Retirement Prayer Guide

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Retirement
Prayer Guide

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Praying Over Your Retirement

It has been said that you can't pray and worry at the same time. Prayer fosters hope and peace. Where worry fosters fear and doubt. I don't know about you, but if I had to pick between the two- prayer sounds like a much better approach to life, especially in retirement.

Since prayer is all about pouring your heart and soul out to the Lord, let me share where I am at. I feel called to bring Biblical ideas, characters, and truths into the modern fold of retirement planning. As a result, I have studied retirement unlike most people. Whereas most people and especially financial professionals have jumped into the financial aspects, my goal and focus has been on the mental, social, physical, and spiritual aspects. In other words, all of the non-financial pieces.

As a result, what I have found is that retirement is one of the most highly sought-after phases of life, but also one of the most misunderstood… especially from a spiritual and God-centered perspective. Unfortunately, traditional retirement planning focuses on money first, then the individual or couple, and then and only in some rare cases, maybe a little Jesus talk gets sprinkled in. So together with my wife, Amie, we set a goal to flip that idea on its head and help people put God-first, then themselves and other relationships, and then finally let the money stuff get sprinkled in.

Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6

Therefore, our goal for this guide was to give you some framework and directed prayers as you approach this next phase of life. It's a practical approach for making a smoother transition by having prayers that focus on each of the five key areas of retirement. They are:

1) Spiritual 2) Mental 3) Physical 4) Social 5) Financial

The order of the five key areas is important because they build upon each other. Together, they provide the foundation for creating a Christian approach to replacing your work identity, filling your time, keeping relevant and connected, staying physically active, and feeling financially secure.

Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won't collapse because it is built on bedrock. But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand. When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash." Matthew 7:25-27

Praise , Grace, & Support

For some, knowing what to pray can be a hurdle for getting started. To help, Amie and I have created a series of prayers on the key areas for you to simply use as a starting point. We want to encourage you to transform our words to ones that represent you and your life. The more you incorporate regular communication with God the easier the process becomes. Let's get started with an all encompassing prayer for your journey in retirement.

Praying Over My Retirement

Dear Heavenly Father, thank you for your provisions over every aspect of my life. I know you deserve the credit for every high point I have been blessed to experience, and that you are the one who has been with me through the low points.

Lord, I ask that you help me as I navigate through this next season of life. Retirement. Please help me to clearly see what you have in store for me, so that I can pursue You in all I do.

It is my heart's desire to put you first Lord, please help me to silence the world around me and all its temptations so that I can pursue you first and foremost.

I know You created us to be in community with others, please help me to recognize those people you want me to pursue. Help me to see my brothers and sisters in Christ and reveal who You have intended for me to help discover You and through Your son Jesus.

I want to honor you in my health and wellness journey, thank you for the ability to do the amazing things I have been able to do throughout my life, and can still do today. I know You are the ultimate Physician, Healer, and Worker of Miracles and I am committed to trusting in that as the days pass and as my body ages as You have intended it to do.

Thank you for the resources that You have provided me with, please help me to discern how to use my time and finances wisely. I want to use these precious resources to glorify You, Lord. Please keep my eyes and ears alert so I can see when I can serve as a blessing to others. Please keep my heart soft and open so that I can serve You and be the answer to someone else's prayer.

You know all things in my Heart Lord, both spoken and unspoken. In Your Heavenly Name I pray.

Amen.

Intentional Focus For Your Journey

Our nest step in this prayer journey is to intentionally communicate with God about our spiritual, Mental, Physical, Social and Financial circumstances. When we are specific when we connect with God, we are able to receive His response more clearly. That's the interesting thing about praying, God already knows what is on your heart- praying opens your heart to experience Gods will.

> *"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."* Philippians 4:6-7 NLT

Spiritual Prayer

Dear My Lord God in Heaven, thank You for always making time for me and meeting me exactly where I am. Knowing You are with me offers comfort and peace, regardless of the situations I may find myself in. However sometimes my humanness takes over and I forget that You are omnipresent, and I lean in on my own understanding without looking to You first, but I want to Lord. I know that You and You alone have the answers to every circumstance, every trial and every heartache. It's easy to see You when I am in church, or there's a Praise to be shared. But, I want to see you just as easily when I am hurting, angry, confused and when life feels hard. I know it is in these circumstances that my faith can grow and be nurtured, it is when You can use me to share Your love with others. In Your Heavenly Name I pray, Amen.

Mental Prayer

Hello God, today I come to you with a very specific request. I need mental stamina. Lord, there is so much to process every day and I am often distracted by multiple circumstances that require my attention and simply put my mind is tired. It is overloaded and needs to rest in You. Please help me wake up in the morning refreshed and able to discern and dissect what truly requires my attention, and what doesn't. Help me to be fully present where I am needed most, where I can represent You best. Please be with me as I fall to sleep each night, help me to remember that You are in control, and I don't need to be. I want my dreams to be filled with Your presence, Your peace and Your love. I know that I can't do this on my own, but I can through You. I Love You Lord. Amen

Physical Prayer

Dear Father, thank You for this earthly body You have created for me to be in. I know that I often fall short in caring for myself as I should. Many of the physical challenges I face are a direct result of that falling short over the

years. I want to honor You with my lifestyle Lord, to care for and nourish my body in ways that reflect the body of Christ. I know I am incapable of matching Your perfect creation, but I also know that You created me and have equipped me with exactly what I need in this moment, despite any circumstances that may make me doubt. In Your Holy Name I Pray. Amen.

Social Prayer

Dear God, thank you for creating me just as I am. Thank you for the relationships I have with my family, friends, and community. I know that You created them, with the same attention to detail as You did me. Please don't let me get complacent in these relationships or to miss the new opportunities You offer to me. I know we weren't meant to do life alone, but sometimes relationships are hard. Please let me be a person who offers grace, let the people in my life be ones who will always point me toward You. Show me where You need me to share Your love with others. Help me to remember to laugh, love and serve. While I may do these things imperfectly, I want to do them in obedience to You. Help me to love and see people just as Jesus did. I want the courage to try new things, new experiences and do them with an adventurous spirit. I wan to be the type of person others want to be around. Thank you God, for your unconditional love and friendship in my own life.

Financial Prayer

Father God, I am so grateful that You have provided me with the resources for retirement. I want to honor You well during this time by being a good steward of my finances, I ask that You equip my heart with a giving spirit. I pray over my contentment with the things I have been blessed with and that I honor You in all my financial obligations. I know that You are in control, please help me to surrender all my financial worries and fears to You, no matter how big or small they may be. I claim Your abundance to overcome where I fall short. I love you God, Amen.

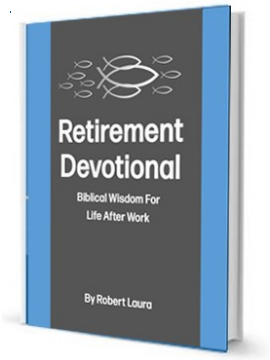
Next Steps

We sincerely hope that you will make Praying Over Your Retirement a regular part of your daily routine as you navigate through your life after-work. That you will take this guide and use it as a simple starting point to connect with our Lord God in a way that is relational and relevant to your life. We would love to stay connected with you and invite you to be a part of our Christian Retirement Community. You can follow us on Facebook, participate in our Retirement Roots Bible Study or enjoy our Retirement Devotional.

> *"Do not be conformed to this world, but continuously be transformed by the renewing of your minds so that you may be able to determine what God's will is—what is proper, pleasing, and perfect." Romans 12:2*

Getting Baby Boomer Back To Church Ministry

Our personal ministry is focused on getting baby boomers reconnected to the church… to help them replace their old and outdated ideas about religion with a new more personal relationships with Jesus Christ. We see many religious organizations targeting the unchurched or younger adults and families, but we feel the biggest opportunity for Kingdom work is getting older adults back into the fold by helping them realize church is not a bunch of *Thou shall not's* but rather a place where their wisdom, skills and talents can have an eternal impact. We hope to accomplish this through on-site presentations, webinars, books, and guides.

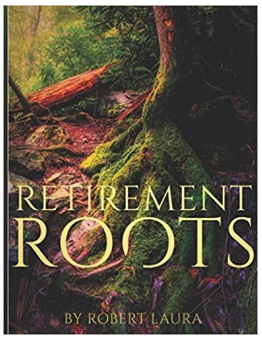


Available at amazon

The Retirement Devotional is a 4-week study designed to help individuals, couples, and small groups make a better transition from work-life to home life by using the four Gospels to open people's hearts and mind to a God-centered perspective on retirement.

"I felt called to not only turn retirement planning on it's head, but to also do it in a way that steps outside of the conventional box of using Psalms and Proverbs for Biblical wisdom. We are in a new era of retirement, one where we need to dig deeper into God's word for purpose and direction," says author and Retirement Pioneer Robert Laura.

This devotional was born after the successful launch of Laura's first Bible study, Retirement Roots, which includes a video series and is available on RightNowMedia.com as well as RetirementRoots.org. The overwhelming response from participants affirmed that there was an incredible need for more tools to help people connect more deeply with God as they make their way through this season, because as the devotional points out, "Retirement isn't our final destination, getting into heaven is."



Available at amazon

What does the Bible say about retirement? It's a question that doesn't often come up in traditional retirement planning, but scripture not only mentions retirement, but it over-flows with wisdom, ideas, and characters of the Bible that can be used to help people make a successful transition from work life to home life.

Retirement Roots is a 7-part video series that helps people create a Christian plan for everyday life after work. In this study, author and nationally recognized retirement expert Robert Laura has flipped the secular view of retirement upside down and guides people away from what is often portrayed as a self-centered time to a God centered time.

As part of the interactive and engaging process, he helps people to not only strengthen their relationship with the Lord, but to also use Scripture that help replace their work identity, fill their time, stay relevant and connected, as well as mentally and physically active. The program is ideal for churches and small groups as well as individuals and couples. For larger audiences it can be presented as a one-day interactive workshop either in person or virtually. For smaller groups and individuals, the program and workbook are available online for easy access and on-demand use.

"We've offered the program both in person and virtually and they have been game changers for many at NorthRidge and our surrounding community. We appreciate Robert helping our people look at retirement with a biblical lens and to steward their time, talent, influence and treasure well," adds Jessica Furlong, Stewardship Lead at NorthRidge Church in Plymouth Mi.

The content is thoughtfully designed to reach people at every level of faith by providing participants with Biblical perspective on creating clarity, purpose and direction in this next phase of life. It's also ideal for seekers and those looking to renew their relationship with Jesus Christ.

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