International Day of Older People 2022

Who Cares?



Making Friends and Caring for One Another All-Age Activity

Bible Verse

'Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.' (Hebrews 13:2)

Activity

Ask for the same number of younger people (under the age of 18 years) and older people (over the age of 65) to help you.

Pair a younger person with an older person and ask them the following questions:

- Can you name one of your friends?
- Why are they your friend?
- What do you like most about them?
- How many people do you know who are either 30 years older or younger than you, apart from family members?
- How old would you be when you don't need friends any more?
- When is the last time that someone came to your house for tea or a meal, or you went to someone else's house for tea or a meal?

Reflection

Not everyone has a good friend who invites them round to their house for a cup of coffee or a glass of juice. Some people seem to have lots of friends, but sometimes we can feel a little lonely no matter how old we are. This happens if we don't spend time with other people.

Spending time with others is a great way of showing others that you care for them. God asks us to be friends with one another, loving and caring for each other. Therefore our challenge today is to try and show love and care by making a new friend with someone we wouldn't normally make friends with.

Of course, it's important that you do this in a safe environment, so always make sure that the adult who looks after you knows that you are trying to make a new friend and they may help you. Perhaps you could send a card to someone of a different age from you, even become pen friends by writing to one another. And if possible and you are able, perhaps you could invite someone to your house for tea. You just never know, you might be welcoming angels without even knowing it!

Video

Watch the video 'Be More Us'. https://www.youtube.com/watch?v=Pm12mTIUJss