God Chose YOU for Purpose

Hopelessness and Loneliness

Sit next to someone hewat church.

Make phone calls and send cards to those who are lonely or depressed.

Regularly check in with friends who are struggling emotionally.

Ask your theology teacher and/or pastor on campus to address loneliness in his sermons and prayers.

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Create an opportunity for prayer partners at your church or school. Invite those who tend to be solitary.

Have a meet and Greet for new church/school members on a quarterly or regular basis.

Visit nursing homes.

Sit next to someone new at church.

Create an adopt a grandparent or grandchild opportunity.

In addition to school events for everyone, create group activities for males and other

hosting church and activities for females. **Provide opportunities** for friendships to form.

Make a commitment to speaking positively and offering encouragement to others; help them look forward to events and set goals for the future.





