



# Week 6 Elderly People

# Did you know...

- That your heart rate gets slower as you age?
- That when you're old, your skin is less elastic, so you get more wrinkles?
- That your bones shrink when you age?
- That your ears and noses are still growing when you are old?

This week we will be praying for the elderly people around us and around the world. As you may know the virus mostly affects elderly people. As means of prevention, many have been put in isolation for long periods of time. They cannot see their families, and many are struggling with loneliness. In parts of the world, since there is not enough medical equipment, they tell the older people to go back home, because they cannot treat them medically.



Many grandparents around the world have been feeling like they are not important, but they are precious in God's eyes, and they are just as important as the rest of the world.

We will also pray for the elderly who are in nursing homes and are not allowed any visitors. They can no longer play games together with their friends but are told to stay in their rooms for more time. How do you think they feel when they get no visitors and they can no longer play games like bingo with their friends in the nursing homes?



## **Prayer Points**

We will pray for three specific things for them.

#### Loneliness

God is with us always. He is with our grandparents when we cannot visit them. He always takes care of the elderly. He made them, and He will be with them. Let's pray that they will feel God very close to them.

Isaiah 46:4 "Even to your old age and gray hairs I am he, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you."

#### Health

Because this virus mostly affects the elderly, we will pray for protection over their health. Many around the world may feel like no one cares for them, but let's pray for God to restore their health, because He cares for them.

Jeremiah 30:17 "But I will restore you to health and heal your wounds,' declares the Lord, 'because you are called an outcast, Zion for whom no one cares.'"

#### Worth

Did you know the Bible says that gray hair is like a crown? Every time you see an old person's gray hair try to imagine that they are wearing a crown! God tells us to respect our grandparents and the elderly.

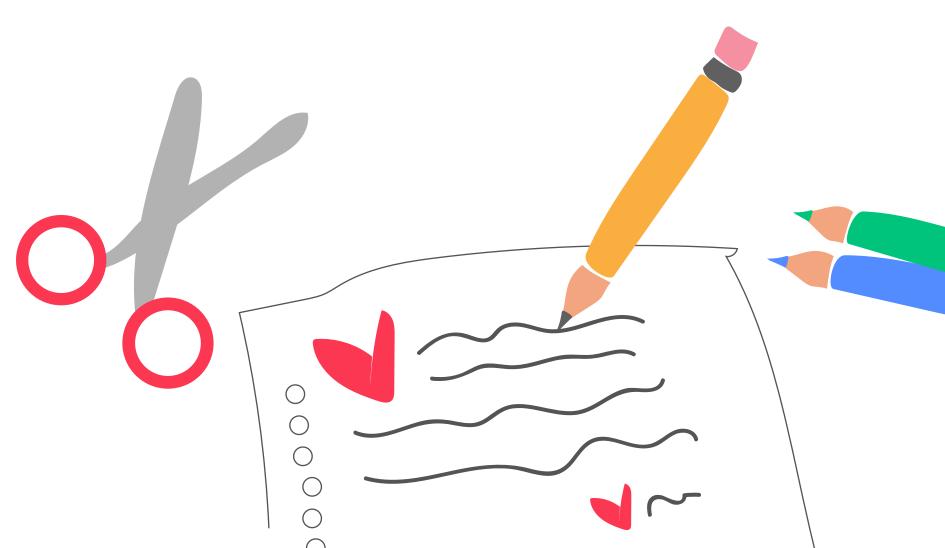
Proverbs 16:31 "Gray hair is a crown of splendor; it is attained in the way of righteousness." Leviticus 19:32 "Stand up in the presence of the aged, show respect for the elderly and revere your God.

I am the Lord."



# Craft!

Make a card for an elderly person you know, it can be for your grandparents, a neighbor, another relative, or a friend. Write one of the verses we read above to encourage them during these hard times. (If you cannot write, ask your parents to write it for you, and you can add a drawing for them!)



# Challenge

Call your grandparents or another elderly person you know. Ask them how they are doing and how you can pray for them. Ask your parents to help you deliver the card to them. If that is not possible, you can take a picture of it and send it to them.

### Pray!

Dear Father, I thank you that you take care of my grandparents and the elderly people around the world. I know that they are very important to You, and You always take care of them. Please keep them healthy. I pray that they will feel You very near, so that they will not feel lonely. Amen

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