LIFT Starter Kit
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 enrolls 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 & 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 will 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—including Coordinators, Champions, 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 everyone 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 Champions
- Maintaining a list of Support Teammates
- Keeping records of LIFT interactions
An orientation (approximately 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/LIFT for more resources.

Champion
Often mercy-givers, good listeners, and organized communicators, Champions are responsible to:
- Check in with assigned Care Recipients once a week to build supportive, listening friendships.
  *It’s a good idea to have several Champions so they can sub for one another in case of illness or absence.*
- Ask if Care Recipients have any needs.
  *If needs are expressed, a Champion can either address those needs or call upon their Support Team (and then check in afterward to see how it went).*
- Send brief reports to their Coordinator.

Support Team
These are people your Champions 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 types of activities (see examples), and whose personalities and gifts are suited to serve in this way.
Step #3: Meet Care Recipients

Compile a list of potential 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 (visit lifematterww.org/LIFT/Resources).

- Explain that the church would like to gift them with a Champion 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 Champion at this time, 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 Champion, being mindful of...
- Relationship
- Same sex
- Personality
- Individual preferences

After each visit/call with a Care Recipient, a Champion sends an email for their Coordinator’s records...

Visited/called: ____________

(OR) attempted to visit/call: ____________

Needs: ____________ (OR) No needs.
Action taken: ____________ (OR) No action taken.
Date: ____________

If a Care Recipient expresses a need...
- Their Champion may address the need.
- Their Champion and/or Coordinator may arrange for help from the Support Team, keeping in mind the Care Recipient’s preferences and input.

Follow up...
- Champions 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 the 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.

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