

Aging WITH Grace

FLOURISHING IN AN ANTI-AGING CULTURE

— This Leader's Guide —
PROVIDES

- Suggestions for a variety of ways to use *Aging With Grace* for a group study
- A lesson plan for each chapter of the book
- A handout for each lesson
- Ideas for building community in the group
- Suggestions for an intergenerational study with older and younger women
- An appendix with additional resources

There are many blessings that come with age: retirement, grandchildren, travel—and life experience. But today's culture marginalizes old age, often portraying it as burdensome or hopeless. Older women can feel like an encumbrance rather than a blessing to their friends and family members.

In response to these struggles, Sharon Betters and Susan Hunt encourage readers to find hope through both present-day and biblical accounts of women who rediscovered gospel-rooted joy later in life. In each chapter, readers will be encouraged as they experience afresh a gospel that is big enough, good enough, and powerful enough to make every season of life significant and glorious.



Sharon Betters is a mother, grandmother, great-grandmother, pastor's wife, and cofounder of MARKINC Ministries, where she is the director of resource development. Sharon is the author of several books, including *Treasures of Encouragement* and *Treasures in the Darkness*, and is the writer of the *Daily Treasure*, an online devotional.

Susan Hunt is a mother, a grandmother, and former director of women's ministries for the Presbyterian Church in America. Hunt has written more than twenty books, including *Spiritual Mothering*.

Sharon and Susan hope that younger and older women will join together to consider God's plan and promises for aging and to encourage one another in this adventure in grace. Go to agingwithgrace.online for *Aging with Grace* - Ask an Older Woman videos.



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DISCIPLESHIP MINISTRIES

1700 North Brown Road | Suite 102 | Lawrenceville, Georgia 30043
www.pcabookstore.com | 1.800.283.1357