

**Supplies:**

- \*Blank Cards
- \*Address List of Senior Adults

# Care Cards for Senior Adults

## Read Philippians 2:4

“None of you should look out just for your own good.  
Each of you should also look out for the good of others.”

We may be feeling sad that many of the things we enjoy doing will be canceled during the next couple of weeks. It is normal to feel sad and that's ok. The Bible tells us that we should not only think about ourselves, though. We are told to look out for the good of others. One of the ways we can do this is by showing concern for the elderly in our faith communities and local nursing homes. Since the elderly are at the greatest risk of getting sick, many of them will be staying home as much as possible to avoid being exposed to the virus. This is an opportunity for us to show love to people who may be feeling lonely by creating cards to send to them so they know they are not forgotten.

Make a list people to receive cards. Consider family members, neighbors and church members. You could even “adopt” a local nursing home. While making your cards, be creative! Consider including a joke, a Bible verse or homemade artwork inside.

### Before mailing (or delivering) each card, pray for the recipient:

Dear God, please bless \_\_\_\_\_. Please keep \_\_\_\_\_ safe and healthy.  
Please fill \_\_\_\_\_ with your peace. Amen.

Brainstorm: What other ways can we (safely) be thinking about others? Who might you call and brighten their day? Ask God to show you who is in need of your help during this time.

[FamilyMinistryTools.Org](http://FamilyMinistryTools.Org)



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