



**Keswick
Ministries**
HEARING BECOMING SERVING

Running the Final Lap

Changing the pace – facing retirement

John Wyatt: Seminar 1

HOW TO USE THIS RESOURCE

This seminar is the first in a series of four. You can watch the seminars on your own or with your church, small group, or friends. Alongside these notes, there is a handout to accompany the seminar (<https://tinyurl.com/3m7ayku6>). The questions/reflections below may help you discuss and work through how to apply what you've learnt to your own life. Start the video and then pause it when suggested to look at the question(s).

WATCH THE VIDEO:

[Seminar 1:](#)
<https://tinyurl.com/4nfu9ejx>



To watch the video, scan the QR code or go to @KeswickConvention on YouTube and search for John Wyatt

SEMINAR OUTLINE

More and more of us are living longer, healthy lives. What are we to do with this gift of time? In this seminar we explore how older people can find joy in retirement, use their gifts among the Christian community and leave a legacy of wisdom which testifies to God's faithfulness.

QUESTIONS

Start the video and pause it at 13.05 minutes (<https://tinyurl.com/2e23j9w8>)

1. What difference does it make to know that God has 'marked out' your individual race (Hebrews 12:1-2)?
2. Who are the 'cloud of witnesses' cheering you on? How do they support and encourage you?

Restart video at 13:05 minutes (<https://tinyurl.com/sjuus3vj>) and watch until 28:50 minutes.

3. If you are retired, what are the challenges you have faced adjusting to this new phase of life? If you are preparing to retire, what challenges are you anticipating?
4. What kind of joy does God want us to experience, even in old age? (Look at Hebrews 12:1-2, Psalm 103:4 and 1 Peter 1:6-9).

Restart video at 28:50 minutes (<https://tinyurl.com/yey8eny9>) and watch until the end.

5. What are old people for? Why do you think God has granted so many of us this gift of time?
6. How can the Christian community better harness the gifts, experience and time that older Christians have?





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REFLECTION/PRAYER

- 'The place God calls you is the place where your deep gladness and the world's deep hunger meet' (Frederick Buechner). Discuss with a friend what areas of service motivate and energise you in this phase of life. What changes do you need to make to spend more time doing these things?
- In your small group, pray that you would run this final lap with joy and perseverance. Pray that your hope in Christ, gratitude to God, and wise example would be a blessing to others.
- Write a letter to a younger family member or friend sharing how you have experienced God's faithfulness throughout your life. Encourage them in their spiritual journey by testifying to God's goodness and love.
- If you would like to learn more about transitioning into retirement look at the 'Retiring Well' course by Helen Calder (<https://www.helensheadlines.net/transitions-retirement-course>)

