



Fullness

of Life

Fullness of Life



A Different Ministry

The glory of young men is their strength, and the honour of old men is their grey hairs.

Proverbs 20:29

Teach me, Lord, to age well.

(Anonymous)

Convince me that they are not unfair to me
Those who take away my responsibilities,
Those who don't ask my opinion,
Those who call someone else to take my place.

Take my pride from my past experience;
Take away the feeling of believe that I'm indispensable.
In this gradual detachment from things, I can see only the law of time,
And I'll consider this release from work
As interesting manifestation of life,
That is revealed under the impulse of your providence.

But help me, Lord, to still be useful to others,
Contributing with my optimism and pray to the joy
And enthusiasm of those who now have the responsibility;
To live humbly and peacefully in contact with the changing world,
With no regrets about the past that is gone;
Accepting my departure from areas of activity,
As I naturally accept the sunset.

Finally, I ask you to forgive me
If only in this hour, I realize,
How much you love me!
Grant me to look with gratitude to a happy destiny,
That you have prepared and that you have guided me to
From the first moment of my life.

INTRODUCTION

We all know that the law of life is to be born, to grow and to die. It can also be said, to be born, to grow up and to grow old or age. There is no human being who can ignore the fact that one day they will grow old. But for the elderly this is no longer an expectation, but a reality. As we age we know we have fulfilled the task of life, but rarely are we prepared for what comes after completing this task.

Some, when they age, maintain good health and at 70 they are still productive in society and they don't have to depend economically on their family. Some enjoy having good health and have lots of vitality. Finally, others even get national recognition in their old age because they have run a marathon.

But what about those who are economically, medically and socially in need? Statistics show that elderly (over age 65) suicide is a very serious problem.

If we are facing such a problem, we can not close our eyes and stop helping those who are living in this stage of life. The Church of the Nazarene is aware of these needs, and for each ethnic, social, minority and age group has created programs to help and guide people until the end of the journey.

Today we are dealing with the elderly and are aware that, as Dr. Helmer Juarez says, (Coordinator of Compassion Ministries for the North Central Field on the Mesoamerica Region) "Some older adults have a room and food, but in reality there are no specific activities that are suitable for them to be involved in. They have so much experience and it is being wasted." For this reason we are putting into your hands this handbook that defines the purposes of this ministry.

We hope that by using your creativity, you will be able to develop a beautiful ministry among these adults who society calls a "burden", but for us, as Christians, they are a blessing and an opportunity to serve.

Onward! with this ministry and don't forget to teach others to do something for the elderly. Remember that one day you will also travel this road and what we do today, may set an example for how we will be treated tomorrow. And one day when everything has finished, you will hear Jesus' words: ...*'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'* Matthew 25:23

Never give up! God bless you!
Luz Rodas

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A Different Ministry

All ministries have their own logo and now we want to introduce you to the logo that has been created for the Fullness of Life Ministry.



This design was created as we were thinking about the end of day when the sun is setting and the day is coming to an end and has reached its fullness. It is the time of day when gradually all activities slow down and we head for home knowing that rest is coming soon. We can not say that the sunset is the best or the worst part of the day, but it is an important part of the day and different from any other part of the day.

This ministry is aimed at people who are already in retirement. The age may vary depending on the country they live in. They are known as the elderly, seniors, golden agers or older elders. In this manual we will use the term older adults.

Through this ministry we want to glorify God through our compassion for older adults with:

- * Spiritual Help
- * Understanding
- * Companionship
- * Financial Aid
- * Help with Their Fears
- * Pastoral Care

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Mission

The “Fullness of Life” Mission is to serve the older adults and guide them to salvation. To show them love and affection, to participate in their lives and help them keep alive the Biblical truths they have learned and help them maintain their faith until the Lord calls them to his presence.

Objectives of the Fullness of Life Ministry

Spiritually

1. To Cultivate in older adults the confidence that God loves them even when they can no longer actively participate in church.
2. To Encourage them not to lose heart as they pray, trusting that God will provide responses in due time.
3. To Assist them in their spiritual growth.
4. To Help them see this stage of life with gratitude and hope, because that is God's design for humanity.
5. To Present the message of salvation to those who have not met Jesus Christ.
6. To Prepare them to meet Jesus in heaven.
7. To Help them in their relationships with their families.

Intellectually

1. To Help those who are able to become active participants in church.
2. To Guide the older adults who are widows or widowers to understand that God always has a purpose in everything and they should not be ashamed or feel alone.

Emotionally

1. To Encourage them to feel proud that they have reached this age.
2. To Encourage them to see the provision of God for their life in small ways such as visiting or helping someone.

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3. To Teach them to live independently of their families, especially when there is not a good relationship between them.
4. To Encourage them to be part of a group of older adults from the church.
5. To Encourage them to use a gift/talent that they developed in their youth.
6. To Accompany those who are mourning the loss of a loved one.

Physically

1. To Teach them that even in old age they can live with vitality.
2. To Train them to feed themselves properly.
3. To Encourage them have a better quality of life by taking care of their physical health.

Socially

1. To Encourage fellowship.
2. To Help them with their relationships with others.
3. To Spend time with them so that they don't feel alone.

Characteristics of Old Age

You know you're an older adult when:

- You start to like accordion music.
- Sitting on a park bench, a boy scout comes and helps you position your legs better.
- Someone offers to help you cross the street.
- Taking care of your garden becomes the most important part of your life.
- You always look for soft music on the radio.
- You are asleep, but your family is worried that you might be dead.
- You complain that jello is hard.
- Your armchair has more conveniences and comforts than a car.
- You get tired when walking down the stairs.

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- You start your prayers with "at this age".
- You look both ways before crossing a room.
- You come to the conclusion that your worst enemy is gravity.
- When people call you on the phone at 9:00pm, they ask, "Did I wake you?".
- You go to a party at a house where there is a garden, and you are more interested in the garden than the party.
- You realize that your mouth promises things that your body can not fulfill.
- The waiter asks you, "How do you want your meat cooked?" And you answer, "In small pieces".
- You see your childhood toys in a museum.
- You've kept their clothes because "they could come back into fashion", and now they have come back into fashion.
- You have more hair on your nose and ears, than on your head.
- Your car, which you bought brand new, is now a collectible.
- You wear black socks with slippers.

The exact age at which retirement occurs varies by country and is often determined according to the amount of time that has been contributed to the work force. We will establish general characteristics, which may vary by a few years, but they will be met equally sooner or later.

From 55 to 65 years old ...

- Burden of responsibility, in some cases, because they have lost their spouse.
- The children leave home.
- More free time.
- Health problems begin.
- Financial stability or the urgency to have it.
- Adjustment to health problems.
- Make deeper relationships.
- Mental preparation for retirement.
- Searching for hobbies.
- Adjusting to the loss of children and sometimes their spouse.

- Adjusting to the stress of changes.
- Becoming grandparents.
- Accept the need for retirement (especially if they have health problems).
- Need for economic security.
- Need for homeownership.
- Dealing with loneliness.
- Establish relationships with the whole family.
- Establish new patterns for life after retirement.

From 66 onwards...

- Physical decline increases faster.
- Reaches retirement from work.
- Have gained experience and wisdom, emotional stability, optimistic and spiritual potential.
- Administration of finance; Adjustment to new role in the family, in society and in their relationship with their spouse.
- Managing recreational time, confronting stress, adjustment to a solitary (lonely) life, health care, family adjustments, finding meaning.
- New social contacts.
- New activities.
- Significant tasks based on their achievement, financial resources.
- Depending on health and age, they should be preparing to accept death.
- Mental adjustment if additional health care needs to be provided by a nurse or a family member.
- Loss of significant personal relationships.
- Accept that they are living alone and may experience loneliness.
- They may need spiritual guidance to deal with new personal problems.
- They may need constant companionship and may feel a need to be valued for what they have accomplished and who they are now.

Learning a Little More About Older Adults

If we want an effective ministry with older adults, we should try to know and understand them as much as we can. Moreover, we should introduce ourselves into

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their world, this will make it easier for us to stand by them and help them in this stage of life in which they are living. Here are some guidelines to help you.

I. Older Adults Are Not Big Kids

In the well-known verses about love in I Corinthians 13, the apostle Paul declares that when we are children, we think, speak and act like children; but when they become adults, we put childish things aside. On the other hand, the Lord Jesus Christ declared with great emphasis that unless a person becomes like a child they can not enter the kingdom of heaven.

The ideal here is to have a balance, reaching maturity that has come through our experiences and the years we have lived along with the delicate qualities of childhood. Faith, sincerity, and the natural affection of a child are valuable and we should hold on to them throughout life.

II. They Are Not All The Same

Neither men nor women are the same. Each person has their own characteristics that differentiate them from one another. Note the following descriptions, and you will discover some of the different aspects of people.

- Those who are happy and well adjusted. They have found God's will in their lives. They are examples of the blessings that Christ promises to all those who follow his teachings and in whom the Word abides.
- Those who live in the margin, that is, those who are living committed between the ideal of the Spirit and the demands of the world. Their Christian devotion is sometimes hot and sometimes cold; they are too religious to be happy in the world and too worldly to be with Christ.
- Those who are using their skills for Christ without thinking of themselves but how they can serve others.
- Those who are cold, indifferent, frustrated and repressed in their spirit. They are men and women who have lost, at least for awhile, the fight against

temptation. To them Christ, the church, the Bible, prayer and Christian fellowship have faded and lost their meaning and power.

- The sick, brokenhearted, humbled by poverty, defeated. The world ignores or pays little attention to them. They are tired men and women who have come to the conclusion that nothing matters and who doubt that the love of Christ and God's wisdom exists for them.
- Those who have initiative, self-confident. They like to take the leadership role and receive with joy that responsibility.
- Those who are shy, hesitant. They avoid attention and responsibility. Some of them are this way because they lack innate ability, others because they are not confident of themselves and are insecure.
- Those who know the Bible and religious matters. They are indifferent to all spiritual topics.
- The mentally retarded. People whose minds have not developed normally, we cannot expect maturity or normal behavior from these people.
- Moral and spiritual rebels. They have rejected Christ's call. They come to us in sin and disbelief.

III. They Are Not Too Old To Learn

One of the main things that distinguish man from beast is their ability to learn. The capability to learn begins at birth, and except in the case of a defect, illness or accident, continues through old age until the end of life.

It is true that what is learned in childhood remains for life. The permanent memory of children is better than that of adults, but immediate recall memory in adults is usually better than in children.

Learning is "to discover how to deal with new and original situations, to take advantage of the experience through the development of better ways to think and behave". Adults have better reasoning powers, better foundations of experience and more appropriate techniques to develop the purpose of learning.

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Many adults close their minds to new ideas, they allow their minds to be lax and then their learning abilities deteriorate, in the same way that muscles, from lack of exercise, deteriorate. Learning is not a mechanical, automatic act, but requires effort.

One of the greatest services that the church can do is to recognize the importance, not only for older adults, but children and youth as well, to continually learn, to stay alert, and to encourage inquiring minds, throughout life.

IV. They Have Not Completely Lost The Ability To Change

What happens to clay that has been shaped, and then abandoned? It hardens! But human nature is essentially malleable. From the moment a child is born, he begins a long and continuous process of change. This process continues until death, that is when you see the greatest effect of all the changes.

The purpose of life is not to be stale. The true meaning of the word "conversion" implies a fundamental change in the depths of our being, and the word "repent" in the New Testament means "a change of mind that occurs not only once but many times." So throughout our Christian life there is constant change.

The Christian ideal is to grow in grace and knowledge, and knowledge implies the necessity to change. One of the highest functions of Christianity is to encourage and guide people to grow (change) into someone who is like Christ Jesus.

V. They Have Not Been Hardened To The Requirements Of Christ

Bible stories tell us that the great evangelists came to seek and win the lost of all ages, and they were never discouraged with the oldest and the most hardened sinners.

The strategy of the Church and the extension of the kingdom, is enlisting men and women who are trained to draw the attention of the older adults and to engage them in a definite place of service. Older adults should not be retired from Christian service.

Organizing the Fullness of Life Ministry

LOCAL DIRECTOR

The person chosen for this position may or may not be an older adult, but it should be a patient and loving person with a living faith. The local director should not serve alone; they should find others who will work beside them in this ministry.

The Director's responsibilities are:

- To serve on & be accountable to the Discipleship & Sunday School Ministries council.
- To present and report to the council proposals from the Fullness of Life Ministry.
- To find ways to obtain funding or assistance for older adults who need or wish to participate in ministry activities.
- To observe and determine what the most important needs are of older adults in your church and community, through education or help from local social service programs.
- To provide for the older adults of your church an environment where they feel accepted.
- To identify the older adults who attend your church and provide spiritual care for them.
- To get information about older adults who, for some reason, did not attend church today and make a plan to visit them.
- To provide home Bible studies.
- To make a plan for transportation for older adults that need a way to get to church on Sunday mornings and for special services or activities.
- To make plans to attend district events and other workshops where older adults can be guided on how to live during this stage of life and the privilege of being part of this group.

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- To make a plan to involve older adults in the community to receive physical and spiritual assistance.
- To help older adults preserve an independent lifestyle.
- To encourage older adults to age with excellence, using their physical and mental capacity to the fullest.

Starting the Ministry

Fear old age because it does not come alone.

Plato

Growing old is an honor; gray hair is the crown.

the Bible

DO SOMETHING FOR AN OLDER ADULT!

"Let us start rebuilding."

Nehemiah 2:18 (NIV)

Ask yourself these questions before you start this ministry and once you are certain of your answers, you can share these questions with those who wish to get involved.

1. Do I have a burning desire to do something for an older adult?
2. Why do I want to work with older adults?
3. Do I feel that this is a ministry where my help is needed?
4. Is it a worthwhile ministry and is it in God's plan?
5. Can I make a difference in my church with this ministry by extending help to older adults?
6. Do the goals of this ministry align with the Great Commission?
7. After you have everything planned and you are feeling excited about what you plan to do, ask yourself: Am I really depending on God's direction?

8. What resources do I have to start communicating the objectives of this ministry?
9. How can I evaluate if I am successful in obtaining these objectives?

After reflecting on the above, if you are still willing to move forward, consider the following:

1. The director of the Fullness of Life Ministry to older adults is nominated by the Director of Adult Ministries and approved by the Discipleship and Sunday School Ministries council and then by the local church.
2. As this is a new ministry in the local church, you should know the group you will be serving very well. Therefore, consider these tips before you begin:
 - a) Make a list of older adults who attend the church and those who do not attend but are on the membership list.
 - b) Invite other church members to join this ministry.
 - c) Invite older adults to a meeting where you can ask them about the needs they have and what they would like to do.
 - d) Visit those who are confined to their homes and encourage them to give you names of friends and family who live in their neighborhood that they would like to invite to meetings.
 - e) Keep a record of all of the older adults, noting their birthdate, marital status, if they are members of the church, if they are born again, their favorite hymn, their favorite Psalms or passages of the Bible, their favorite color, their favorite food, their state of health and the source of their support.
 - f) Be aware of the older adults who live alone, and if someone takes them to church, to the doctor, or to the store.
 - g) Take time to explain to the unbeliever the benefits of being part of the Fullness of Life ministry. Let God work in the lives of the unbelievers so that they are lead to salvation. Be attentive to the voice and direction of the Spirit.

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- h) Ask God for direction to discern any needs that may exist among the older adults in your group, especially among those who do not attend church.
 - i) Stay current. Read books and magazines such as: Fullness of Life, Living with Vitality, the Herald of Holiness and others that have articles about the life of older adults. Observe the older adults in your church, community or city, and see how you can help them.
- 3. Once you have identified the group to which you want to minister, make a report to share with the Director of Adult Ministries or the Superintendent of Discipleship and Sunday School Ministries (if there is no Director of Adult Ministries) and the local pastor.
 - a) Invite people to help with this ministry. There may be some in NYI (Nazarene Youth International) and Nazarene Compassionate Ministries that might be interested in hearing your report and knowing the needs of the older adults. Encourage them to be part of the Fullness of Life ministry.
 - b) Give a copy of your report to those you share your report with and challenge them to pray for the older adults.
 - c) Allow time for comments and ask their opinions.
 - d) Ask them if they want to be part of this ministry.
 - e) Ask the Pastor if there is a time to present this ministry to the church.

Journal or Notebook

It is very important to keep a journal or notebook where you can write down any ideas that you may think of or ideas you can give to others to successfully develop this ministry. It is also good to write a short biography about each person.

Here are some ways to use your notebook or journal:

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1. Write down the names of potential older adults that may be part of this ministry. Include the dates you contacted with them and some important details about them, such as: their favorite song, their favorite hymn, their food favorite, etc.
2. Find people who have ideas about how to work with older adults and write down their names and phones so that you communicate with them.
3. Write down every idea that comes to mind, even though you won't do all of them.
4. Write down every detail of what you want to do.
5. Write something personal about how you feel about this ministry.
6. Write down scripture from the Bible that God has given to you that encouraged you to start this ministry and those that encourage you to continue.
7. Write down the name of those who want to help you start this ministry.
8. Write down the name of the person who is closest to each of your older adults, so that you have someone to contact in case of an emergency or for any other information you may need.

Evaluation

Evaluate each meeting you have, whether you meet at the church or in a home, ask yourself the following questions:

- a) Did the meeting have a purpose?
- b) Did I have the attention of the attendees?
- c) Did I see interest from them in coming to the next meeting?
- d) Did I receive help from those who offered to help?
- e) Was the meeting social or spiritual? Both?
- f) Did I recognize the needs of the people present?
- g) Did they have freedom to express themselves during the meeting?
- h) Did I feel satisfied to have made this attempt?

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You can also ask the participants for an evaluation, after a few meetings. You can ask them the following:

- a) Do you feel comfortable with the group?
- b) Do you like the dynamics (the activities, the way the meeting is run, etc...) that are used?
- c) What things would you change?

If older adults who attend this ministry have difficulty writing, perform an oral evaluation or have a brainstorming session with all the participants. If you do this, let them express themselves but not express an opinion that would offend others. Be understanding and remember that the evaluation is to help make the ministry more effective.

Recommendations

Working with older adults is not easy and, therefore, you must be prepared to have some unsuccessful meetings, to feel tired and sometimes frustrated. Do not give up!

It is, therefore, important to look for someone to share the ministry with.

Do not be afraid to try different programs and give new ideas a try. In unity, with your fellow ministry partners, ask God to give each meeting a specific purpose.

Be careful not to make sudden or continuous changes, remember they are older adults and they sometimes prefer to have a routine.

Never cancel a meeting because of poor attendance, have the meeting even if only one person attends. Do not expect everyone that you invite to attend.

Remember that older adults constantly change their thinking and sometimes get sick easily.

Plan the meetings or activities to meet the needs and interests of your older adults.

If your meetings are held in a home, choose carefully. Maybe, in some cases, it should be in a larger home, so everyone fits comfortably. Or the home that is easier to get to, or the home of the oldest person in the group, or the home of the person who has the most difficulty getting around, or possibly it could be in a different home each week.

Planning a Meeting for Older Adults

1. Provide transportation or ask someone to accompany the older adults who need help getting around.
2. Prepare the program seeking God's guidance.
3. Prepare the location where you will hold the meeting.
4. Look for help from your pastor and the Director of Adults.
5. Invite each person personally.
6. Plan a time for your meeting, but do not exceed one hour.
7. Prepare a simple snack (you can ask for help from a volunteer).
8. Plan the meeting for a mixed group (men, women, Christians and nonChristians).
9. Set the mood by having a motivating activity as an icebreaker.
10. Prepare name tags for each person with large legible letters.
11. Invite people who are not Christians. Do not try to evangelize them in the first few meetings; older adults are not very likely to change their opinions, especially about religious matters.
12. Allow them time to express themselves.
13. Be sensitive to any needs that arise.
14. Be willing to listen, listen and listen.

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Practical Suggestions

When you announce your meeting, give an exact time to meet and start on time. Older adults are very demanding with schedules.

- a) Greetings (make sure everyone is greeted).
- b) Short time of praise. Sing a hymn or a couple of choruses. Bring copies of the songs in large print and try to include the favorite songs of those in the group.
- c) Read a short verse from the Bible that leads into what you are talking about.
- d) Share the application of the Word, giving them the opportunity to interact.
- e) Pray for the requests of your members, (be sure to mention each request).
- f) Finish with praises.
- g) Close with Prayer.
- h) Have a time of fellowship (include a little snack).
- i) Goodbye, and see you next time.

Possible Activities

SPIRITUAL

- * Bible studies on topics of interest.
- * Reading the Bible in the homes of older adults.
- * One day Spiritual Retreats.
- * Provide an opportunity for those who can not attend church to receive communion in their homes. (Possibly the first week of the month and Easter, or the week following the Sunday that those at church received communion).
- * Moments of Melodies (sing their favorite hymns with them).

- * Find different ways for those who can not read to be able to hear the Bible. It may be the Bible on cassettes or radio, if they do not have this items, you may want to provide it for them. Use your imagination to help them in whatever way you can.
- * If they live a long way away and they can not participate in any of the activities, it might be good to go to them with a small devotional each week or biweekly to help them keep in touch with the church where they are a member.
- * Share in a Bible study with the older adults of the church and community.
- * Teach them ways to invite other older adults to form a group where they can share.
- * Teach them to be disciples and how to disciple others.
- * Reach out to other older adults through different strategies like the Jesus Film, crusades for older adults, spiritual retreats, etc.

EMOTIONAL

- * Visit them when they are sick.
- * Talk to them with respect.
- * Help them to feel satisfied that they get to live a long life.
- * Discuss topics such as loneliness, attitudes, grief, fear, death and family.
- * Visit them occasionally and for no specific reason.
- * Be aware of special occasions and give them something special they like.
- * Talk about grief.

MENTAL

- * Talk about the blessing of retirement and its benefits.
- * Encourage the older adults to think and study.
- * Encourage them to have deep discussions.

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- * Use energetic teaching methods that require them to participate.
- * Talk about the blessing of seeing their children start families. Help them to understand that a child's failure is not the fault of the parents.
- * Encourage them to use their knowledge in Sunday School activities or in a short devotional with the youth, making them realize they still have much to contribute.
- * Empower the older adults to use the household experiences and things they know (favorite recipes, sewing, simple home repairs) to help encourage others.
- * Provide moments of fellowship in which they can express their fears and offer a helping hand to others in their daily lives.

SOCIAL

- * Celebrate their birthdays with them.
- * Take them on short walks or have a picnic.
- * Plan a Christmas celebration with those who do not have families or ask some of the church families to invite them to spend Christmas with them.
- * Take them to special church activities.
- * Buy the newspaper for them.
- * Occasionally invite them to have lunch.
- * Use your creativity to motivate them to be part of the social activities in their area or at church, depending on what is available to them where they live.
- * Help them write a will (if they haven't already) even if they don't have very many things.
- * Accompany them when they want to visit a relative or friend.
- * Occasionally give them a ride.
- * Teach them to use a computer to make friends. You can create a group of retired people, a group of older adults or a Fullness of Life group on the internet.

PHYSICAL

- * Help them to maintain their physical health and encourage their families to take care of them or find them help. Help take them to the hospital or clinic or just take their medicines to them.
- * Encourage them to walk at least two blocks a day and increase it gradually.
- * Teach them to do simple exercises at home.
- * Encourage them to eat healthy food everyday.
- * Help them find an eye doctor and get them glasses if they need them.
- * Help them find a dentist to keep their teeth healthy.
- * Encourage them to keep busy.
- * Remind them that it's ok to relax/rest.
- * Provide workshops/seminars where they can learn to exercise at home and learn how to prepare food wisely for the benefit of their health.

VOLUNTEER SERVICE

- * Invite your older adults to visit other church members or neighbors.
- * Encourage them to share their favorite meal with someone who does not know about Jesus Christ.
- * Encourage them to join to the Vacation Bible School team, to help prepare the snack, make sure that the materials are ready for the classes or help to cut out material used in the classes.
- * Encourage them to share their experiences with other people.
- * Invite them to help in Sunday School.
- * Encourage them to use their gifts in service to the Lord.
- * Use your creativity to discover how they may be helpful to others and give them the opportunity to serve.
- * Train them to be the "grandmothers and grandfathers" in the church nursery.
- * Provide them with ideas of ways to find where they can use their talents and their knowledge of the Christian life.

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- * Encourage them to use their skills to help others in activities which could fulfill a need, whether at the church, in their neighborhood or in their family.
- * If they are in good health, encourage them to take care of school-age children while the parents go on a date or if they need to attend an appointment.
- * Guide them to find resources to help the needy. This help can be food, medicine, clothes, etc.

Appendix Questionnaire

The following questionnaire aims to know you better and to know what your interests are. Thank you for taking the time to complete it.

Name: _____

Address: _____

Phone: _____

Status: single ____ married ____ separated ____ divorced ____ widowed ____

Write the date and time you prefer to meet: _____

Which of the following is an important need to you that can be met by the Fullness of Life Ministry: (indicate with a X all that apply)

____ Fellowship

____ Bible study and prayer

____ Opportunities to Serve

____ Self-improvement

I would like to participate in the following areas: (indicate with an X)

____ Arts and Crafts classes

____ Biweekly or monthly Bible Study

____ Open my home for a Bible Study on _____ (day of the week) at _____ (time)

____ Monthly Bible Studies

____ Service Projects at the church and in the community

____ Fellowship: biweekly, monthly, bimonthly, etc.

* Use another sheet of paper if you would like to explain one of the above points better.

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Personal Information

Name: _____

Birthday: _____

Spouse's Name: _____

Emergency Phone Number: _____

What do you like to do in your spare time? _____

What is your favorite color? _____

What is your favorite food? _____

Do you have a prayer request(s) for yourself or your family?

Periodically, you should take time to have your participants evaluate the activities of the Fullness of Life Ministry. This is something you will need to design yourself, or have one of you ministry partners design it.

The evaluation should be anonymous and simple, not requiring more than 5 minutes; otherwise it will be hard for people to respond. The evaluation can be very helpful in improving your ministry. It will let you to know what your participants like and what they do not like, as well as give you topics that help in their personal lives. The evaluation is a useful tool to help you plan future meetings and events better.

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