy and not full mature
5. Person in the Old Testament who spoke for God
7. To address a large group of people for a specific reason
9. To pay attention to someone who is speaking

ACROSS

2. Employee that does someone else's work
3. Organs that are used to look at the world
6. To pray to God on the behalf of another person
8. The boy who minister with Eli
10. Priest in the Temple at Shiloh

LESSON N° 4

TOPIC: THE PURPOSE OF TRIBULATIONS

JAMES 1:2-4, 12

INTRODUCTION:

One of the most difficult parts of the Christian life is the fact that being a disciple of Christ does not make us immune to the trials and tribulations of life. Why would a good and loving God allow me to go through such things as the death of a loved one, illness and injury, financial difficulties, worry, and fear? Could it be that God doesn't love me?

No, that's not it. The Bible clearly teaches that God loves His children, and *"all things work together for good"* (Romans 8:28 NKJV). That should mean then that the trials and tribulations He allows in our lives are part of all that things that work together for good. Therefore, for the senior adult, all trials and tribulations must have a divine purpose in their life. Let's talk about two of them.

I. TRAILS STRENGTHEN FAITH AND SHAPE CHARACTER

- a. One of the purposes of trials in life is to form our character and strengthen our faith. Paul says that tribulations produce perseverance and perseverance, proven character. This word "proven" is translated from the Greek "dokimé" and means: proving, trial approved, tried character. The Apostle Paul says, *"And not only this, but we also celebrate in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope;"* Romans 5:3-4 (NASB)
- b. These same verses are translated differently in other versions: *"And not only so, but we glory in tribulations also, knowing that tribulation worketh patience; and patience, experience; and experience, hope;..."* (KJ21) This should fill us with hope and faith that God never leaves us alone. He is in the midst of the trial to strengthen us and He intercedes for us just as He did for Peter. Throughout the process there is learning, strengthening, satisfaction, gratitude and blessing. My dear friend, there is comfort in the Lord. If you are going through times of trial, just take hold of God's hand through prayer.

II. OUR LIVES WILL BEAR FRUIT THAT RESULTS IN BLESSINGS

Through all the trials and tribulations of life, we have victory.

"But thanks be to God! He gives us the victory through our Lord Jesus Christ." (1 Corinthians 15:57).

- a. It took Noah a very long time to build the ark, facing ridicule, and a lot of hard work but in the end, he was able to save his family and two of each animal on earth. Genesis 6:9-22
- b. Hannah spent year after year praying to the Lord, being ridiculed by Peninnah, and insulted and accused of being drunk by the priest Eli, but in the end she was blessed by God and gave birth to Samuel, who became a prophet, judge, priest and a blessing to Hannah. 1 Samuel 1:5-10
- c. Joseph suffered the contempt of his brothers, was sold into slavery, and ended up in prison for a crime he did not commit before he became the governor of Egypt. Genesis 41:37-46

Our greatest blessings and victories come after going through the greatest difficulties in our lives. The question is, how much are we willing to endure, without grumbling?

CONCLUSION

Trials and tribulations come with a purpose and a reward. *“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. ... Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.”* (James 1:2-4,12).

TO DO IN PAIRS OR SMALL GROUPS: Read James chapter 1:1-18, and answer the following questions:

1. How does the author identify himself? v. 1
2. To whom is this book addressed? v. 1 & 2
3. What attitude should we have when we find ourselves in various trials? v. 2
4. What fruit will the trial produce? v. 3 & 4
5. What should a man do if he lacks wisdom? v. 5
6. How should one pray? v. 6
7. What do these verses say regarding a double-minded person? v. 6-8
8. What is the prize for persevering under trial? v. 12
9. Who should we not blame for our temptation? v. 13
10. What happens if a person gives into temptation? v. 15

Discuss in class.

LESSON N° 5

TOPIC: THE ABILITY OF SENIOR ADULTS TO REACH THE GOAL

TEXT: PHILIPPIANS 3:13-14

INTRODUCTION:

The Bible is a book full of teachings and insights that help us advance in our spiritual lives. The apostle Paul teaches us the importance of advancing towards the goal that God has set for us. We all have the ability, even if we are 70 years old or older. It is necessary for us to exercise spiritually in order to reach the goal. How can we overcome obstacles and continue to press forward to reach the prize God has for us?

I. FORGETTING WHAT'S BEHIND - v. 13

- a. It's common to find people who cannot forget their past, people who cannot see the blessing in the present because they still live thinking about the defeats, mistakes, failures, deceptions, contempt, tortures, even violence, that they went through in the past. We all have a past that may not be something we want to boast about, sometimes it is even embarrassing to be reminded of the sin we were in. A hymnologist had reason to write a song entitled "I would not like to remember what I used to be". We should not go around remembering our defeats and the bad incidents that we have gone through, if it is not to glorify God for setting us free. If it is only making you sad and causing damage to your spiritual life, why remember the past?
- b. The Bible says: *"...God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions..."* Ephesians 2:4-5. But the truth of the present is that we are free because of Jesus, because He has paid the debt of our sin, He has made us new creations.

The apostle Paul also talks about moving toward the goal of the Christian life. He shows us his own struggles to reach perfection in Christ and encourages us to follow his example. This is an important reminder to all Christians that we should never settle for our current spiritual progress, but should always strive to grow in our faith. This is the role of Christian perseverance.

II. I PRESS ON TOWARD THE GOAL - v. 14

Paul tells us that he presses on toward the goal, to win the prize.

- a. We must reach the goal or in Spanish "meta". Meta comes from the Greek word "metá", which means; after, behind, with. It is also used as a prefix in words like "metaphor" (to carry across or beyond), and "metamorphosis" (to change form, mutation) which when used in regard to the Spiritual life is transformation. (2 Corinthians 3:18).

- b. When we have a clear goal in life that we want to achieve, nothing and no one can hinder us, neither father nor mother, nor children, nor employment, nor pastor, nor congregation, etc. (Matthew 10:37). NOTHING can be stronger than the “willing and doing” that comes from God (Philippians 2:13). The difficulties, the stumbling blocks, the weaknesses, the mistakes... are the method of blessing given by God to grow and be strengthened... “... *in all things God works for the good of those who love him...*” (Romans 8:28).
- c. For God's heavenly call in Christ Jesus, perseverance in our Christian life is important.

CONCLUSION

The Apostle Paul reminds us of the importance of moving toward the goal of the Christian life and persevering in our faith. We must leave behind our past mistakes like sin, sadness, bitterness, pain, discouragement, shame, etc. , The Lord has made everything new, focus on the present, please God with faith, humility, and obedience and focus on what lies ahead, always striving to grow in our faith and achieve perfection in Christ; Even when things get tough, never lose sight of the end goal. *“Be faithful, even to the point of death, and I will give you life as your victor’s crown.”* Revelation 2:10b

TO DO IN CLASS: On each rung write the steps we must take to reach the goal of God's prize.



LESSON N° 6

TOPIC: AN URGENT MESSAGE FOR OUR SENIOR ADULTS

TEXT: 2 TIMOTHY 4:1-2

INTRODUCTION.

2nd Timothy is probably the last letter written by the apostle Paul. He wrote it to Timothy, who was his “son in the faith” (1 Timothy 1:2). Paul sent Timothy to various churches to deal with problems when Paul could not go himself.

In his last epistle, Paul tells Timothy how to build up the church where he is ministering, and gives him instructions that apply to all pastors, leaders, brothers in the church, and elders of our time and, ultimately, to all believers.

I. PAUL'S INSTRUCTIONS:

In chapter 4, Paul begins to conclude his letter and gives Timothy some instructions: *“I charge you in the presence of God and of Christ Jesus who is to judge the living and the dead, and by his appearing and his kingdom:”* (verse 1 NSV). In other words, this is extremely important, it is your duty to *“preach the word”* and *“be urgent in season and out of season”*. Preaching the Word is necessary because *“...the time will come when people will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear.”* (verse 3). Normally people tend to be comfortable with falsehood, and Timothy must combat this tendency by always being willing to preach the truth, that is, to preach the Word of God. It is the urgent message.

II. PREACHING THE GOSPEL

The Greek word “keyroxon” translates into the word “preach” which simply means “to publish or proclaim openly.” When Paul tells Timothy to preach the Word, he doesn’t mean in a formal setting behind a pulpit or in a church service, or that he should give a great speech. “Preaching” or “teaching” is the presentation of the truth of God's Word, it’s sharing the good news of salvation. Therefore, any Christian can and should do it. And you, my friend, know how to share God’s word, from your experiences, from the wisdom you have acquired through the passage of time, God wants you to do it.

III. PAUL GIVES HIM THE KEY WORDS

1. **Urgent:** Compelling; requires immediate action; Insistent or earnest; to repeat or emphasize, to reiterate. It implies being insistent even when people seem indifferent to the Word of God. On another occasion or in a different circumstance you can again urge them until you make them hear from the Lord and what His plan is for them.

2. **Convince:** The main objective is the edification and restoration of the believer, as well as the protection and correction of the church as a whole. In the Bible, it is used in the sense of confronting or correcting someone in relation to their sin or error, for the purpose of bringing them to repentance and restoration.
3. **Rebuke:** to express sharp, stern disapproval of; reprove; reprimand. *“I will discipline him with a rod of men...”* (2 Samuel 7:14 NASB). But the wise man has the conviction that discipline is helpful in training or in correction of a child. *“My son, do not reject the discipline of the Lord or loathe His rebuke, for whom the Lord loves He disciplines, just as a father disciplines the son in whom he delights.”* (Proverbs 3:11-12).
4. **Exhort:** The term exhortation comes from the Greek word “paraklesis”, which could be translated as call, summons, admonition. In the New Testament it is used to convince or encourage others through words.

CONCLUSION:

The Apostle Paul tells us about something valuable and essential that we must take care of, so that the prayer of our Lord may be fulfilled. John 17:20 says: “My prayer is not for them alone. I pray also for those who will believe in me through their message,...” and now through our words which we are to use to advance the amazing work of God that began when He first appeared on earth, we must continue that task of fulfilling the great commission of Matthew 28:19-20.

TO DO IN CLASS: Look at the pictures that are part of the gospel message and number the pictures from one to six in the proper order to complete the evangelistic message. (Use this image as an evangelism tool.)



LESSON N° 7

TOPIC: THE CHRISTIAN CITIZEN

TEXT: TITUS 3:1-7

“Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and always to be gentle toward everyone.”

INTRODUCTION:

In these verses we find the civic duties of the Christian are established; a teaching that was especially relevant to the Cretans, who were aggressive and quarrelsome and resentful of any authority imposed on them. The Greek historian Polybius said of them that they were always engaged in "insurrections, murders, and internal wars."

This passage establishes five qualities or attitudes of a good citizen.

1. **The good citizen lives according to the law.** They pay due respect to the authorities, and comply with the provisions that concern them. Christianity does not teach that one must cease to be an individual, but it does insist that they keep in mind that one is also a member of society. “Man,” said Aristotle, “is a political animal,” by which he meant that humans best express their personalities not in isolated individualism, but within the framework of society.
2. **The good citizen is willing to serve.** They are willing to accept any job as long as it is good. The characteristic disease of our time is boredom, which is the direct result of selfishness. As long as one lives according to the principle: “Why do I have to do it? Let someone else do it!”, they are not being a good citizen. Remember: Service is what makes life interesting.
3. **The good citizen is careful about what they say.** They don't have to slander anyone. No one should say about others what they would not like to be said about them, so says the Golden Rule. The good citizen must be as careful about what they say as they are about what they do. The good citizen is tolerant. They're not aggressive. The Greek word is “ámajos” which means not quarrelsome. They grant others the same rights that they claim for themselves to have their own convictions.
4. **The good citizen is kind.** The original word is “epieikés”, which describes the person who does not rely on the letter of the law. The one who is an “epieikés” is always ready to avoid the injustice of extreme justice, of going too far. (Ecclesiastes 7:16-18).
5. **The good citizen is courteous.** The Greek word “enkrateia”, describes the person who controls their temper; they know when to be angry, and when not to; who patiently endures the offenses done to them, but who is ready to come to the aid of others when they are offended. Qualities like these are only possible for the person in whose heart Christ reigns supreme. The well-being of any community depends on the acceptance, by the Christians who live in it, of the duty to show the world the nobility of Christian citizenship.

JESUS PAID THE PRICE FOR US SO WE CAN BE GOOD CITIZENS v. 3

We are heavenly citizens. God is preparing us, here on earth. He calls us to practice good values called: "Entire Sanctification". Without entire sanctification we cannot become citizens of heaven. According to our manual we find the following:

"We believe that there is a marked distinction between a pure heart and a mature character. The former is obtained in an instant, the result of entire sanctification; the latter is the result of growth in grace.

We believe that the grace of entire sanctification includes the divine impulse to grow in grace as a Christlike disciple. However, this impulse must be consciously nurtured, and careful attention given to the requisites and processes of spiritual development and improvement in Christlikeness of character and personality. Without such purposeful endeavor, one's witness may be impaired and the grace itself frustrated and ultimately lost.

Participating in the means of grace, especially the fellowship, disciplines, and sacraments of the Church, believers grow in grace and in wholehearted love to God and neighbor." (Taken from the manual of the Church of the Nazarene 2023, Article of Faith 10.1)

TO DO IN CLASS:

Read verse 3, and list the attitudes of a person who does not obey the word and is not a good citizen:

- | | |
|----------|----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |

Look up the definition of each attitude in a dictionary and illustrate them.

LESSON N° 8

SUBJECT: CONVICTION

TEXT: DANIEL 3:18

INTRODUCTION:

The word "conviction" has a special meaning in the biblical context. Throughout Scripture, we understand that conviction represents a firm belief or certainty in something, especially as it relates to faith and God's teachings.

The spiritual significance of "conviction" has revealing implications in the daily lives of believers. Let's study the symbolism of "conviction" in the Bible:

1. STEADINESS AND SECURITY

Conviction is a symbol of steadiness and security in faith. In the Bible, we find numerous examples of people who were steadfast in their conviction to follow God, even in the midst of adversity. One notable example is Daniel, who remained firm (steadfast) in his faith and continued to pray to God despite the king's restriction/ban on prayer (Daniel 6). Daniel's conviction in God's sovereignty and faithfulness allowed him to remain loyal to God, even when faced with dire consequences.

2. PERSONAL TESTIMONY

Conviction not only has spiritual significance, but it also has a practical impact on our daily lives as believers.

Conviction is helpful when resisting temptation and sin. When we have a firm conviction of what is right in God's eyes, we are less likely to give in to temptation and succumb to sin. The Bible teaches us that we must stand firm in our conviction and resist the devil. (1 Peter 5:8-9)

3. COMMITMENT

In many situations, believers faced pressure to conform to the pagan customs and practices around them. However, those who were convinced of their faith refused to compromise and remained faithful to God's word. For example, the three Hebrew youths, Shadrach, Meshach, and Abednego, were faithful to God and they refused to bow down before the statue of King Nebuchadnezzar, despite the threat of being thrown into the fiery furnace (Daniel 3). Their conviction to worship God led them to trust Him and they experienced a miracle.

CONCLUSION

When we live according to our convictions, we are a powerful witness to those around us. It reflects steadfastness and certainty in our faith, enabling us to resist temptation and sin. It has a practical impact on our decision-making and on our witness to others. By cultivating a strong conviction in our faith, we can live a life according to Bible principles by being salt and light to the world around us.

TO DO IN CLASS:

Instruction to the teacher: assign homework to your senior adults and ask them to read the entire chapter of Daniel 3 during the week before this class.

Group participants in pairs to answer the following questions.

INSTRUCTION: Match the question to the correct answer by drawing a line, of different color, to connect them.

- | | |
|--|-------------------------|
| 1. What is the symbol of conviction? | Conviction |
| 2. Who does the adversary compare himself to? | Stand firm in the faith |
| 3. According to 1 Peter 5:9
How are we going to resist the adversary? | Faithfulness to God |
| 4. What made the three Hebrew men
not worship the statue of the king? | A lion |

ANALYZE THESE QUESTIONS AND GIVE YOUR OPINION

1. Read verses 28 to 30 of Daniel chapter 3 What was the result of the conviction of the three Hebrews?
2. In our context, bring to the table a strategy that is feasible to influence others, like these Hebrews.

LESSON N° 9

TOPIC: THE POWERFUL WEAPONS OF THE SENIOR ADULT

TEXT: 2 CORINTHIANS 10:3-4

INTRODUCTION:

The Bible contains a great deal of information about military service, although much of the information in the Bible is only analogies or comparisons. The soldiers of a nation's army are always ready to be sent to war with the mission of defending their nation, defending their honor, defending their people and it is something that fills them with pride.

2 Corinthians 10:4 tells us about the true militia that we, as Christians, should be. In this passage, Paul tells us that our weapons are not worldly, but have divine power, from God, for the destruction of strongholds. It is important to understand that this war refers to the spiritual struggle we must face as senior adults, it's not a physical battle.

The word "weapons" refers to everything we use to fight and defend our faith. In this case, it is not physical weapons, but spiritual tools, such as:

1. **PRAYER:** *"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."* Matthew 26:41. Prayer is powerful and defends us from the snares of the evil one, the Holy Spirit is always ready to warn us of his attack.
2. **PRAISE:** Because as John 4 says, God doesn't seek worship, he seeks worshipers. And worshippers are men and women who know God and what He can do, therefore they are men and women full of Faith who pay tribute to Him, who give Him honor, adoration, praise, because they recognize the value that our Lord has.
3. **READING THE WORD OF GOD AND MEDITATING ON IT:** Let's also remember that in John 6:63 Jesus teaches us that His words *"... are full of the Spirit and life"*, that is, his Word acts in the spiritual world and produces life. The Word of God is full of life and life-creating power. It's daily bread, it's the spiritual food so that we are not poorly nourished or become weak.

It also has another benefit: John 15:7 *"If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you."*

4. THE APOSTLE PAUL MENTIONS THAT THESE WEAPONS ARE “MIGHTY IN GOD.” (NKJV)

This means that when we use them, we are activating the divine power of the Holy Spirit.

It is through this power that we can destroy strongholds that come our way and that try to take us away from our main goal: to reach heaven.

Now, what does Paul mean by "strongholds"? In this case, it refers to everything that stands in our way of having a close and authentic relationship with God. This could be:

**sin, unbelief, temptation, or any other obstacle
that prevents us from following Christ.**

Spiritual weapons help us destroy these strongholds, so that our relationship with God can advance and our faith can grow.

Therefore, this verse teaches us the importance of having the right spiritual tools to face the daily struggles in our Christian lives. It helps us remember that our true weapon is found in God's power, and that only through **His Power**, can we destroy the strongholds that come our way.

CONCLUSION:

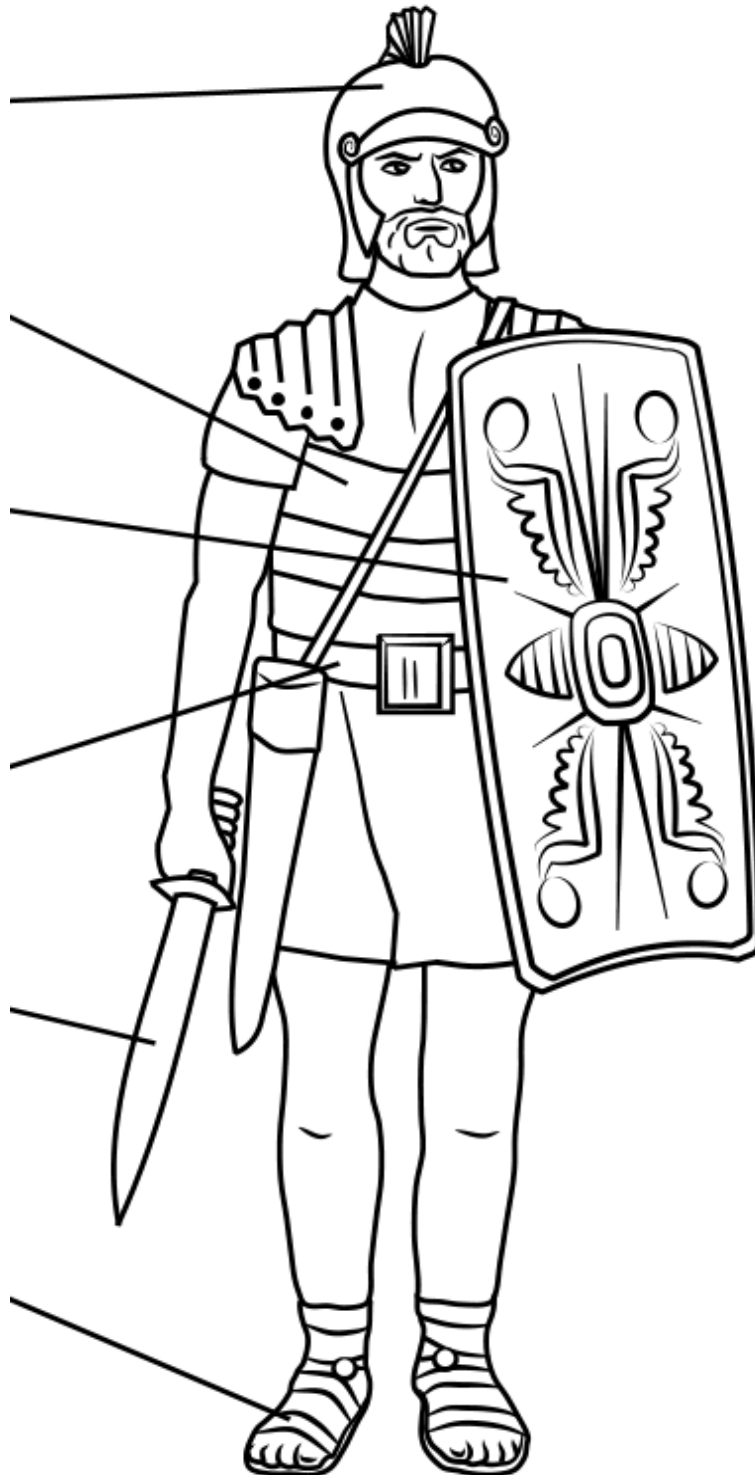
The Bible teaches us the importance of having the right spiritual weapons to face the daily struggles in our Christian lives. It reminds us that our true weapon is found in the power of God and in the use of spiritual tools such as prayer, praise, and meditation on God's Word. Let us be courageous and learn to fight the spiritual battle with the powerful weapons God has given us.

A Christian's greatest desire is to please Christ, and his greatest hope is to be rewarded for his faithful service to his Lord: And like Paul, we can say, *“So we make it our goal to please him, whether we are at home in the body or away from it.”* (2 Corinthians 5:9). Let us be good soldiers of Jesus Christ, trained with strategies of attack and defense to please Him who has chosen us as soldiers.

“No one serving as a soldier gets entangled in civilian affairs, but rather tries to please his commanding officer.” 2 Timothy 2:4

TO DO IN CLASS:

Research the meaning of the soldier's armor in Ephesians 6. After coloring the picture, write in the names of each piece of armor.



LESSON N° 10

JESUS: THE MODEL TEACHER FOR SENIOR ADULTS

TEXT: LUKE 4:14-15

INTRODUCTION:

My dear friend, the power of the Holy Spirit plays a special role in helping us live according to God's will, enabling us to do good, and protecting us from evil.

You can find in Jesus Christ a teacher from whom to learn, to honor the biblical text that teaches us who to imitate and who to faithfully follow. *"Whoever claims to live in him must live as Jesus did."* (1 John 2:6). What is Jesus Christ's example? What did he teach us?

Teaching: It is a teaching with objectives aimed at the mind to change the schemes of an empty and twisted life. This new teaching is to lead senior adults and all ages to the kingdom of God. John 10:10

Preaching: It is a message that changed the course of life. This new course is the changes we have experienced in our lives, that we must now testify, making the miraculous power of God a reality for other people. Jesus spoke such profound words, with tremendous authority, and with such an impactful meaning, that the people who heard him were amazed by his doctrine. *"No one ever spoke the way this man does, ..."* John 7:46a.

Healing: This power is what made it possible for Jesus to perform miraculous works, heal the sick, give sight to the blind, free the oppressed, announce good news to the poor, he did all this with great authority. Luke 4:18-21

We need to follow the ministry of Jesus. As a good teacher he taught us by his example and we must make his word known to those who do not have direction. Let's follow in the steps of our Lord Jesus and in this way we will be pleasing to him.

CONCLUSION:

Jesus, God incarnate, was the most amazing being on this planet, even though his humanity was undeniable. His words gain more and more validity every day in these times of struggles and pain, his actions have never been equaled and probably never will be, his life is the reflection that many of us would like to see of ourselves and whom we should imitate.

1 Peter 2:21 *"To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps."*

TO DO ON IN CLASS:

Complete Jesus' promise with the words in the box. This is a command for all Christians to imitate the Great Teacher. Color, if you'd like to.

The Great Commission

In the speech bubble you'll find unfinished words.
Put the correct syllable from the list in the spaces to complete
the words of Jesus that appear in the Gospel of Matthew.

_____fore go and make _____ciples of all
_____tions, _____tizing them in the name of the
_____ther and of the Son and of the _____ly Spir____,
and teach_____ them to _____bey every_____. I
have com_____ded you. And sure_____ I am with
you _____ways, to the ver_____end of the age."

Group of Syllables

man	ly
dis	al
y	There
it	o
Fa	ing
bap	na
thing	Ho
al	



Solution:
Therefore-disciples-nations-baptizing-
Father-Holy-Spirit-teaching-obey-
everything-commanded-surely-always-very

LESSON N° 11

TOPIC: THE SENIOR ADULT WHO SERVES

TEXT: HEBREWS 6:10

INTRODUCTION:

When a person looks for a church they want to be greeted with a smile and to feel like they are a "part of" the community, and we want visitors to talk about having a positive experience at our church when they return to their homes. When visitors say good things about our church, this is called word of mouth advertising which is the most reliable advertising and it's great when they say that the best place where they have been served is the Christian church.

That is why it is very important to have well-prepared servants who serve faithfully. This is the primary role of each of us and when we serve we ease the burden of the pastor of ministry leaders.

I. WHAT IS SERVICE TO GOD?

When the apostle Paul encountered Jesus on the road to Damascus, one of the first things he asked Jesus was, *"Lord, what do You want me to do?"* (Acts 9:6 NKJV). This reminds us that every disciple of Jesus is his servant. The word "servant" is used in the Bible to describe people who serve very important people, who are often referred as "Lord" because they have authority.

Today, words like serve, serving, and servant are often loaded with negative undertones, because they describe an action that is difficult and undesirable compared to being in charge of other people and having others serve us.

Service is not acceptable without love. Jesus said that the two greatest commandments are, *"LOVE THE LORD YOUR GOD WITH ALL YOUR HEART AND WITH ALL YOUR SOUL AND WITH ALL YOUR MIND."* And *"LOVE YOUR NEIGHBOR AS YOURSELF."* (Matthew 22:37-40). Service without love is drudgery and can breed resentment and pride. Love for God purifies our service and lightens the burdens we face in this life as we do the Lord's work. In John 12:26 Jesus says: *"My Father will honor the one who serves me."*

II. GOD WILL NOT FORGET YOUR WORK (Hebrews 6:10)

Revelation 22:12 says, *"Look, I am coming soon! My reward is with me, and I will give to each person according to what they have done."* Whether great or small, the service done in the name of Christ will be blessed. But we must make sure that our actions are for the glory of God. Self-centeredness is an excessive action to seek one's own interests in which we will not love our neighbor, only ourselves. Service must be performed in love.

CONCLUSION:

The highest form of service is imitation. If we want to be a servant of Christ, we must serve like Him; we are to be His followers. Doing as Jesus did is the surest way to honor His name. We must keep this in mind every day. If we imitate Jesus, we will have His company, if we are like Him, we will be with Him.

TO DO IN CLASS:

Form small groups to work in. Analyze each question and reach a consensus within each group. Have each group share their analysis with the entire group.

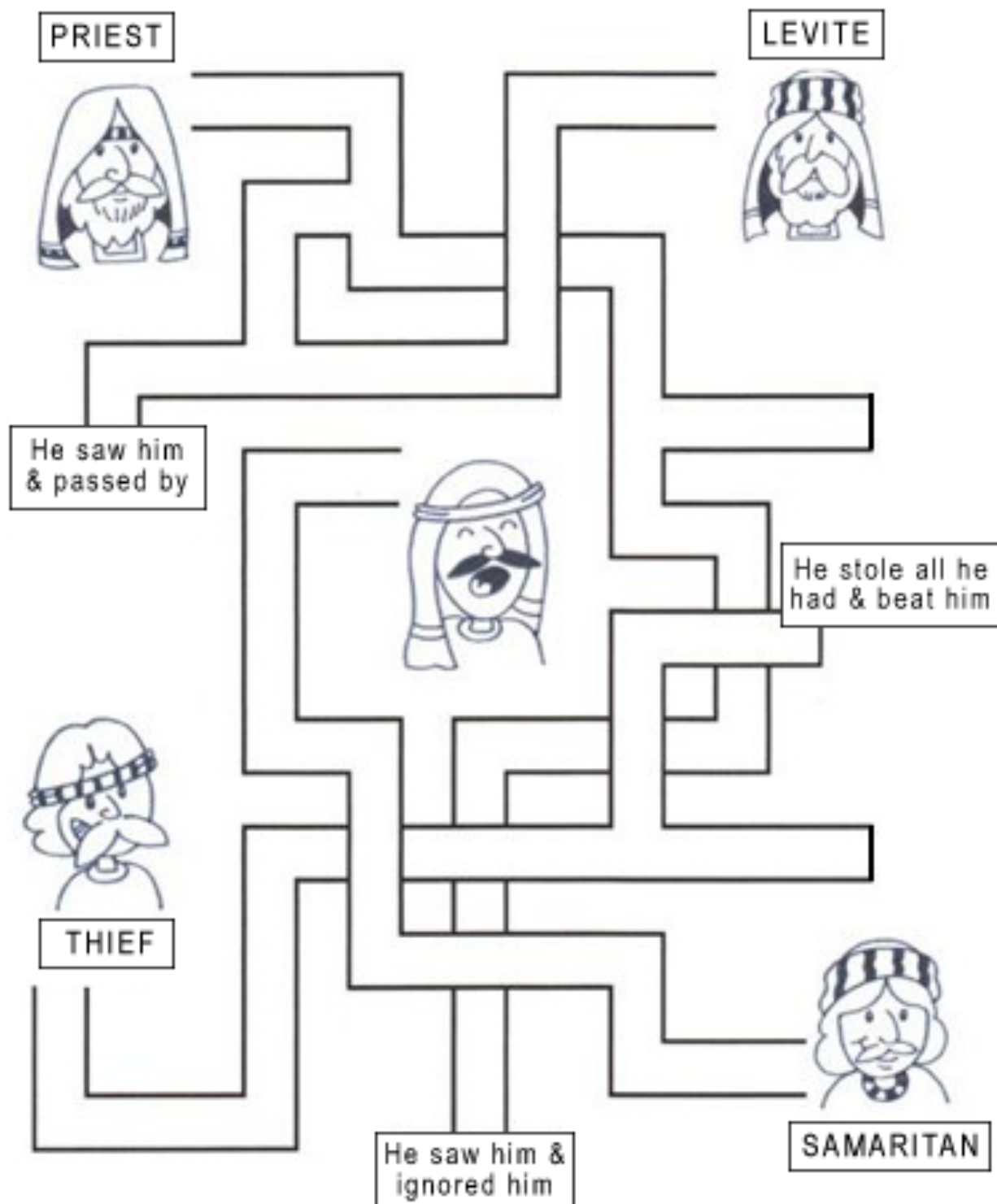
1. Look in your Bible and read John 12:26, and explain what reward the Father will give to his servants: _____
2. What does "Lord" mean: _____
3. Read Hebrews 6:10. Do you think that within the church there are servants who serve to receive applause? And when they don't receive applause they then become discouraged? _____

4. Do you understand this verse? Comment. _____

When you are finished, you may solve the maze on the following page, if you wish.

THE GOOD SAMARITAN

Draw a path from each character to discover which of them acted as a good neighbor to the man who needed help.



LESSON N° 12

TOPIC: WATCH AND PRAY: JESUS' APPEAL

TEXT: LUKE 21:34-36

INTRODUCTION:

In this portion of Scripture Jesus makes us see that life is temporary, for this reason he warns us to prepare ourselves, to be alert and vigilant so as not to be surprised. He has spoken to us in many ways and with many signs. It is as if Jesus were preparing us to be alert for the coming of something wonderful, like the arrival of the bridegroom (Matthew 25:1-13). This will be a time of great joy for those who are prepared and alert, but the lack of these two elements can lead to disaster. Prayer and uninterrupted vigilance are the keys to always being ready.

Jesus knows the vulnerability of human beings, because he has two natures that coexist in him:

- **The carnal nature:** which has subjected man to the dominion of sin, and
- **The divine nature:** (by His grace), which is what God wants for us.

Let's look at these two elements:

I. WATCH:

It is the same as keeping vigil, giving up sleep at night. "Watch" is a word that means to have a watchful conscience, like a night watchman or a sentry who must be on guard against anything that does not work, for the advance of the enemy, and for anything that might threaten his guard. We keep watch so that the carnal nature is subdued, and the heart is not be burdened with idleness.

To be vigilant is to seek holiness, the Bible says in Proverbs 4:25-26: *"Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways."* A soldier of Christ is always vigilant so as not to fall prey to the enemy who wants to steal the holiness which is a valuable treasure that we must take care of.

II. PRAY:

Prayer is the tool that allows us to connect with God, it is the key that opens the windows of heaven to bless and strengthen us, it teaches us to value the sacrifice of the spotless lamb.

Luke 21:36. *"Be always on the watch, and pray that you may be able to escape all that is about to happen, ..."* What is about to happen?

God does not want us to be unobservant, **idle, or unfruitful**.

The weakness of the flesh is the result of these two elements. Sometimes we allow ourselves to be dominated by the impulses of the flesh; it is then that God acts harshly and shakes us. In Mark 9:47 Jesus said: *"...if your eye causes you to stumble, pluck it out. It is better for you to enter the kingdom of God with one eye than to have two eyes and be thrown into hell,..."*

CONCLUSION:

The Bible says that Jesus is coming again to reward the inhabitants of the earth and take the righteous to heaven with Him (Revelation 22:12). The Bible also says in Matthew 25:34: *"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world.'"*

God's desire is for all men to be saved from eternal damnation and that is why the gospel is preached today. However, we must be aware that we cannot be right with God and continue to participate in the things of this world. In Revelation 22:11 we find an exhortation to define ourselves, either we live for God by sanctifying ourselves more and more in His presence, or, if anyone prefers the world more, He says: *"Let the one who does wrong continue to do wrong; let the vile person continue to be vile;"* (Revelation 22:11a) because for their sins they will perish – *"My reward is with me, and I will give to each person according to what they have done."* (Revelation 22:12b).

Jesus wants us to enjoy eternity without tears, pain, or suffering. What are you waiting for? Accept Christ's invitation!

TO DO IN CLASS:

Choose a word from the box to complete the answers to the questions.

WEAKNESS	GETHSEMANE	TEST	WATCHFUL
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1. To have the vigilance of a sentry is to be: _____
2. The word is of Chaldean origin and means "oil or olive press". This word was adopted as the name for what garden: _____
3. The biblical meaning of the word "massa"; when it's used as "massah" it's translated as temptation: _____
4. Not being spiritually strong and being dominated by lust is: _____