Just as... I Am



for blessing and service



Coodness of my body LIFE ISSUES

Ways to think about my body:

- My body was created by God.
- My body was made in the image of God.
- God provides all that is needed to care for my body.
- The Holy Spirit lives in my body.
- My body is an instrument of God's righteousness.
- My body is holy.
- God will resurrect my body.

Goodness of relationships

Health benefits of relationships:

- live longer
- buffers against stress
- strengthens immunity
- improves wellbeing



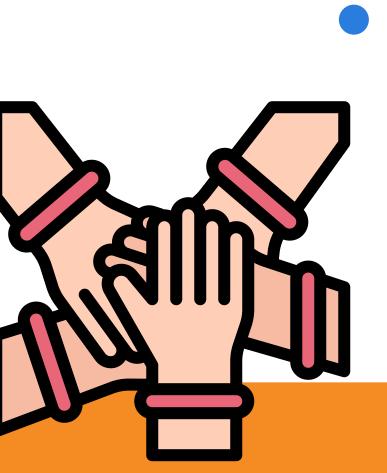
Engaging the elderly

Tips to consider:

- clear communication
- respectful language
- actively listen
- value input
- challenge stereotypes about the elderly
- identify and address
 barriers

Christian living and serving

- Provides a sense of purpose.
 - Leads to a positive outlook on life.
 - Encourages others to serve.
 - Creates connection to others.
 - Strengthens friendships.
 - Improves mood.



HIS WORD

"Whatever you do, work heartily, as for the Lord and not for men knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ."

Colossians 3:23-24

OUR CHRISTIAN RESPONSE

Do everything in the name of the Lord Jesus.

Love one another.



Use our gifts to serve one another.

Glorify God in your body.

Do not withhold good.

Do good to everyone.

Seek to show hospitality.

