

30-DAY INTERGENERATIONAL CONNECTION

Challenge




DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Self-Love Sunday Prepare your heart for the challenge. Spend time in prayer.</p>	<p>Spread the Love Meet someone from a different age group. Invite them to join the challenge.</p>	<p>Share a Scripture Discuss with a friend from a different age group.</p>	<p>Learn a New Skill Ask someone older to teach you a new skill.</p>	<p>Story Sharing Share your faith journey with someone older.</p>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<p>Learn a New Recipe Ask someone younger to teach you how to cook a dish they enjoy.</p>	<p>Prayer Walk Take a 30-minute prayer walk with women of all ages.</p>	<p>Volunteer Together Serve with women of different ages.</p>	<p>Mentorship Mindset Find a mentor from another generation.</p>	<p>Break Bread Host a dinner for women from different generations.</p>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<p>Prayer Partners Find a prayer partner from a different generation.</p>	<p>Game Night Host a game night for intergenerational connections.</p>	<p>Share Tradition Share a family tradition with someone younger.</p>	<p>Self-Care Day Practice self-care with a friend from a different age group.</p>	<p>Share a Book Start an intergenerational book club at church.</p>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<p>Chat Time Meet with your prayer partner.</p>	<p>Faith Journey Share your testimony with a group.</p>	<p>Time to Praise Hymn Discuss your favorite hymn as a group.</p>	<p>Break Bread Enjoy potluck with women of all ages.</p>	<p>Mentorship Mindset Meet with your mentor.</p>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<p>Meal Sharing Share a recipe with someone younger.</p>	<p>Soothing Solitude Engage in self-reflection. Journal.</p>	<p>Game Night Don't forget the snacks!</p>	<p>"Thank You" Write a note to someone you met on this challenge.</p>	<p>Sunrise / Sunset Enjoy a beautiful sunrise or sunset with your prayer partner.</p>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<p>Self-Care Day Practice self-care with a group of women.</p>	<p>Story Sharing Listen to a story from someone older.</p>	<p>Break Bread Enjoy a picnic in the park with women of all ages.</p>	<p>Prayer Walk Take a 30-minute prayer walk with women of all ages.</p>	<p>Celebration Sunday Celebrate the connections you made during the challenge</p>



PERSONAL REFLECTIONS

Write 3 Intentions for Yourself During this Challenge / Share Your Hopes and Expectations

Write Down Experiences, Insights, and New Recipes



Creative Expression - Write a Poem, Song, or Short Story Inspired by Your New Connections



PERSONAL REFLECTIONS

*Write 3 Intentions for Maintaining Intergenerational Connections at Church
(Ex. Regular Meetings, Active Listening and Learning, Shared Service and Fellowship)*

Write a Prayer for Your New Connections

Journal Anything You Want to Remember / Were Your Hopes and Expectations Met?
