Memory Sunday Toolkit
Part 1: Adult Bible Study
A.W.E.S.O.M.E.

LOVE
A.W.E.S.O.M.E. LOVE

A.W.E.S.O.M.E. LOVE is an adult Bible Study designed to encourage people with memory disorders and their caregivers. Having a memory disorder or being a caregiver takes an A.W.E.S.O.M.E. amount of courage, patience, and sensitivity, an A.W.E.S.O.M.E. portion of faith, trust, and tenacity, and an A.W.E.S.O.M.E. share of strength, knowledge, and LOVE!

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for the
Friends of ADDOP Advisory Council

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LESSON 1 - Aging

“We’re marching to Zion, beautiful, beautiful Zion; we’re marching upward to Zion, That beautiful city of God.” (We’re Marching to Zion)

Aging is something we all will do no matter how long or short our lives will be. Young people can’t wait to get older. Adults try to slow down the process.

**Discussion**

1. **Read Genesis 5:22**: What does it mean to “walk with God”? Do we have to be young or old to “walk with God”?

2. **Read Genesis 15:15**: How can we go to our Father in peace? What things must we do while we are still on Earth?

3. **Read Deuteronomy 31:6 and Psalms 23:4**: How are we able to withstand the storms of life? Must we fight our battles alone?

4. **Read Psalms 25:7**: Should we be leaders or followers? What does David mean in Verse 7?

5. **Read Psalms 71:9**: Have you ever felt “cast off” because of your age? Have you ever felt discouraged because there are some things you can no longer do?

6. **Read Proverbs 22:6**: Were you trained as a child? How has your training helped you as an adult?

7. **Read Isaiah 41:31**: Is Isaiah right? How do you know?

8. **Read Colossians 4:6**: Does being older give you the right to say whatever you think? Is Paul right or wrong?


10. **Read 1 Peter 5:5**: What are the duties of the young? What are the duties of the elderly?
Aging brings with it challenges, but we can be encouraged if we “walk with God” and know that we are never alone.

“Near the cross I’ll watch and wait, Hoping, trusting ever, Till I reach the golden strand, Just beyond the river.”

(Jesus, Keep Me Near the Cross)
“What a fellowship, what a joy divine, Leaning on the everlasting arms; What a blessedness, what a peace is mine, Leaning on the everlasting arms.”

(Leaning on the Everlasting Arms)

Wisdom is a blessing God grants us over time. Whether it comes to you sooner or later, when you have it, you are ready to be God’s instrument.

Discussion

1. Read Psalms 37:25-31: What does it mean to be righteous? Do you know someone who “speaketh wisdom”? Tell us about them.

2. Read Proverbs 8:10-11: What is more important than silver, gold, or rubies? Why?

3. Read Philippians 4:4-7: If we are wise, how do we make requests of God? Why?

4. Read I Thessalonians 5:14-18: Is the wise person prepared for Christ’s coming? According to this letter what are some things that should be done?

5. Read II Timothy 2:15: Is education the same as wisdom? Why or why not?

6. Read Titus 2:1-7: What are the responsibilities of elderly Christians? Are these the responsibilities of wise people of any age?

7. Read James 1:5-6: Where should we go for wisdom? What does it mean to “ask in faith”?

8. Read James 1:19-22: Why should the wise person be slow to anger? What does it mean to be “doers of the word”?

9. Read I Peter 5:1-4: According to Paul, what are the duties of elders? What is the reward?

10. Read I Peter 5:6-11: If you are suffering, what advice does Paul give? Would you be wise to take his advice? Why or why not?
Wisdom leads to righteousness, but we are to seek wisdom from the Lord. Wisdom can ease our suffering.

“I am thine, O Lord, I have heard thy voice, And it told thy love to me; But I long to rise in the arms of faith, And be closer drawn to thee.”

(I Am Thine, O Lord)
Encouragement can come from many directions. God can encourage you directly through the meditations of your heart. God can encourage you through the thoughtfulness of other people.

Discussion

1. Read Deuteronomy 7:8-9: Even in times of trouble, how can we be encouraged? God “keepeth covenant and mercy.” What does that mean?

2. Read Psalms 130:1-6: Have you ever “cried unto the Lord?” Tell about it. What does it mean to “wait for the Lord”?


4. Read Ecclesiastes 3:1-8: When life presents its challenges, how can we be encouraged? What does it mean when someone says, “Trouble don’t last always.”?

5. Read Isaiah 40:31: Why is it important to wait? Even when we feel overwhelmed, should we wait? Why?

6. Read Matthew 17:20: Why do we fret about life’s challenges? Can faith really move mountains? How or how not?

7. Read Matthew 25:34-40: How can caregivers be encouraged by this passage? Who are “the least of these?”?

8. Read Mark 9:23-24: Has your faith ever been shaken? Tell about it. Are we to be hopeless when our faith is shaken?

9. Read Luke 11:5-10: Should we ask for what we want? Should we ask for what we need?

Encouragement is sometimes the glue that keeps us from falling apart. Encouragement is sometimes the ladder that allows us to climb out of despair. Encouragement is sometimes the vessel that enables us to navigate troubled waters.

“Jesus! The name that calms our fears, That bids our sorrows cease, ‘Tis music in the sinner’s ear, ‘Tis life and health and peace.”

(O For a Thousand Tongues to Sing)
Self-esteem can be fragile as we go through life. Negatives can chip away at it, and positives can build it up. Our view of ourselves can orchestrate success or failure.

**Discussion**

1. Read Psalms 34:13-17 Are gossip and evil building blocks for positive self-esteem? Why or why not? Why should I “bride my tongue” when we are entitled to free speech?

2. Read Psalms 139:14-17 Are there reasons to have low self-esteem? Since you were made in the image of God, does God make junk? What is your evidence?

3. Read Proverbs 22:1-6 How connected are our reputation and our self-esteem? How can we insure that our children have positive self-esteem?

4. Read Proverbs 22:9-11 How do you feel when you are able to give to someone in need? Tell about it. How do you feel when someone helps you when you are in need? Tell about it.

5. Read Isaiah 43:1 Why should we “Fear not”? How can fear affect our self-esteem?

6. Read Jeremiah 29:11-12 If God thinks positive thoughts about us, why can’t we think positive thoughts about ourselves? Do we need a positive attitude to care for others? Why or why not?

7. Read Luke 8:16 Why do we sometimes hide or diminish the things we do well? If our talents come from God, why would we hide or diminish them?


9. Read I Corinthians 12:4-11 How do we feel when we can’t do something as well as some else? Explain. How do we feel when we can’t do something as well as we once did?

10. Read James 1:22 Is it better to talk the talk or walk the walk? Explain. Why is it important that we be “doers of the word”?
Self-esteem, when it is positive, can enable us to help others. When it is negative, we must find a way to let others help us. It is difficult to take care of the needs of others while having significant needs ourselves. Charity begins at home.

“At the cross, at the cross, Where I first saw the light; And the burden of my heart rolled away. It was there by faith I received my sight, and now I am happy all the day!
(At the Cross)
Standing on the promises that cannot fail, When the howling storms of doubt and fear assail, By the living word of God I shall prevail, Standing on the promises of God."
(Standing on the Promises of God)

Opportunities allow us to fulfill dreams. Opportunities enable us to find out what is possible. Even our problems are opportunities to find solutions.

**Discussion**


2. **Read Psalms 37:1-9** How do impatient people behave? What is David telling us to do to have the opportunity to practice patience?

3. **Read Jeremiah 29:11-13** How will we have the opportunity to have God listen to us? What is meant by “…search for me with all your heart”?

4. **Read Proverbs 29:15-18** Should we obey unjust laws? No matter our age do we have the opportunity to look toward our future.

5. **Read Habakkuk 2:2-4** What should we do when we have the opportunity to dream? Despite our hardships how can we “…live by his faith”?

6. **Read Mark 6:34-44** Do you believe in miracles? Why or why not? Can our faith be strengthened by opportunities to witness the goodness of God?

7. **Read Acts 19:8-12** Can God drive evil spirits away? How do you know? How did Paul help those who had terrible illnesses?

8. **Read Philippians 4:4-8** Do we have the opportunity to ask God anything? What things does Paul tell us to think about?

9. **Read Colossians 1:9-11** What does it mean to “…walk worthy of the Lord”? How can we
Opportunities can be blessings that strengthen our faith and provide a bridge over troubled waters. Opportunities allow us to see God at His best.

“This is my story, this is my song, Praising my Savior All the day long.”
(Blessed Assurance)
“We have come over a way that with tears have been watered. We have come treading our path thro’ the blood of the slaughtered. Out from the gloomy past, till now we stand at last, where the white gleam of our bright star is cast.” (Lift Every Voice and Sing)

Memories are our way of looking back. Memories can be pleasant or unpleasant, but if we learn a lesson from an unpleasant memory, we can remember the lesson and not necessarily the unpleasantness.

Discussion

1. Read Genesis 46:1-4 Can you remember a time when you had to put all your trust in God? Tell about it. Can you remember a time when you felt God’s presence? Tell about it.

2. Read Deuteronomy 4:9-10 Should some memories be passed from one generation to another? Does your aging loved one still have some precious memories? Tell about one of them.

3. Read I Kings 2:42-45 Do you have memories of times when you disobedied? Tell about one of them. Have you ever disobedied God? What was the outcome?

4. Read Job 29:4-12 Do you have memories of yourself back in the day? Describe you. Have you changed? Why or why not?

5. Read Psalms 143:1-6 Do you have unpleasant memories? Do you think you are being punished because of some wrong doing in your past?

6. Read Ecclesiastes 7:7-11 “...The patient in spirit” is better than the “proud in spirit.” Agree or disagree? Why or why not?

7. Read Isaiah 49:13-15 Have you or someone you love ever felt forgotten? Explain. Regardless of the way it seems, how can we know we are never forgotten?

8. Read Jeremiah 3:14-15 Do you have memories of a pastor or a church family from your youth? Were you fed “knowledge and understanding”?

9. Read Haggai 2:3-4 How would you compare God’s world of the past with God’s world today? Does looking back make you happy or sad? Why?

10. Read Ephesian 4:31-32 Do you have some bitter memories. Explain if you will. What does Paul tell us to do with that bitterness and anger? Should we obey? Why or why not?
Memories remind us of who we once were. They can also be a model of who we can be. Memories can be a key for understanding the present and predicting the future.

“Thro’ many dangers, toils, and snares, I have already come; Tis grace hath brought me safe thus far, And grace will lead me home.”
(Amazing Grace)
A.W.E.S.O.M.E. LOVE

LESSON 7 - Empathy

“IT tells of one whose loving heart can feel my deepest woe, Who in each sorrow bears a part, That none can bear below.” (Oh, How I Love Jesus)

Empathy means walking in someone else’s shoes. Empathy means understanding what someone else is feeling. Empathy means caring and sharing.

Discussion

1. Read I Samuel 18:1 Has your soul ever been knit with someone else’s? Explain. Is there anyone or anything that you love more than yourself? Tell about it if you will.

2. Read Psalms 136:1-6 Has God’s grace and mercy brought you through a difficult time? Tell about it if you will. Do you believe God should be praised for His many mercies? Why or why not?

3. Read Proverbs 17:17 Do friends really “...loveth at all times”? How do you know? Do you “...loveth at all times”? Why not or why not?

4. Read Matthew 5:38-42 Do you find it difficult to turn the other cheek? Why or why not? If you are a caregiver or family member, how does this passage relate to you?

5. Read Luke 7:36-39 Do you know anyone who is as judgemental as the Parisees? Does a caregiver need to be like the woman who anointed Jesus’ feet. Why or why not?

6. John 15:12-16 What does it mean to “love one another as I have loved you”? Can you love someone and not like them? Why or why not?

7. I Corinthians 6:19-20 How should we trust “the temple of the Holy Ghost”? How DO we treat it? Does it matter whether it is our “temple” or someone else’s. Why or why not?

8. James 2:1-9 Do you know anyone who discriminates because of age? Tell about it. Someone who discriminates because of age has blasphemed. True or false. How do you know?

9. James 2:14-17 When you or a loved one are in need of care, is faith without works good enough? Why or why not? Is love without works enough?

10. I John 4:4-7 To have empathy in your heart, you must have love in your heart. True or false. Why or why not? To have love in your heart you must have God in your heart. True or false. Why or why not?
Empathy is selfless. Empathy is compassionate. Empathy is sensitive. Empathy is another word for love – A.W.E.S.O.M.E. LOVE!

“Have we trials and temptations? Is there trouble anywhere? We should never be discouraged. Take it to the Lord in prayer. Can we find a friend so faithful, Who will all our sorrows share? Jesus knows our every weakness. Take it to the Lord in prayer.”

(What a Friend We Have in Jesus)