



Fullness of Life

SENIOR ADULT MINISTRY
CHURCH OF THE NAZARENE
NDI 2023

“Children’s children are a crown to the aged,
and parents are the pride of their children.” Proverbs 17:6



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GENERAL GUIDELINES

Nazarene Discipleship International (NDI) Adult Ministries, is designed to serve adults of all ages, men and women, with an emphasis on providing intentional discipleship through lessons that give spiritual support through the study of God's Word with engaging small group lessons designed for specific groups of adults. NDI Adult Ministries includes the following ministries:

WOMEN'S MINISTRY – DAUGHTERS OF THE KING

This ministry strives to glorify God by challenging women to:

- * Know God personally.
- * Grow in the likeness of Christ.
- * Discover and use their spiritual gifts, love and serve their neighbor, reflect the Lord Jesus in all their actions.

MEN'S MINISTRY – MEN IN THE IMAGE OF GOD (MIG)

This ministry promotes the spiritual growth of each of the men in your congregation. This ministry is designed to teach men to be committed to God, to be faithful to their wives, to make church a family priority, and to become disciples of Jesus.

MARRIAGE MINISTRIES

The purpose of this ministry is to provide times and a place for married couples to be together to discuss topics that relate to them and to learn to live a fulfilled life within marriage, saturated by the presence of God.

SENIOR ADULT MINISTRIES – FULLNESS OF LIFE

Fullness of Life Ministries is a call to the church to extend its ministry to senior adults. These wonderful people need to feel loved and accepted, and at the same time, they want to share their advice, experiences, and skills with others. For this reason, this ministry seeks to involve and care for our senior adults.

METHODOLOGY:

Interact with your senior adults, they have a wealth of knowledge and experience, and they know how to share their opinions. They can help you to teach the class if you make it participatory. Use a constructive method of teaching, allowing everyone to contribute to the class.

INFORMATION ABOUT SENIOR ADULTS

SENIOR ADULTHOOD

Senior Adulthood is a normal stage of life development. It's the continuation of the adulthood stage and is the final stage of life. It begins at approximately 60 years of age and progresses until the moment of death.

Senior Adulthood effects our elderly men and women in different ways. These effects may or may not be visible and may depend on their level of activity and their life experiences. It's thought that the greater the physical or intellectual activity, the lower the effects old age has on a person. Senior Adulthood is often characterized by a progressive decline in physical strength.

The age range of Senior Adults is very wide, it includes several generations. Old age is a physiological process that every human being goes through, where physical as well as psychological and social changes occur. Aging is a dynamic, gradual, natural and inevitable process.

It's often said when you turn 65 "old" begins. This turning point for an individual is often chaotic. The person may no longer be working and is facing a series of physical, mental, personal and economic changes that they don't know how to deal with or don't have sufficient tools to deal with.

The Senior Adult population group of people are not all the same. Depending on their life experiences, each person develops different cognitive processes, skills, and sensitivities. Therefore, not all individuals age in the same way. In addition, the Senior Adult stage currently accounts for a third of a person's life, so it is logical that their needs are changing.

CHARACTERISTICS OF THE SENIOR ADULT:

- Decrease in physical strength: This decrease in turn causes a progressive decline in intellectual and mental activity in general.
- They lose interest in the things of life and are living in the past, a past that they constantly think about since the present and especially the future doesn't offer them much prospect.
- Their character is changing. In a senior adult who has had an adulthood without a very mature personality, there is a marked tendency toward selfishness, distrust, criticism and a tendency toward a bitter reaction against society and their relatives or caregivers.
- Some begin to have short-term memory loss. These symptoms can become very evident in some senior adults and hardly present in others. Those who have a higher level of physical, mental, and social activity tend to have less memory loss.
- Physiological changes: cells age, body structure changes, skin elasticity and hydration are lost (wrinkles appear).

- Changes in health: the prevalence of diseases (morbidity and mortality) increases.
- Nutritional changes: the metabolic needs are no longer the same, and therefore their diet must be more specific.
- Changes in elimination: incontinence may appear, which will have very important psychological and social consequences for the elderly.
- Changes in activity: the rate of exercise decreases, although it is more necessary than ever for the individual to remain active.
- Changes in sleep: sleep patterns change, the individual does not follow routines.
- Changes in perception: the sense organs may be affected, leading to sensory problems (deafness, vision problems, etc.,)
- Social changes: social relationships and roles are different, even within the family. Many times, the person is not actively involved in society either.
- Sexual changes: due to physical limitations in sexual organs, and erroneous thoughts rooted in society.
- Changes in self-concept: attitude, identity as well as body image of oneself changes, and is usually negative. Lower self-esteem is common. Ecclesiastes 12:1-8.

HOW TO LOVE SENIOR ADULTS

LET THEM SPEAK... because in their past there is a treasure full of truth, beauty, and good.

LET THEM GO VISIT.... their old friends because among them they feel revived.

LET THEM RECOUNT.... the stories about themselves that they repeat, because they feel happy when we listen to them.

LET THEM LIVE.... among the things they have loved, because they suffer when they feel that we have ripped pieces of their lives from them.

LET THEM SCREAM... when they have been wrong because older adults like children have a right to understand.

LET THEM GROW OLD... with the same patient love with which you let your children grow, because everything is part of nature.

LET THEM PRAY... the way they know how; the way they want, because senior adults discover the shadow of God on the road they still have to travel.

LET THEM DIE... in arms full of love, because the love of our brothers and sisters on earth makes us better sense the infinite torrent of love from the Father in Heaven.

LET THEM BE!

(anonymous author)

LESSON N° 1

TOPIC: THE JOURNEY OF GRACE

VERSE: JOHN 14:6

INTRODUCTION:

The Christian's journey is a pilgrimage along the path of life. God in his grace and in his mercy doesn't show us what path we should take. We are currently traveling along the narrow road, with many obstacles, there are some stretches in the desert and some in valleys, but the Lord tells us not stay in the valley, but to move forward and keep going, later water will cover the valley with pools, Psalm 84:6-7. The teacher is with you, for he has promised, "Never will I leave you . . ." Hebrews 13:5-6.

WAY, TRUTH, AND LIFE

WHY DID JESUS SAY, "I AM THE WAY"?

There are many paths to follow and because man has always wanted to be equal to God, he wants to invent paths at his convenience, saying that they all lead to the same place; but that's a false idea. In the phrase "I am the way", Jesus takes us by the hand and shows us "the way" day by day, and through his Word he speaks to us: ". . . This is the way; walk in it." Isaiah 30:21.

Jesus prepared the way for us; he completed it on the cross of Calvary through his shed blood for us. Hebrews 10:20 identifies it as ". . .a new and living way opened for us. . .". To truly walk with God as Christians we must walk as is worthy of our Lord Jesus Christ, seeking to please him at all times.

First of all, God expects us to lead a life pleasing to him in everything. We all need to ask ourselves what pleases the Lord. Paul tells us that God is pleased when we are sanctified (1 Thessalonians 4:1-7). To abound in thanksgiving is to learn to walk with God, but what does it mean to walk with God? The Hebrew word "jalák" refers to someone who travels with or is guided along a path by a companion. In this sense one can understand this verse as someone who not only walks with God, but also follows God. He becomes a friend forever, in gratitude he serves him, there is a surrender, he praises, he adores, he has a close relationship with God.

WHY DID JESUS SAY, "I AM THE TRUTH"?

Most people want to know and speak the truth, but we are deceived by the devil who is "...the father of lies" John 8:44. But Jesus said that we will know the truth and the truth will set us free. The word truth comes from the Hebrew word "Emet".

The definition of Truth is: an indisputable fact, an actuality. Jesus takes this very significant term to demonstrate part of his identity when he says, "I am the truth" and in John 8:32 we read that "...the truth will set you free." In addition, the Sanctification of the believer is achieved through the truth, which is the revelation given by Jesus, about the mandate of the father, when he said, "Sanctify them by the truth; your word is truth" John 17:17.

WHY DID JESUS SAY, "I AM THE LIFE"?

He is the source from which life emanates and the moment we open our hearts to Jesus, He comes to give us eternal life. Because we do not belong to this world, we are simply pilgrims on a journey, God has prepared a dwelling place for us so that where he is, we can also be. Meanwhile we must travel along difficult paths, sometimes that is the path of the cross, but it's the only path that leads to life; there is no other way to reach the father but by the path of the cross of Christ, who is "...the resurrection and the life" John 11:25.

CONCLUSION:

The phrase "I am" identifies to us the truth about the Father. When we know that he is "the way, the truth, and the life" we can receive the life that God offers us. The last part of the verse, "no one comes to the Father except through me", can be translated as: "To get to the Father, all people must go to through Jesus Christ, our intermediary. Jesus is the way, truth, and life: the way that leads us to the father, the truth that sets us free, and gives us eternal life, through his grace and mercy.

LESSON N° 2

TOPIC: TRUST IN THE LORD TO FLOURISH IN THE DESERT, NOT TO DIE

VERSE: JEREMIAH 17:5-7

INTRODUCTION:

The Bible tells us that the first man, was cursed at the moment that he disobeyed God's instruction; the consequence of his sin not only affected him but it affected the earth as well. Genesis 3:17. This sin is inherited by all human beings, their "sin is engraved . . . on the tablets of their hearts" Jeremiah 17:1.

God was replaced by their self-centered souls, they relied on their own strength, they turned away from the Lord, they had a man-centered faith, Romans 1:21-25. This is why Jeremiah teaches us the following:

I. THE CURSE OF TRUSTING IN MEN (Verse 5)

The word trust is defined as: strength, integrity, surity. This curse is associated with where man places his trust because when man puts his trust in himself, his strength and his sinful pride leads him to be self-sufficient. Jeremiah says that their hearts turned from God, they didn't think they needed God. Jeremiah was correct when he said: "Cursed is the one who trusts in man...". Jeremiah compares the cursed man to a bush in the wasteland, it cannot flourish, and is likely to die from drought.

We Christians have fears, worries attack us, our weaknesses crush us because we want a quick and instant solution to our problems. Solomon said, "Trust in the Lord with all your heart and lean not on your own understanding" Proverbs 3:5. This leads us to the next point.

II. TRUSTING IN GOD PRODUCES SECURITY AND HAPPINESS (Verse 7)

The verse says "blessed" which means: Blessed with abundance, blessed, happy. This indicates that the source of happiness is trusting in God and not only that, but that God be our confidence, blessing emanates from there.

Here we see a comparison of the bush in the dessert (the one who trusts in himself) to the one who "... will be like a tree planted by the water that sends out its roots by the stream" (the one who trusts in the Lord) Jeremiah 17:8. It reminds us of Psalm 1:3 which tells us that God's resources are abundant. If we look at both of these verses, they have a common word "water". And we see that when there is a plant and water, the plant always bears fruit. The best part is that we can trust that God will bring us forward. There may be unfavorable weather, heat, drought, etc. but from the river of God water continues to flow.

The prophet Jeremiah tells us that we must put down our roots next to the stream, that we must deepen our trust in God. Sometimes it seems to us that we are like the disciples on the Sea of Galilee, alone, struggling in the midst of a sea of problems, battered by the waves and frightened because we don't know what will happen. But it's wonderful when we see the Master, walking on the water, and telling us: "It is I, don't be afraid."

The whole world is experiencing very difficult times, many worry about what is going to happen, but the best thing we can do is to trust our God in the midst of the problems knowing that he is with us. The prophet Jeremiah ends this eighth verse by saying: "It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit." If you trust in God, you will have an answer. Its leaves will always be green and it will not stop bearing fruit. When the drought comes, we can imagine the anguish, the scarcity of water, the fear, but the tree will not get worried, it will not be anxious, it will not dry up, because it has the rich water that the stream provides, that God provides for peace and quiet.

CONCLUSION: TO FADE AWAY OR TO BLOOM: Clearly a tree that grows next to a stream of water is supplied with nourishment and even in times of drought, it deepens its roots and obtains the nourishment it needs. This analogy is used in the Bible, the water symbolizes the presence of God and the Holy Spirit, and we are the trees. If we grow in the word and keep seeking the presence of God, we will never dry up because even in the midst of tribulations, the Lord will supply what we need to go through the storm. But if we distance ourselves from God and from his presence, during the times of drought/trial that will come, we won't have those deep roots to keep us standing, nor the presence of God to guide our steps. We will dry up because we've stopped our daily search for fresh water, because we've allowed the cares of life to stop us, because doubt torments us, because we trust in man not in God, because we don't make time for our roots to grow deep and obtain the source of water that flows until our pool overflows. Let's trust in the divine promise, in the one who is the source of living water, Jesus.

LESSON N° 3

TOPIC: THE FRUIT OF THE HOLY SPIRIT THAT BELIEVERS CAN HAVE

VERSE: GALATIANS 5:22-25

INTRODUCTION:

There is a big contrast between the flesh and the spirit presented in God's Word. Galatians chapter 5 and Romans chapter 8 are the main passages that tell us about this big contrast, and they are not only contrary, but they are in conflict with each other.

THE FLESH AND THE SPIRIT

We could imagine that the fruit of the Spirit would be like a new tree that has been planted at the moment of our conversion. The fruit of this tree is produced by the indwelling of the Holy Spirit and has, as it were, nine flavors: **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.**

The flesh, on the other hand, is like grass or a weed. It grows by itself; it suffocates other good plants and steals the nutrients spreading to places we don't want it to grow. We have to uproot the weed. We know that if we're not careful it will return. Weeds are sometimes dormant and grow when and where we don't expect them. We also realize that it's much easier to pull the weed when it's just beginning to grow than when it's already grown big and strong. So, the Scriptures exhort us to "Put to death, therefore, whatever belongs to your earthly nature," and also do "not gratify the desires of the flesh" (Colossians 3:5; Galatians 5:16).

THE SPIRIT THAT DWELLS IN US

In this study we will focus on talking about what Galatians tells us about the fruit of the Spirit. When we were without Christ there was no life in us, we "were dead in your transgressions and sins." It's through the Spirit that we have life, and the ability has been given to us to please and glorify God through the Spirit that is in us.

In addition to teaching us about the fruit of the Spirit, chapter 5 also tells us several things about the Spirit:

WALK IN THE SPIRIT AND BE LED BY THE SPIRIT

These two verbs are closely related. The Holy Spirit identifies the path we should walk, and as obedient children of God we must walk that path. It's not for us to question the path that the Spirit establishes for us, but to know he will choose what is best for each of our lives.

The purpose of the Spirit will always be that we walk according to the will of God. He will help us to know God's will through his Word. We must be willing to surrender our will and let Him take control.

THE FRUIT OF THE SPIRIT

First of all, we want to emphasize that they are not 'the fruits' but 'the fruit' of the Spirit. It's not plural but singular. There is unity in all these characteristics which the Holy Spirit is producing in us in order to make us more like Christ.

Let's take a closer look at these characteristics that a Christian should have:

LOVE

This is God's love that has been poured into our hearts. We know love because God loved us first, and now we can reflect that love to others. The Lord Jesus Christ said to his disciples: "A new command I give you: Love one another. As I have loved you, so you must love one another" (John 13:34). What is new about this commandment? It had already been said in ancient times that: "You shall love your neighbor as yourself". Without a doubt, the love of Christ is far superior even to the love we have for ourselves. 1 John 3:16 teaches, "This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters". We must take them the message of salvation so that they can know Jesus.

JOY

Brother Jack Hunter, in his commentary on Galatians, tells us that JOY "... is a deep contentment and delight in the ways of God, and its possession enables us to accept different forms of trials in life."

It's because we are children of God, and through our relationship with Him, that we can have joy despite the circumstances around us. "Rejoice in the Lord always. I will say it again: Rejoice!" (Philippians 4:4)

PEACE

This has to do with the peace of God that is in us. It comes by fully resting in God's control over all things. God is the 'God of peace', the One who is the source of tranquility and who sustains all things.

PATIENCE

Patience in this case has more to do with enduring or refraining from provocation. This provocation can come from another person or also through circumstances that, if not for the help of the Spirit, could lead to a negative reaction on our part. The result being anger and revenge.

KINDNESS

It is kindness that we should show to others, feeling compassion towards our neighbor. It is a characteristic that was constantly seen in the Lord Jesus Christ in his dealings with people.

GOODNESS

Goodness is related to what is good and pleasing before God. God is good, and our actions should glorify God and be pleasing to him. Let's remember that "If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them" (James 4:17).

FAITHFULNESS

Our tendency is to doubt God, so some say that faithfulness has to do with fully trusting what the Word says and the promises God gives us. Some think that faithfulness has to do with our fidelity to God or the trust that we have in others or that others have in us.

GENTLENESS

This is the opposite of arrogance and is similar to humility. The Lord said: "... learn from me, for I am gentle and humble in heart, ..." (Matthew 11:29). We are also told that "... Moses was a very humble man, more humble than anyone else on the face of the earth" (Numbers 12:3). In the midst of criticism Moses showed a humble and submissive spirit, letting God intervene on his behalf.

SELF-CONTROL

Self-control is defined as control or restraint of oneself or one's actions, feelings, etc. It's clear that if something is under the control of our own strength there is no guarantee, so as Christians, our self-control should reflect that we are under the control of the Holy Spirit. However, this implies that it's our responsibility to give God control.

CONCLUSION:

The great longing of the apostle Paul for the Galatians was for their lives to be transformed by Christ. Galatians 4:19 says: "My dear **children**, for whom I am again in the pains of childbirth until Christ is formed in you, ...". In Christ the characteristics of the Fruit of the Spirit are manifested 100% and in perfect unity and harmony, which is why Paul teaches us: "Follow my example, as I follow the example of Christ" (1 Corinthians 11:1). Jesus wants our lives to be transformed by the Fruit of the Spirit.

TO THINK ABOUT AND DISCUSS:

What Fruit of the Spirit do you have?

What Fruit of the Spirit do you lack?

Is there a specific Fruit of the Spirit that you would ask God to help you with?

Why that specific Fruit?

LESSON N° 4

TOPIC: TRANSFORMATION OF THE NEW BELIEVER

VERSE: 2 CORINTHIANS 5:17

INTRODUCTION:

Paul tells us that all believers have died with Christ and no longer live for themselves. Our lives are no longer of this world; they are now spiritual. Our "death" is that of the old sinful nature that was nailed to the cross with Christ. It was buried with him, and just as he was raised by the father, we too "may live a new life" (Romans 6:4). That new person who was raised up is the one that Paul mentions in 2 Corinthians 5:17 as the "new creation."

This class consists of three points that we see in 2 Corinthians 5:17 that teach us the following:

IS IN CHRIST – verse 17a

What does it mean to be "in Christ"? It means to live like Christ, to imitate him in all areas of life. It means to think like him, to do what he did. The person who is "in Christ" doesn't fear the evil one nor does he fear the problems he faces.

He who is "in Christ" endures the test, overcomes the temptation and rejects it.

He who is "in Christ" doesn't give the enemy a foothold in his life; he leaves no doors open to be tempted.

This brings me to the next point.

THE NEW CREATION HAS COME - verse 17b

"The old has gone." The "old" refers to everything that was part of our old nature, pride of life, love of sin, past habits and passions. Galatians 5:19-21 lists all the works of the flesh. The new creature sets its sights on Christ and not on itself. The old things die giving way to a new creation full of the glory of God who sees the world differently.

The new creature sees externally and fixes his gaze on Christ instead of internally seeing only himself. The old things have died, nailed to the cross with our sinful nature through the sacrifice of Jesus Christ.

Paul reiterates the biblical teaching that our earthly bodies, worn out by the years or as a consequence of the degradation of sin, will be transformed into incorruptible bodies. When death comes, as new creations, we will be transferred to heaven, to live in the mansions that Christ has prepared for us.

THE NEW HAS COME - verse 17c

Old and dead things are replaced with new things, full of life and the glory of God.

The soul of the newborn Christian delights in the things of God and hates the things of the world and the flesh.

Our purpose, feelings, desires, and ideas are fresh and different from the past. We see the world differently, as a consequence we practice the Fruit of the Spirit. Galatians 5:22-23

CONCLUSION:

Our new nature hates the sin that still has power over us. The difference is that as a new creation we are no longer a slave to sin, as we were before. Now we are free from sin and sin no longer has power over us. Those who belong to Christ have crucified the flesh with its passions, now we can live and walk in the Spirit.

TO THINK ABOUT AND DISCUSS:

1. What is the evidence of a Christian who is walking in the Spirit?
2. List the qualities or characteristics of the believer who walks in the Spirit according to Ephesians 4:1-5

LESSON N° 5

TOPIC: A CORRECT ATTITUDE OF PRAYER

VERSE: LUKE 18:9-14

INTRODUCCIÓN:

Jesus, after telling the Parable of the Persistent Widow illustrating the power of persistence by the widow to the unjust judge, continues with another parable that contains an abundant wealth of the doctrine of justification by faith. It shows that a sinner is declared righteous in an instant, in an act of faith and repentance. This parable also teaches us to have a correct attitude of prayer. Let's look at the following points:

LEARN TO TRUST IN THE GRACE OF GOD AND NOT IN OUR OWN WORKS - verse 11-12

Feeling entitled to receive everything from God because of the good things we do is to have an attitude like the Pharisee.

This is equivalent to not trusting in God's grace but in our good works; it is trusting or believing that because God is just, we can receive his favor.

When the Pharisee prayed this prayer, he wanted God to see all the good things he was doing. He had an attitude of self righteousness, trying to force God to respond to him because of his good works/deeds.

It's necessary to realize that we cannot repay God for his sacrifice. God doesn't owe us anything.

The Apostle Paul said that "...we have an obligation—but it is not to the flesh, ..." Romans 8:12. Why? Because of the salvation that the Lord Jesus has given, has justified, regenerated, adopted; it's a complete gift that God in his mercy and in his grace granted to all of mankind.

Service must come as a result of a life given to God and as a consequence of loving God, the church, and our neighbor.

This teaches that an attitude of prayer like that of the Pharisee must be omitted from the heart and that prayer must come out of a sincere heart, centered on God. The Apostle Paul said "... but in every situation, by prayer and petition, with thanksgiving, present your requests to God..." Philippians 4:6. This brings us to the next point:

THE CORRECT ATTITUDE OF PRAYER – verse 13

The Tax Collector's prayer has several elements:

It was sincere: He said, "God, have mercy on me, a sinner." He recognized his sin before God, he felt he had no right to come before God, without first confessing his guilt.

It's personal: His prayer came from his heart as he analyzed his condition and asked God to change him.

He is humble: He prayed with his head lowered, in an attitude of sorrow for his condition, and in recognition of God as a Supreme Being, who deserves respect and reverence. The Psalmist David said, "My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise" Psalm 51:17.

He asked for Divine favor or mercy: He didn't consider himself worthy of life but deserving of death for his sin. But God showed him, at that moment, that He can grant life and forgiveness.

It's a prayer of noble repentance: He beat his chest and said "have mercy on me, a sinner." Without using impressive or deep words, but with sincerity, he came bare before God in an attitude of confession.

CONCLUSION - verse 14

At the end of the passage, Jesus added "I tell you that this man, rather than the other, went home justified before God."

This prayer teaches us that we must fight against the Pharisee that we carry within, so we don't exalt ourselves and sadden the heart of God the Most High.

It's necessary to have an attitude like that of the Tax Collector when we come before the Lord so that we can be justified and filled with joy. Jesus said, "... those who humble themselves will be exalted." Luke 14:11

ADDITIONAL INFORMATION:

The Pharisees: They were the teachers in charge of instructing the Jewish people about the law given to Moses by God 1,500 years earlier; they were considered the intellectuals. They were an influential religious sect within Judaism that emerged between 587 and 536 BC. Their doctrine evolved and was strengthened during the second century and included politically representing the Jews. They were educated men, intellectuals of the middle class, rabbinical.

Tax Collector: Employees of the Roman Empire who were in charge of collecting taxes for Rome. They were Jews who worked for the Romans. They were seen as traitors, rather than fighting Rome, they were helping them and enriching themselves at the expense of their fellow Jews, often cheating people they collected taxes from. They were an insult to God, for charging an additional sum to produce self-profit, they were excluded from the synagogue and socially discriminated against, they were extremely detested and hated. They were classified with "sinners", "pagans", and prostitutes of that time.

LESSON N° 6

TOPIC: A CALL TO SERVICE

VERSE: DEUTERONOMY 10:12

INTRODUCTION:

What does the Lord your God ask of you?

Let's ask that question this way; What does the Lord your God ask of senior adults?

The Lord your God request's four things of us through four active verbs:

FEAR

The Greek verb "yare" is used in relation to action towards a high-ranking chief - to fear, stand in awe of, reverence, honor, respect. Why does the Lord our God ask Israel to fear Him? God claims the people of Israel as his sons, and He wants the very best for them. So Moses tells Israel what God requires of them. "Why do you call me, 'Lord, Lord,' and do not do what I say?" Luke 6:46.

WALK IN OBEDIANCE TO HIM

As Christians we must learn to walk with God. The word walk comes from the Greek word "jalak" meaning someone who travels with or guides to a certain place. It's understood as someone who not only walks with God, but also after God. Our walk should be directed by the Holy Spirit, and it leads us on a pilgrimage whose main goal is the heavenly homeland, away from all evil, pleasing God in everything, just like Enoch who pleased God because he walked in His ways. Genesis 5:21-24, Hebrews 11:5.

LOVE

This is a call to remember the great commission, to love God with your heart, soul, mind and strength, this is linked to what Jesus said in John 14:15, "If you love me, keep my commands." Jesus also said "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them" John 14:23. God wants us to belong to Him.

SERVE

It is common to see fellow believers wanting to serve first, but they have forgotten the three previous requests from God (fear, walk, love). God is pleased with our service, but we must remember to fear him, walk with him, love him and then our service will be pleasing to him.

If we don't obey him then we're not pleasing to God, because we would be serving without obedience and not fruit will be produced.

Jesus set us an example: Mark 10:45 says: "For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many".

CONCLUSION:

What God wants from us is loving obedience, let's obey from the depths of our hearts.

The psalmist said: "Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture" Psalm 100:2-3.

The psalmist acknowledged God's authority, unlike the people of Israel. But just as God wanted a relationship with Israel, God also wants to speak to us today.

FOR CLASS DISCUSSION:

What does the Lord ask of me?

How do we fear the Lord?

How do we walk in obedience to God?

How do we love God?

How can we serve the Lord?

LESSON N° 7

TOPIC: THE PROMISE OF THE HOLY SPIRIT IN THE LIFE OF THE CHRISTIAN

VERSE: JOHN 14:25-26

INTRODUCTION:

In this passage, Jesus promises the coming of the Advocate before going to the cross of Calvary, it's part his farewell speech at the Last Supper. In Luke 22:15-16, he implies his return to his father after completing his work on earth.

The disciples were every confused and having deep feelings of uncertainty, they felt alone, unprotected, even orphans. Jesus was right to tell them "Do not let your hearts be troubled. You believe in God; believe also in me." John 14:1

This is why Jesus tells the disciples about the advocate, a comforter to help them, but the advocate is also for us; a comforter that is available 24 hours a day if we seek him, he is available to answer your call.

THE CONSOLATION OF THE HOLY SPIRIT

Jesus assures his disciples that he will not abandon them: "But the Advocate, the Holy Spirit, whom the Father will send in my name..." In Greek word "Parakletos" can be translated in various ways: advocate, comforter, counselor or one who consoles. The Holy Spirit is described as always being by our side to:

Represent us

Defend us

Plead for us

Offer counsel to us

Bring us peace

The advocate is sent in Jesus' name and it's a blessing to have the Holy Spirit in our lives. He is with us when we need him most in our lives, when we face difficult situations, when we encounter pain and when we need support and comfort. The Holy Spirit performs two specific functions:

HE TEACHES US - verse 26

The Holy Spirit performs the specific function of "teacher" (Luke 12:12, John 7:14:26).

As Christians, let's be joyful in knowing that we are being taught by the Spirit. Knowing that the Spirit supports us and that he is with us, and also teaches us.

IT MAKES US REMEMBER

Jesus taught his disciples many things but some things they only understood after his resurrection. (John 12:16) In addition to helping us remember the teachings of Christ, the Holy Spirit helps us interpret and make Jesus' teachings clear. (John 2:22, 12:16, 16:4, 15:20)

CONCLUSION:

It may be that on occasion we may feel alone, and sadness can overcome us, but this is when we must remember what Jesus said in John 16:33b: "In this world you will have trouble. But take heart! I have overcome the world." He will not leave us as orphans, that's why he said "You may ask me for anything in my name, and I will do it" (John 14:14).

FOR CLASS DISCUSSION:

1. The Holy Spirit is described as always being by our side to do 5 things. List the 5 things.
2. The Greek word "Parakletos" can be translated in several ways. List 3 of those ways.

LESSON N° 8

TOPIC: RESHAPING A NEW VESSEL WHEN IDENTITY HAS BEEN LOST

VERSE: JEREMIAH 18:4

INTRODUCTION:

The Prophet Jeremiah received an imperative message from the Lord: “Go down to the potter’s house,. . .” Since God is creative, like a teacher, he wanted to make himself understood so that the message would not fall on deaf ears without affecting the hearts of his people.

First, God taught Jeremiah through an illustration so that he would be better able to teach Israel His message. Jeremiah immediately realized the expert hands of the potter for the shaping of the pot. But that pot was marred for some reason, but those expert hands immediately reshaped it into an even better pot, removing the blemish that had ruined the previous pot. As Jeremiah watched the potter, the symbolism of God became clear to him:

God is the Potter

Israel is the clay

The wheel represents each person’s possible future, or the circumstances life can bring. But sometimes something happens that ruins God's plan. Garbage or debris ruins or spoils the masterpiece of the master craftsman. This brings us to the first point.

WHAT IS THE QUALITY OF THE CLAY?

We decide what kind of clay to use for our pot. Clay with particles of stone, garbage or dirt is difficult to mold and if the clay breaks in the hands of the potter, it’s because the clay is sullied, and it’s not the fault of the potter.

If something is going wrong in our lives, the fault is ours, not God's. Since we are in the hands of the great potter, our responsibility is to realize what is causing us to lose the image of who we are created to be and who created us.

In this portion of the Scripture, we see that God is displeased, Israel strayed so far away from God’s teachings that sin has made their hearts insensitive, and they chose not to repent. (Jeremiah 19:3-6)

God was offended by the impurity of the lives of the people of Israel. Today, God feels offended when He demonstrates his love for us and that love is not reciprocated and we become liars, rebellious, disobedient. But all is not lost... (Jeremiah 18:6)

GOD THE POTTER – verse 6

Then God speaks to Jeremiah saying: “Can I not do with you, Israel, as this potter does?” God wanted to reshape Israel, but they would not allow him to. Today, God says the same thing to us, he wants to reshape us, restore us. Let’s listen to the voice of God. God wants to reshape/restore his people.

Today is the time of restoration, God tells Jeremiah. The Greek word for restoration is “apokadsidemi”. It means to return, restore, replace, refurbish; in other words, it’s a complete healing action of the area that has been damaged.

As we approach Jesus, the restoration process begins, cleaning the clay and shaping us until we become a good product, a useful pot. Let God create a powerful work of art within your life. What should we do? Let ourselves be molded by the hands of The Potter.

CONCLUSION

Sin is like mold that corrodes the material with which God made us; God's desire is to restore us, to return us to our original condition. Since man made a tragic decision and sinned against God, he lost his divine image and triggered his own degradation.

God wants to remold the clay to make a new pot, although it is a painful process, it will return us to our natural state.

2 Chronicles 7:14 says that God is ready to do a work of restoration in our lives.

LESSON N° 9

TOPIC: A TRANSFORMATIVE VISION

VERSE: Isaiah 6:1-7

INTRODUCTION:

The Spirit of the LORD is revealed to mankind in different ways with the purpose of allowing a total restoration of their lives.

The prophets were advisors to the kings with a divine appointment with the goal to make the people recognize their sin and wrongdoing. In this lesson we will discuss two points:

A PURIFYING EXPERIENCE

After the death of King Uzziah, Isaiah decides to go to the temple of the Lord, where God shows him a vision of the glory of the LORD that fills the temple.

The seraphim are six-winged fiery beings who covered their faces to avoid seeing the majesty of the Most High. This generates a sense of guilt in the prophet Isaiah, due to the reverence these celestial beings demonstrate.

Guilt is an emotion fueled by the memory of a sinful or wrong act. This generates a consequence that prevents spiritual growth if it's not confessed so that restoration can take place. The consequences are:

- A feeling of accusation
- It's an enemy that touches and enslaves
- Unable to forgive self
- Feeling ashamed
- The sense of gratitude from God's forgiveness or grace is stolen
- Turning our backs on God and hiding unconfessed sins, producing rebellion
- Becoming deaf to the voice of the Holy Spirit, and sensitive to the voice of Satan

Guilt is the most dangerous instrument that the enemy uses to make us stagnate, it makes us feel that we are unworthy of God's love.

ISAIAH'S VISION EXPERIENCE - verse 5-7

“Woe to me!” cried Isaiah. He felt unworthy to proclaim, “Holy, Holy, Holy”. Under those conditions he could not be an ambassador or messenger of the Most High, because the sin of the people of Israel fell on his shoulders. “I am ruined!” Isaiah cried out for purification.

But there was the purification altar (verse 6) for internal cleaning (verse 7) that the Most High in his grace granted Isaiah for his spiritual cleansing in His presence.

JESUS IS OUR ALTAR OF PURIFICATION

The altar of God is the place of purification, there we receive justification. The Greek word "dictionoma" means: a sentence of acquittal, a declaration of justification. We need to approach the altar of God to confess our sins and be cleansed of our guilt. (Romans 5:8-9)

1 John 1:7-9 says: “But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. ⁸ If we claim to be without sin, we deceive ourselves and the truth is not in us. ⁹ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

The ministry of reconciliation has a healing effect on our lives.

Let’s run to the altar of God and confess our sins, so that we can be clean before God.

CONCLUSION:

Today, God wants to reveal himself to mankind as the Holy One of Israel. He wants to minister to us with his purifying fire to cleanse us from what should not be in the body, heart, and on the lips. (1 Thessalonians 5:23)

Isaiah's vision produced a deep conviction of sin, cleansing followed immediately and then Isaiah heard the voice of the Lord say: “Whom shall I send? And who will go for us?” (vs. 8). When there is a purified heart, you can hear the voice of God and respond, “Here am I, send me.”

Therefore, what Jesus said in the Sermon on the Mount; “Blessed are the pure in heart, for they will see God.” (Matthew 5:8) is fulfilled. There is still fire on the altar.....

FOR CLASS DISCUSSION:

List the consequences of guilt, fueled by the memory of a sinful act, that affects spiritual growth, if not confessed.

LESSON N° 10

TOPIC: THE INTERCESSORY PRAYER OF JESUS

VERSE: JOHN 17:15-19

INTRODUCCIÓN

This prayer of Jesus' reveals specific details of the communion between the Father and the Son; it also marks the end of Jesus' ministry. "Father, the hour has come. Glorify your Son, that your Son may glorify you" John 17:1.

In this prayer Jesus shows the essence of his humanity; a deep feeling and concern for his disciples. The first thing he asks is:

DIVINE PROTECTION – verse 11, 12, 15

Jesus asked the Father to protect them (the Disciples) from the evil that was going on around them because Satan was and is interested in persecuting Christians so that they stumble and fall.

But Jesus also asks for protection to guard them from internal from sin. Verse 11 says: "Protect them. . .", keep watch over them and preserve them. Since Jesus was getting ready to die for the sins of the world, he knew that his disciples would face dangers, threats, temptations throughout their journey of life.

Jesus prayed that we would be protected in his name. Proverbs 18:10, says: "The name of the Lord is a fortified tower; the righteous run to it and are safe."

When threats and dangers come into your life, remember that Jesus has already asked for our protection, all we have to do is run to his name, crying out to him and He will be our strong tower in the midst of problems. Verse 13 says: "...so that they may have the full measure of my joy...", this includes trust, hope, and faith.

Verse 15 says: "...protect them from the evil one...". Satan travels the world putting anguish in the hearts of his children. It's important for us to continue in prayer in order to complete the work of the Lord here on earth.

JESUS PRAYED FOR THEIR SANTIFICATION – verse 17

The Greek word "agiázo" means to set apart for a special purpose, to be messengers of the kingdom. Verse 18 says: "I have sent them into the world". The word "Apostle" is derived from the Greek word "Apostelo" meaning loyal follower. The Apostles of Jesus were loyal followers who he sent into the world.

Jesus also prayed for us. Verse 20 says: "I pray also for those who will believe in me through their message, ..." For us to be sanctified, God separated us, set us apart, "to be holy and blameless in his sight" (Ephesians 1:4).

Holiness is not unattainable. It helps us reject everything that is impure. An attitude of rejection of the bad, the dishonest, and the unfair is what God expects of us. Romans 12:9 tells us Holiness is simply that: "Love must be sincere. Hate what is evil; cling to what is good".

CONCLUSION

We need to be sanctified because we are not of the world. We need the sanctifying influence of the Holy Spirit which we obtain through His Word, which is true. Jesus said: "The words I have spoken to you—they are full of the Spirit and life" (John 6:36) In his prayer, Jesus also says: "Sanctify them by the truth; your word is truth" John 17:17.

Holiness distinguishes true disciples as people who are in the world but who do not belong to the world. They listen to His word, obey it, and put it into practice.

FOR CLASS DISCUSSION:

Read the entire 17th chapter of John and then talk about Jesus' prayers and the requests He had for his disciples and for us.

LESSON N° 11

TOPIC: KEYS TO HAVING VICTORY IN CHRIST

VERSE: 1 Peter 5:6-8

INTRODUCTION:

Peter directs this letter to Christians who are suffering persecution. Its' purpose was to teach:

- How to live victoriously
- Not to lose hope
- Wait for the coming of the Lord

That's why he advises believers to lead a life of obedience, to be victorious in the midst of a world governed by evil forces.

1st Key

DEMONSTRATE HUMILITY – verse 6

Humility is based on a good understanding of who God is and who we are. This leads us to recognize God's works. (Psalm 8:3)

Recognize His power, His greatness, His miracles:

- Healing of the 38-year-old paralytic (John 5:3-9)
- Healing the blind begger (Mark 10:46-52)
- Healing the ten lepers (Luke 17:11-19)
- Healing the woman who was subject to bleeding (Luke 8:43-48)
- Power over nature: When a storm arises on the lake, Jesus, after reprimanding the disciples for their lack of faith, rebukes the wind and the waves and they become calm. The Disciples were were amazed and said: "What kind of man is this? Even the winds and the waves obey him!" Matthew 8:23-27
- Power to overcome death: Lazarus was dead for 4 days before Jesus arrived and was led to the tomb. Upon arriving at the tomb, Jesus orders the stone to be removed, but Martha opposed for fear of the bad odor. Then Jesus shouts, "Lazarus come out!" (John 11:38-44) Sometimes, like Martha, we don't want to remove the stone of disbelief that hinders us.
- Jesus himself defeated death on the third day when he was resurrected. (Matthew 28:1-10) "Why do you look for the living among the dead?" (Luke 24:5)

Jesus gave us an example of humility “Who, being in very nature God, did not consider equality with God something to be used to his own advantage;...” Philippians 2:5-9.

The humility of the Christian must always encourage obedience to God and submission to His will, the sovereign, the eternal ...

2nd Key:

CAST YOUR ANXIETY ON JESUS – verse 7

Anxiety is distress or uneasiness of mind; it causes heaviness, anguish, and concern.

Anxiety leads us to distress, uneasiness of mind, etc. Paul advises us “Do not be anxious about anything...” (Philippians 4:6-7).

Because Jesus wanted us to have peace. (John 16:33)

We should not be anxious because anxiety can lead to fear, it can generate anguish and distress, and it can trigger diseases in the body such as diabetes, high pressure, pain, ulcers, etc.

3rd Key:

BE ALERT AND OF SOBER MIND – verse 8

We need to be alert and cautious, because evil forces lurk around us, they chase after Christians, we must remain defensive because “Your enemy the devil prowls around like a roaring lion looking for someone to devour.” The devil in Greek means tempter. He is a malicious enemy who curses believers. He is always active and seeks opportunities to harass Christians with three weapons: temptation, persecution and discouragement. He sows discord, accuses men before God, and complains before God.

That is why we are encouraged to resist him and stand firm in the faith. (1 Peter 5:9) When we do this, we are living according to the truth of His word. As Believers we know that the Word of God is a living doctrine. When we obey His word our ability to resist the enemy when he attacks increases, as well as being strengthened and perfected.

And “after you have suffered a little while...” he will:

- Restore/perfect you
- make you strong
- make you firm
- make you steadfast

God works through our struggles, and this produces a strong, mature person who is ready to fight any adversity. (James 1:2-4)

CONCLUSION

These attitudes are necessary for the Believer to grow in Christ so they can become effective, productive, mature Christ followers. This includes:

- Submission to God
- Humility
- Trust
- Knowledge
- Vigilance

What a beautiful richness we find in His word. We must not cower in the face of trials. We will have the help of the Lord, by his grace and his favor.

LESSON N° 12

TOPIC: TIPS TO BE GOOD ADMINISTRATORS OF WHAT GOD GIVES US

VERSE: MATTHEW 6:19-21

INTRODUCTION:

The words administrator and steward have the same basic meaning, or the same connotation.

Administrator in Greek is "diacheiristis", means manager, administrator, operator, controller.

Steward in Greek is "oikonómos" which means employee, to manage someone else's property or business.

In Hebrew the word " מְשָׁרֵף " means inspector, supervisor, controller.

A steward or administrator is someone who takes care of the affairs, belongings, accounts or property of another person.

For us, all that we have and are belongs to God. Psalm 24:1 says: "The earth is the Lord's, and everything in it, the world, and all who live in it;...."

So Christian stewardship can be defined as: to manage what God has given us until he returns to ask us to account for what we have done with them. That's why he gives us the following three practical tips.

Tip #1:

DO NOT STORE UP FOR YOURSELVES TREASURES ON EARTH – verse 19

Storing up treasures is equivalent to having a wrong vision of life, accumulating material things, things that are temporary. When we do this our hearts are focused on earthly things and is exposed to the judgment of God. 2 Peter 3:10 says: "... the day of the Lord will come like a thief...". Concerning things that are perishable, material things, Jesus said: "Do not work for food that spoils, but for food that endures to eternal life." John 6:27

It's important to look at this life as a pilgrimage, a journey, as an opportunity to serve God and others and to thank God for the material things that in his grace he allows us to enjoy.

Tip # 2:

STORE UP FOR YOURSELVES TREASURES IN HEAVEN – verse 20

Accumulating treasures in heaven is leading a righteous and just life, helping to build the Kingdom of God. Next we must ask "Where is Christ?" The answer is in heaven. The apostle Paul said: "Since, then, you have been raised with Christ, set your hearts on things above,..." (Colossians 3:1) where there is no corruption, where moth and rust cannot destroy what God has prepared for

his children, no one can contaminate the heavenly inheritance nor take away the joy of entering the kingdom prepared from eternity.

Where there are no thieves; No one can take away what God in his grace has given us, there will be no fraud or deception and his promises will be fulfilled.

Tip # 3:

FOR WHERE YOUR TREASURE IS, THERE YOUR HEART WILL BE ALSO – verse 21

WHERE IS YOUR TREASURE THERE IS THE HEART

Jesus wants to make it very clear: authentic treasure does not lie in accumulating material things on earth. Mankind is motivated by and strives to obtain material goods and becomes obsessed to obtain certain things that he thinks will make him feel complete, but he neglects the spiritual part that he must also be aware of. That is why Jesus advises us to be good administrators, good stewards in the following areas:

OUR LIFE

It means to surrender completely to the Lord. Paul said: “May your whole spirit, soul and body be kept blameless...” 1 Thessalonians 5:23. God wants us to be sanctified wholly, blameless, if we lose our lives without pleasing God, we lose everything.

TALENTS THAT GOD HAS GIVEN US

These are abilities, gifts, talents that we use to bless and please God. Develop them for his glory, make good use of them, use them for His work.

YOUR TIME

There is a saying you may have heard: "time is money". This expresses the value that we place on our time. The wisest investment of time is when we dedicate our time to pray, reading the Bible, meeting together with other Christians to encourage each other. These serve as ways of true edification.

CONCLUSION

God, in his grace, gives us the opportunity to prepare ourselves to be good stewards and administrators with a Christian vision that honors God, giving priority to what is important and lasting, having our heavenly homeland as the final goal.

SENIOR ADULT MINISTRY PLAN

INTRODUCTION

The Church of the Nazarene, through the NDI department, considers it necessary to provide education for all ages, from birth to senior adults. Everyone has an important place to which we are committed to providing the necessary spiritual nourishment and the attention that each member deserves, fulfilling Christ's mandate; "Jesus replied, 'They do not need to go away. You give them something to eat.'" Matthew 14:16

JUSTIFICATION

For the NDI Department it is of utmost importance to pay attention to our senior adults as they have already contributed greatly to the church, and it's important that they feel valued and useful. They are a great resource to their congregation in providing wise counsel and prayer support to the younger generations.

OBJECTIVE

To provide comprehensive care to the senior adults within the congregations of the Church of the Nazarene so that they can disciple disciples of Christ through his Word and at the same time reach others for his kingdom.

ACTIVITIES

Here is a list of activities that you can plan to do with and for the senior adults in your church. They can be done weekly, monthly, every three months or when it is necessary or appropriate.

1. Provide classes for Senior Adults that are appropriate for their age group.
2. Provide an age-appropriate activity once a month that allows all who would like to participate.
3. Schedule retreats and fellowship times.
4. Schedule special afternoons where senior adults can exhibit their crafts for sale and generate some income.
5. Celebrate special occasions and birthdays every three months.
6. Find ways to help senior adults with things they need help with.
7. Other

BUDGET

N°	DETALLE	TOTAL
1	Materials for activities	\$
2	Refreshments for get togethers	\$
3	Transportation for retreats and gatherings	\$
4	Other	\$

CONCLUSION

Our Church recognizes the value of our senior adults to whom we should give great respect and consideration to by providing material, spiritual, and emotional care, during this stage of their lives.

These lessons are adapted for senior adults, in relation to **The Journey of Grace: Way, Truth and Life.**

With love in Christ for NDI Senior Adult Ministries

By Rev. Evilanda Solís de Cruz