



# LIFT Starter Kit

**Life Matters**  
**WORLDWIDE**

Photo by William Krause  
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People in our congregations with physical limitations due to aging or health concerns are no less part of the Body of Christ, but all too often their needs and gifts fade into the background, and many feel forgotten.

LIFT enfolds people who are marginalized back into church community.

By spending time with and meeting practical needs of people in our own congregations, we are...

**Living... out our lives with meaning and purpose**  
**In**  
**Faith... not fear**  
**Together... not alone.**

Showing attention, admiration, and esteem to the elderly and those with physical limitations develops a culture of respect in the church. This communicates that everyone in the congregation will be cared for.

As we care for one another, people inside and outside the church see that serving love is the distinguishing mark of Christians, and they will be drawn to the family of God.

### **John 13:34-35**

After washing His disciples' feet, Jesus said...

*"A new command I give you: Love one another.  
As I have loved you, so you must love one another.  
By this everyone will know that you are my disciples,  
if you love one another."*

# Examples: What LIFT Can Do

## Companionship:

- Bible reading
- Prayer
- Conversation
- Playing a game
- Physical presence
- Respite care
- Playing a musical instrument
- Legacy work (e.g. scrapbook, recipes)

## Personal Care:

- Grooming
- Washing, styling hair
- Shaving
- Range of motion, if qualified
- Massage therapy, if qualified

## Transportation:

- Doctor's visits
- Outings
- Errands
- Church

## Home Care:

- Light housekeeping
- Meal preparation
- Grocery shopping
- Lawn care
- Snow removal
- Home repairs

## Money Management:

- Helping balance a checkbook
- Helping pay bills
- Paperwork
- Legacy work (e.g. planned giving)

LIFT simply provides a structure for people to care for one another. Your congregation will thrive when given opportunities to offer their gifts and abilities!

Remember to perform a background check of everyone involved in LIFT (including Coordinators, Contact People, Support Teammates, and Care Recipients). Also, look up any applicable laws concerning mandatory reporting of suspected (elder) abuse, neglect, or exploitation.

# Step #1: Church Leadership

LIFT is meant to be a ministry of the congregation. Very few (if any) LIFT tasks should fall to church staff.

It is vitally important that pastors and other leaders see the value of LIFT in enriching community. When we foster a culture where it's acceptable to have needs, we invite people to offer their gifts and abilities in service to one another. Stronger connections naturally result.

Ministry is never one-sided. By creating moments where people's lives intersect, we get to provide opportunities for our elderly to share their gifts, wisdom, and abilities.

LIFT can be adapted to serve any church. Take a look at what your church might already have in place, such as care ministries, care positions, care systems, care events, and caring individuals.

Before a LIFT team (of non-staff) can be formed, a church must have the leaders' approval. Then, the leaders help in communicating with your congregation:

- from the pulpit
- in the bulletin
- on the website

and by referring care needs to LIFT Coordinators.

# Step #2: Build Your Team

## Coordinator

These are the people who “Connect the Dots” by...

- Identifying Care Recipients
- Matching them with Contact People
- Maintaining a list of Support Teammates
- Keeping records of LIFT interactions

An orientation (approx. 2 hours) helps Coordinators become the LIFT experts at their church, and additional materials equip them and their team to handle more questions as they arise. Visit [lifemattersww.org](http://lifemattersww.org) for more resources.

## Contact Person

Often mercy-givers, good listeners, and organized communicators, Contact People are responsible for:

- Checking in with assigned Care Recipients once a week to build supportive, listening friendships
  - It's a good idea to have several Contact People so they can sub for one another in case of illness or absence.
- Asking if Care Recipients have any needs
  - If needs are expressed, a Contact Person can either address those needs or call upon their Support Team (and then check in after to see how it went)
- Sending brief reports to their Coordinator

## Support Team

These are people your Contact People and Coordinators can call upon to help with specific needs as they come up.

- Identify (non-staff) people in your congregation who are able and willing to help with one or more kinds of activities (see page 2 for examples), and whose personalities and gifts are suited to serve in this way.

# Step #3: Meet Care Recipients

**Compile a list** of possible Care Recipients in your congregation, including:

- everyone 65 and older
- people who are terminally or chronically ill
- people who are disabled

To determine **who you should meet with first**, consider those on your list who are:

- elderly and frail, infirm, or ailing
- widows and widowers, or those without family nearby
- 85 and older

**Meet** in person with each individual on your list (and sometimes their families) using the **Initial Meet & Greet Form...**

- Explain that the church would like to gift them with a Contact Person who will call or visit weekly and help with various tasks, if desired.
- If appropriate, ask permission for information that will help you assess needs.
- If they do not desire or need a Contact Person, continue to follow-up periodically.

**Remember:** The Care Recipient and his or her family are in control of their care plan at all times. It is not consistent with the LIFT mission to provide unwanted or unnecessary services. Also, people's privacy should always be respected, and any information should be kept confidential unless expressly stated otherwise.

# Step #4: Match Needs

Prayerfully match each Care Recipient with a Contact Person, being mindful of:

- Relationship
- Same sex
- Personality
- Individual preferences

After each visit/call with a Care Recipient, a Contact Person sends an email to their Coordinator to file:

*Called/visited:* \_\_\_\_\_

**(OR)** *attempted to call/visit:* \_\_\_\_\_

*Needs:* \_\_\_\_\_ **(OR)** *No needs.*

*Action taken:* \_\_\_\_\_ **(OR)** *No action taken.*

*Date:* \_\_\_\_\_

If a Care Recipient asks for help with a need:

- Their Contact Person may address the need.
- Their Contact Person and/or Coordinator may arrange for help from the Support Team, keeping in mind the Care Recipient's preferences and input.

## Follow-Up

- Contact People communicate with Care Recipients to ask how things went with the Support Team.
- If needed, Coordinators clarify Support Team expectations and, in some cases, adjust teammate list accordingly.

## Accountability

We don't want to spread gossip, but we do want to do our best to make sure everyone is safe. If anything seems amiss, let your Coordinator or Pastor know as soon as you can.

# About Life Matters Worldwide

*Scripture tells us we're fearfully and wonderfully made (Psalm 139:14). This divine view of humanity is what drives Life Matters Worldwide to courageously challenge others to value everyone God has made.*

*From local churches to pregnancy care centers, our focus is to unite, encourage, and build community around what the Bible says about valuing people, in an embodiment of Christ's love.*

**-Eric Verstraete, president of Life Matters Worldwide**

**Our Mission** is to help the Body of Christ articulate the biblical pro-life message in word and deed.

**Our Vision** is to see local churches all over the world engaged in compassionate sanctity of human life ministry as they fulfill the Great Commission.

**Life Matters**  
**WORLDWIDE**

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