



ELMBROOK
CHURCH

50+ PLUS!

What Now?

LOVING THE NEXT YEARS OF YOUR LIFE

Session 3 objectives - Page 20

- Review personal visions and time plans
- Discuss:
 - Developing an even deeper faith
 - Building meaningful relationships

Before we move on - three questions to address - Page 20

- Does my vision statement look good?
- How do I know when my vision is “right”?
- I’m so busy - how do I find time to devote to my vision?

Table discussion - page 20

10:00

Developing an even deeper faith -

Page 20

- Many people let their faith decline in later life
- The changes after 50+ start to take over
- Views on faith change
- Why is it important to build your faith after 50?

Three parts of building your faith - Page 21

- Learn more
- Apply more
- Affect others more

Table discussion - Page 21

15:00



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Building meaningful relationships - Page 22

- Relationships before 50 “just kinda happened”
 - carryovers
 - kid’s activities
 - work
 - church

How do our sources of our relationships change after 50? Page 22

- Remember all of those changes that happen after 50?
- They affect relationships!

After 50, YOU need to take the initiative -

Page 22

- What does research tell us about how many friends you need to prevent loneliness?
- Don't rely on your friends to strengthen relationships
- If you are single, it's critical that you develop friends
- If you are married, don't rely on your spouse to develop friends for you

Changes after 50 add more stress to marriages - Page 23

- Talk about life after 50 and retirement
- Work on finding solutions to the issues listed on Page 23
- Work together as a couple

Have you noticed that your role in the family changes after 50? Page 23-24

- Tips to share about becoming the patriarch/matriarch of the family

If you are single, relationships are critical after 50 +. Page 24

- We all need companionship
- How will you handle living alone? Medical needs? Independence? Family vs. friends? Wills and power of attorney?

How do you find and develop new relationships after 50? Page 24

- Neighbors
- Church
- Serving others

Faith and Relationship video - Page 24

Table discussion - Page 25

15:00



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What Now?

Homework- Page 26

- Review your vision and time plan
- Develop a plan for building your faith and Ten Minutes With God
- Develop your relationship plans
- Complete the skills assessment (handout)

Next session: Same day, time and place

- “Without continual growth and progress, such words as improvement, achievement, and success have no meaning.”
Benjamin Franklin