



## BE A MINISTER OF HOPE

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As a Prime Time adult, you are blessed with a perspective that comes from decades of experience. Choose to be a wellspring of hope and encouragement. Model a life lived in faithfulness to God. Become a minister of hope.

***Be a good listener.*** Did you know there is an art to listening? Many people simply need to talk. We are giving a beautiful gift when we listen to someone.

- Maintain eye contact.
- Encourage conversation by asking questions and saying things like “I see” or “I understand.”
- Answering questions may help a person clarify the problem in their own mind.
- Mirror back what is said to you.
- Let them do most of the talking. Share information or experience *only* if it is relevant.
- Offer to pray about the situation.
- Ask about any problems the next time you see the person.

***Be an encourager.*** We are surrounded daily by those who need encouragement (widows, single parents, children, teens, pastors, grandchildren, etc.). Take time to give some positive, sincere words of encouragement such as:

- I’m so proud of you.
- Thank you for . . .
- I’m so happy you are my (friend, son, granddaughter, teacher, pastor, and so on).
- You are important to me.

***Be physically present.*** A person that is discouraged, seriously injured, or bereaved often needs someone to be physically present with him or her. They may want to talk or they may want to be silent. Just to know that someone cares enough to be present with them is reassuring. Holding their hand, giving a hug, sitting quietly with them, will make their burden a little lighter.

***Reach out and touch.*** Do you have a phone? Call a lonely person. Are you around people daily? Give them a compliment. Can you write? Send a note to your pastor, friend, or neighbor. Can you cook? Make a casserole or bake some cookies for a single parent. Can you pray? Make a list and get started. Can you read? Let God bless you and others through the Word.

***Provide a link to the past.*** You are a link to the past for your children, grandchildren, and those younger than you. Instead of the stereotypical senior adult complaining about aches and pains, grumbling this is not how “we used to do it,” or “I like the old hymns better;” share the blessings and stories of how God has enriched and provided for you and your family.

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