

LEADERSHIP LESSON # 76: DEVELOPING A SENIOR ADULT MINISTRY

OUTLINE BY KENNY HOOMES

Does a senior adult ministry involve more than eating and going on trips? **Yes**. Many individuals in the church poke fun at seniors by saying this is all we do. However, a senior adult ministry involves far more than just fun activities.

Are all senior adults alike? **No**. We typically tend to stereotype senior adults into one category. If you have seen **one** senior adult, you have seen **one** senior adult!!!

In the past, a senior adult was considered to be anyone over the age of 65 years. However, with individuals living much longer, senior adults and senior adult ministry needs to be broken down into small chronologic age groupings.

Young old – 65-74 years **Middle** old – 75-84 years **Old** old – 85-99 years **Elite** old – 100+ years

A good place to start developing a senior adult ministry is by **identifying** the needs. Develop a **survey of needs** and distribute the survey through your senior adult Sunday School departments. (A good resource to draw from is **Forward Together: A New Vision for Senior Adult Ministry** by Jay Johnston; published by LifeWay).

In developing a senior adult ministry, keep in mind that there are five **essentials** for a senior adult ministry. Each essential will have overlapping into other areas, however, when developing your ministry remember to provide some programming into all areas.

1. **Mental**: Keeping seniors active from a mental state is very important. Senior adults never stop learning. Provide mental activities like computer training; game days; Bible studies, etc.
2. **Emotional**: Senior adults go through a variety of emotional needs. From retirement to the loss of a spouse, emotions run deep. Consider ministry such as grief support; music (choir, handbells); opportunities for volunteering.
3. **Physical**: It is important for senior adults to remain active. Providing some form of exercise is very important. Consider establishing a walking group or some other exercise class at the church. Again many of these essentials overlap.
4. **Social**: We are all social beings and senior adults are no different. Senior adults enjoy trips, fellowships and just having a good time in general. However, do not fall into the trap of only providing this one essential.
5. **Spiritual**: Last but not least is spiritual. This essential is what sets our church apart from other senior adult groups in our community. Providing Sunday School, January Bible Study, and even Vacation Bible School are prime examples of meeting this essential.

Always **evaluate** the ministry on a regular basis. Just because something was a good idea years ago does not make it a good idea today.

Finally, **establish** an organization that works. This could be anything from a well-defined senior adult council to simply a volunteer with senior adult ministry responsibilities.

LEADERSHIP LESSON # 76: DEVELOPING A SENIOR ADULT MINISTRY

OUTLINE BY KENNY HOOMES

Does a senior adult ministry involve more than eating and going on trips? _____. Many individuals in the church poke fun at seniors by saying this is all we do. However, a senior adult ministry involves far more than just fun activities.

Are all senior adults alike? _____. We typically tend to stereotype senior adults into one category. If you have seen _____ senior adult, you have seen _____ senior adult!!!

In the past, a senior adult was considered to be anyone over the age of 65 years. However, with individuals living much longer, senior adults and senior adult ministry needs to be broken down into small chronologic age groupings.

_____ old – 65-74 years _____ old – 75-84 years _____ old – 85-99 years
_____ old – 100+ years

A good place to start developing a senior adult ministry is by _____ the needs. Develop a _____ and distribute the survey through your senior adult Sunday School departments. (A good resource to draw from is _____: _____ by Jay Johnston; published by LifeWay).

In developing a senior adult ministry, keep in mind that there are five _____ for a senior adult ministry. Each essential will have overlapping into other areas, however, when developing your ministry remember to provide some programming into all areas.

1. _____: Keeping seniors active from a mental state is very important. Senior adults never stop learning. Provide mental activities like computer training; game days; Bible studies, etc.
2. _____: Senior adults go through a variety of emotional needs. From retirement to the loss of a spouse, emotions run deep. Consider ministry such as grief support; music (choir, handbells); opportunities for volunteering.
3. _____: It is important for senior adults to remain active. Providing some form of exercise is very important. Consider establishing a walking group or some other exercise class at the church. Again many of these essentials overlap.
4. _____: We are all social beings and senior adults are no different. Senior adults enjoy trips, fellowships and just having a good time in general. However, do not fall into the trap of only providing this one essential.
5. _____: Last but not least is spiritual. This essential is what sets our church apart from other senior adult groups in our community. Providing Sunday School, January Bible Study, and even Vacation Bible School are prime examples of meeting this essential.

Always _____ the ministry on a regular basis. Just because something was a good idea years ago does not make it a good idea today.

Finally, _____ an organization that works. This could be anything from a well-defined senior adult council to simply a volunteer with senior adult ministry responsibilities.