

Practices and Approaches Older Adulthood

Components¹ that add spirituality to programming for older populations:

- *A continuing sense of responsibility toward community, family, and church.*
- *A thorough contemplation of death and eternity.*
“Unless we can come to terms with our ultimate destination, we really won’t have the wisdom to make those right decisions about the journey here.”
- *Providing time for much needed solitude and meditation.*
“This takes a great deal more time than we were privileged to have for meditative thought when we were younger.”
- *Realizing that being alone is not the same as being lonely.*
“Those who have grown in their older years to be closer to themselves, closer to their God, and closer to their friends have a need to be alone more often.”
- *Feel deeply the losses of others and those experienced personally.*
“As our heart’s focus turns outward, away from ourselves and ours, and shines more brightly toward others, we are more deeply moved by the injustices toward them—especially the hurts of children and youth...”
- *Moving toward our giftedness in maturity.*
Our individuality deepens as we are free to become who we were created to be, instead of being conformed to expectations of others
- *Activities that support the making and keeping of friends.*
Friendships are “one of the riches of maturing in Christ—enjoying the human spirit of God’s creation in [human]kind.”

Resource:

“48 Older Adult Ministry Ideas”

Richard H. Gentzler, Jr.

<http://www.umcdiscipleship.org/resources/48-older-adult-ministry-ideas>

¹ Davis, C. B. “Spirituality and Aging,” in *Perspectives on Spiritual Well-Being and Aging*, J.A. Thorson, ed. Springfield: Charles C. Thomas Publisher, 2000, p. 45-53.