



**Keswick
Ministries**
HEARING BECOMING SERVING

Running the Final Lap

Finding support: dependence and frailty

John Wyatt: Seminar 2

HOW TO USE THIS RESOURCE

This seminar is the second 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/mrxdktr8>). 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 2:](#)
<https://tinyurl.com/mrykzcrs>



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

SEMINAR OUTLINE

'I don't want to be a burden to others' is a common cry from older people. But using the example of Jesus and Peter, and other selected Scriptures, we see that dependence is part of God's design. The aim of this seminar is not to sentimentalize and glamorize dependence but see it as a part of our story, a means to glorify God and witness to a secular world.

QUESTIONS

Start video and pause at 21:28 minutes (<https://tinyurl.com/ycxf9rph>).

1. How can we be sure dependence is part of God's design? What certainty does the creation account in Genesis give us?
2. 'Bear one another's burdens and so you will fulfil the law of Christ' (Galatians 6:2). What does 'mutual burdensomeness' look like in your church? How could you be better at it?

Restart video at 21:28 minutes (<https://tinyurl.com/29kuepu7>) and watch until 31:16 minutes.

3. In what sense was Jesus dependent? What can we learn from him about how dependency affects our identity and dignity?
4. What does John 18:1-6 and 21:17-19 teach us about glorifying God and dependency?

Restart video at 31:16 minutes (<https://tinyurl.com/bd3yvzrz>) watch until the end.

5. Consider the implications of 2 Corinthians 4:16-18. How can we help members of our church community not 'lose heart' in the final lap and instead, focus on what is 'unseen'?
6. In the light of what you have learnt from this seminar, how would you answer an older person who said, 'I just don't want to be a burden to others'?





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REFLECTION/PRAYER

- Today, as you receive care from others, realize all the ways God shows his love to you: 'Christ himself kisses us in the love of our friends' (Bernard of Clairvaux).
- Today, as you care for others, do so joyfully, conscious of the immense privilege of being 'God's love with skin on' (John Wyatt).
- Write down your own worries and fears about dependence. Discuss them with your family or close friends. Ask God for grace and strength when the time comes for you to gradually and voluntarily give up your freedoms.
- If you are physically dependent, rather than just waiting for heaven, pray God will show you what more he wants you to learn and to do.
- If you would like to read more on this topic try, 'The Final Lap: Navigating the transitions of later life' by John Wyatt, 'Finishing Well: a God's eye view of ageing' by Ian Knox or 'Hope in the Face of Suffering' by Jeremy Marshall.

