

# Top Tips



**Faith in  
Later Life**

## Discipleship for Seniors

Alexandra Huggins

### Rooted in Scripture: What does the Bible say?

In Psalm 92 we read that God's plan for us is that we would know righteousness, growth, flourishing, and fruit-bearing for the whole of our lives, including in later life. All this is made possible through our relationship with Jesus and the power we receive from Him.

Scripture affirms God's care "to your old age" (Isa. 46:4), it calls older believers to teach and model godliness (Titus 2:1-8), and urges them to proclaim God's power to the next generation (Ps. 71:17-18).

An ongoing and deepening connection with Jesus is essential to bring hope and sustain people through what is for many the most challenging season of life.

The Great Commission includes every age (Matt. 28:19-20), so we must 'go', 'baptise' and 'teach' people in later life too.

- **Reaching older people with the good news of Jesus**
- **Discipling older Christians to become like Jesus**
- **Mobilising them to be disciple-makers**

### Fostering Fruitfulness: What difference can this make?

Helping older people to nurture their relationship with Jesus can strengthen their faith. It can also bring assurance about their identity in Christ, and renews joy in the scriptures and prayer.

Good discipleship in later life can help people bring griefs and fears to God with honest lament and hopeful praise, experiencing His comfort and strength.

Purpose can be reignited as gifts are noticed and used - mentoring, praying, encouraging, witnessing - this can help revive peoples' faith.

Regular devotional rhythms can cultivate peace, resilience, and gratitude.

Towards the end of life, a strong faith offers the hope of heaven, freedom from regret, and the courage to finish well - resting in the promise of God's everlasting love for them.

### Tips at a glance

**Inclusive  
Worship  
Services**

**Navigating Loss  
& Change**

**Bible study and  
small groups**

**Facilitating  
Purpose**

**Beyond the  
Threshold**

## Faith in Later Life's Top Tips

1

**Inclusive Worship Services** welcome and engage older people and help nurture their relationship with Jesus. Remember to include familiar hymns and prayers. From the front, affirm their value and God-given purpose – invite involvement and testimonies, and preach examples like Moses, Caleb, Anna and Simeon. Accessibility matters: good lighting, seating and signage; working hearing loops; handrails; and readable fontsize please!

2

**Navigating Loss & Change** is a key discipleship area that is often magnified in later life – we want to help people navigate well! Run courses or teach on key transitional moments eg Retirement, Bereavement, Dependency, Becoming a Carer, and Death. Train your pastoral team for difficult conversations that offer hope and practical guidance.

## Further Inspiration

For more on this subject, please head over to the Resource Hub on our website at [faithinlaterlife.org](http://faithinlaterlife.org).

If you lead a ministry among older people in your church or Christian community, we'd love you to join our network – it's free and you can find out more on our website.

3

**Bible study and small groups** deepen faith, friendships and accountability. Encourage older people to host and lead. Use Bible books/themes or a 'discipleship in later life' series. Make it workable: daytime meetings, lifts/transport, simple hospitality, large-print notes – and keep going through school holidays. Create safe, prayerful spaces where issues of later life can be shared and scripture is applied.

4

**Facilitating Purpose.** Help older believers continue to discern their gifts and serve meaningfully. Offer roles that fit their energy and life season – mentoring, prayer/phone ministries, leadership, visiting, hospitality, testimony, and intergenerational support. Provide light training, tech support, and gentle commissioning. Openly celebrate later life fruit and review roles with pastoral check-ins.

5

**Beyond the Threshold of the Church**, continue fostering spiritual growth in home-care and care-home settings: brief, regular visits; read a psalm and pray; share communion; familiar hymns; large-print/devotional cards; recorded sermons or dial-in services. Train and engage pastoral 'buddies' and chaplain partnerships.

The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green, proclaiming, 'The Lord is upright; he is my Rock, and there is no wickedness in him.' Psalm 92: 12-15

