

## PARTICIPANTS GUIDE

**EMBRACE THE JOURNEY** is designed to help you apply God's Word to aging, dying, and other end of life issues! Your parish will learn how to help elderly family and friends, and handicapped/terminally ill people make funeral, financial, health care and other end of life goals and decisions.

The 8 teachings address:

1. What does the Bible teach us about mortal life and eternal life?
2. Practical steps to prepare for aging and dying
3. Advance Directives: Living Wills vs. Power of Attorney
4. Types of Advance Care Plans: POLST, DNR, and Hospice
5. Good & Bad Healthcare Choices
6. Hastening Death: Why or Why Not?
7. Funeral Plans & Grief
8. The Churches role in helping people Embrace the Journey – suffering, death, and heaven.

**During this course, participants will learn...**

- The biblical foundation for the Sanctity of Life and the promise of Life after death.
- The challenges of aging and practical steps to address them.
- How efforts to hasten death extend beyond Euthanasia and Assisted Suicide.
- Ways the Church can help its elderly members have peace at the end of life.

When you complete **Embrace the Journey**, we pray that participants will be better informed and equipped to help themselves or a loved one die a natural death in God's time, navigate the changes that occur with aging, and accept death as the precursor to life everlasting.

**Goal for Embrace the Journey**

- Develop a deeper understanding of death from a biblical perspective.
- Identify specific ways you or a loved one can prepare for aging and dying.
- Inspire you to prepare for your death or a loved one's by completing the booklet **Finishing Life** which is included with the Participant's Handbook, signing a Power of Attorney or Protective Medical Decisions Document, and discussing your end-of-life wishes and goals with family members or other valued friends.
- Appreciate the joy and beauty of aging and develop a deeper love and respect for elderly family members and friends.
- Recognize methods to hasten death, which are becoming more accepted in our culture.
- As a church, provide practical help so the people in your parish age with grace and die with faith.

**Along with gaining knowledge, during this course we hope *hearts* will grow, so that...**

- Participants will be able to reach out to loved ones and friends who are alone and need an advocate to help them navigate through the aging and dying process.
- Participants will share the message of salvation with everyone who does not know Jesus and does not have the assurance of heaven as their eternal home.
- Your church will become a beacon of hope to those who have no hope and fear death.