

# **WHAT DOES THE BIBLE SAY ABOUT RETIREMENT HEALTH?**

## **A “Typical American” Retirement Is Not a Biblical Command or Concept**

Life & retirement isn't about us - it is about glorifying God by enjoying & sharing Him!

## **Retirement Is a Gift & Responsibility, Not a Right - Don't Waste It!**

Psalm 71:18 "So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come." (ESV)

## **8 Opportunities In Retirement - Seize the Season!**

- 1. More Spiritual Growth** - additional time allows for purposeful and intentional reprioritization, consider how to enjoy God more through your Bible and prayer!
- 2. More Service** - within your church, among family, in your community
- 3. More Missions** - cross some boundaries to go and tell the Good News of Jesus wherever He calls with fearless love
- 4. More Generosity** - if you've been wise financially you will have less significant expenses that may free you for more chances to invest God's resources back into ministries and missions
- 5. More Relationships** - a slower pace creates space to be with you spouse, children, family, friends and neighbors more
- 6. More Travel** - God's creation is amazing; free time allows more chances to enjoy God's blessings in His creation with those whom you love
- 7. More Learning** - more time freed up from no work schedule can allow time to read, listen, and watch teachers and authors for personal growth that overflows to others
- 8. More Rest** - many of us have worked at too furious of a pace and it has taken a toll, retirement can serve as a season of rest and reprioritization

## **5 Temptations In Retirement - Watch Out!**

- 1. Self-indulge** - living for self and the pursuit of the pleasures and temptations of the world
- 2. Self-harm** - overeating and under-exercising, lack of medical oversight or intervention
- 3. Self-destruct** - over-committing, over-working, not adjusting your pace to the physical realities of aging
- 4. Self-isolate** - over-sleeping, overly-lazy and sedentary lifestyles lead to depression
- 5. Self-love** - it's easy to prioritize yourself and your needs over others through self-focus

## **Be Intentional In Your Season of Retirement!**

Ephesians 5:15-17 "Look carefully then how you walk, not as unwise but as wise, [16] making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is." (ESV)

## **Retirement Is A Mission Field to Proclaim God's Goodness to the Next Generation**

2 Timothy 4:7 "I have fought the good fight, I have finished the race, I have kept the faith."

**A Helpful and Free Resource!** "Rethinking Retirement: Finishing Life for the Glory of Christ" by John Piper <https://www.desiringgod.org/books/rethinking-retirement>

Proverbs 17:6 "Grandchildren are the crown of the aged, & the glory of children is their fathers."