



Pope's Worldwide Prayer Network
UNITED STATES | CANADA APOSTLESHIP OF PRAYER

July 2022

-For the elderly-

We pray for the elderly, who represent the roots and memory of a people; may their experience and wisdom help young people to look towards the future with hope and responsibility.

Fr Joe SJ video, 1min [here](#)

Pope video, 1min thepopevideo.org

Reflection by Lindsay Schlegel

Lindsay Schlegel is a daughter of God who seeks to encourage, inspire, and lift others up to be all they were created to be through writing, editing, and speaking. She is the author of *Don't Forget to Say Thank You: And Other Parenting Lessons That Brought Me Closer to God* and the host of the podcast *Quote Me with Lindsay Schlegel*. Lindsay lives in New Jersey with her family.

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What a rich gift we have in the experiences and wisdom of our elderly brothers and sisters. These people are our parents, grandparents, aunts, uncles, friends, teachers, coaches, and more. They are those who have witnessed shifts in culture and the endurance of the human spirit. They have experienced hardships, and they have welcomed joy. They have made mistakes. They have found better ways. Their perspective and insights are a gift that cannot be duplicated, and these must not be lost.

And yet so often we younger people do not care for the elderly as we should. We focus on the moment and neglect the reality that what has come before plays a role in what is to come. We strive to stay youthful ourselves, rather than appreciate the gray hair that Proverbs calls “a crown of glory . . . gained by a life that is just” (Proverbs 16:31).

What's more, the older people in our communities remain sons and daughters of the living God. Proverbs tells us, “The glory of the young is their strength, and the dignity of the old is gray hair” (Proverbs 20:29). The dignity of the elderly is our responsibility. We pray for a shift in our individual and communal priorities. May we make time to sit with the elderly, to pray with and for them, to listen to their stories, and to help heal what remains broken in them.

Through the Sacraments of the Church, may we tend to the spaces in our elderly brothers and sisters that yearn for mercy. May we together experience hope and deepen our faith. In doing so, may we teach our children to respect and honor the senior members of our families and communities.

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[Leader] Daily offering prayer: O Jesus, through the Immaculate Heart of Mary,
I offer You my prayers, works, joys, and sufferings of this day
in union with the Holy Sacrifice of the Mass throughout the world.

I offer them for all the intentions of Your Sacred Heart:
the salvation of souls, reparation for sin, and the reunion of all Christians.
I offer them for the intentions of our bishops and of all Apostles of Prayer,
and in particular for those recommended by our Holy Father this month—

JULY: For the elderly. We pray for the elderly, who represent the roots and memory of a people; may their experience and wisdom help young people to look towards the future with hope and responsibility.

Grace: We pray for the elderly, that they may be touched by the Holy Spirit and be strengthened in love. May God grant us the gratitude to value the elderly appropriately.

[Reader 1] Scripture: “Likewise, you younger members, be subject to the presbyters. And all of you, clothe yourselves with humility in your dealings with one another, for: “God opposes the proud but bestows favor on the humble.” So humble yourselves under the mighty hand of God, that he may exalt you in due time. Cast all your worries upon him because he cares for you.” (1 Peter 5:5-7)

[Reader 2] Quote: “The “richness of many years” is a richness of people, of each individual person who has many years of life, experience and history behind them. It is the precious treasure that takes form in the life journey of each man and woman, whatever their origin, provenance, and economic or social condition. Life is a gift, and when it is long it is a privilege, for each one and for others. Always, it is always so. When we think of the elderly and talk about them, especially in the pastoral dimension, we must learn to alter the tenses of verbs a little. There is not only the past, as if, for the elderly, there were only a life behind them and a mouldy archive. No. The Lord can and wants to write with them also new pages, pages of holiness, of service, of prayer.... Today I wish to tell you that the elderly are also the present and the future of the Church. Yes, they are also the future of a Church that, together with the young, prophesies and dreams! This is why it is so important that those advanced in years and the young speak to each other, it is so important.” (Pope Francis, *Address to the Participants in the International Congress*)

[Leader] Reflection questions:

Think of older people in your life; relatives, teachers, neighbors, how have you seen God work through them? How can you provide loving support to these special people, perhaps by giving them a call, helping with chores, listening attentively? *[All: take 1 min in quiet reflection; 2 min to journal; and then share a with the group]*

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