



RR RETIREMENT
REFORMATION

PRAAYER CALENDAR

**A PRACTICAL
TOOL FOR YOUR
RETIREMENT
YEARS**

RETIREMENTREFORMATION.ORG

INTRODUCTION

The Retirement Reformation desires for every believer become confident in God's plan for a lifetime of faithful service and to help the Body of Christ reform its understanding of retirement. We do this by resourcing believers with practical tools that give the insight and capacity to build toward a reformation of their approach to retirement.

But where do you start in your journey to reform your view of retirement? Start by talking to God about your beliefs, motives, and actions as they relate to retirement. Each prayer represents the focus of a week during the year. By investing seven days in praying the same prayer, you begin to ponder the deeper meaning, hear from God and consider what He would have you do.

Here are some encouragements as you use these prayers in your prayer life:

- Pray with an open heart of expectation about what God might do.
- Pray with confidence that God will answer your prayer.
- Pray these prayers with others (your spouse, prayer group, Sunday School class, etc.)
- Pray with a desire to know God more deeply.
- Pray these prayers throughout the day and look for insights as you go about your routine.
- Pray with honesty and transparency; knowing the God knows you and hears you.

YOU CAN ALSO FIND MANY OF THESE PRAYERS ON THE PRAYER MATE APP FOR YOUR IPHONE OR ANDROID DEVICE. DOWNLOAD IT TODAY AT [RETIREMENTREFORMATION.ORG/PRAYERMATE](https://retirementreformation.org/prayermate).

Each prayer is meant to be prayed for an entire week. That is why you will find 52 prayers below to match the 52 weeks of the year.

Here is how to pray the same prayer for 7 days:

DAY 1 / Pray the prayer for the first time without any preparation. Focus simply talking to God using these words.

DAY 2 / Pray the prayer with a confidence that comes from already having spoken to God about this issue. Seek out the nuance and new insights that this confidence brings.

DAY 3 / Ask others to pray this prayer with you and learn from them as they connect with God about this issue.

DAY 4 / Meditate on the prayer and seek the deeper things God might want to communicate with you.

DAY 5 / Pray the prayer out loud on a walk or in the privacy of your home. Make the prayer real by making it audible in your environment.

DAY 6 / Modify the prayer based on where you are in your relationship with God. Make it your own.

DAY 7 / Thank God for what He has taught you as you have prayed this particular prayer.



WEEK 1

DEAR GOD

*show me what freedom looks like through the lens of faith. I want to see my life as You see it and live my retirement years sold out for You. Help me to walk in Your ways today.
Amen*



WEEK 2

DEAR GOD

release me from the fear I feel today. I don't have words to describe my emotions, but the burden is heavy. I give You my cares and ask You to make my heart light. Amen



WEEK 3

DEAR GOD

help me to rethink what a “lifetime” really means. I have resisted giving You control over every part of my life. Reframe my thinking so that I am filled with joy at the prospect of serving You throughout the many phases of life that I have ahead of me. Amen



WEEK 4

DEAR GOD

give me freedom to love those around me with abandon. Break down the prejudices, resentments, hatred and pride that so easily creep into my thinking about neighbors, friends, coworkers and family. Amen



WEEK 5

DEAR GOD

*give me freedom to pursue activities that will have an impact. Don't let my heart be captured by comfort or pleasure for its own sake. Instead, release my heart to serve You sacrificially.
Amen*



WEEK 6

DEAR GOD

show me what real rest looks like as I choose how to spend my time today. I want to rest in You, but I know that retirement is about more than “rest,” the way the world defines it. Give me a healthy perspective on how I should use my time during this phase of my life. Amen



WEEK 7

DEAR GOD

fill me with confidence in knowing who You are and why You made me. Help me to boldly believe that You still know me and want to use me as I serve you in retirement. Amen



WEEK 8

DEAR GOD

restore my sense of purpose so I can stay faithful for a lifetime. I am so afraid that my last years will be without purpose and I don't know how to change that. So, I come to You and ask You to infuse me with meaning. Amen



WEEK 9

DEAR GOD

guide my thinking as I make this transition to or live in retirement. Guard my mind against overconfidence, worry or independence. I pray that I will have Your mind so that I can see the changes that will be coming in my life as opportunities to trust You. Amen



WEEK 10

DEAR GOD

help me to have a posture of learning today. There is so much that I still don't know. Keep me humble as I seek out ways to know You better. I'm amazed at all You have taught me and look forward to all I have yet to learn. Amen



WEEK 11

DEAR GOD

continue what you have started in my heart. Looking back, there have been so many times where You have gently taught me about You. I want more of You in retirement. Amen



WEEK 12

DEAR GOD

forgive me for taking control. These retirement years can feel like a rollercoaster of empowerment and loss. One minute I can do anything and go anywhere. The next minute I'm overwhelmed by the limitations of my circumstances, health and mind. Take control of my life and lead me in Your ways. Amen



WEEK 13

DEAR GOD

*humble my heart when I struggle to journey with others and accept good things that they want to share with me. Keep me from a heart of pride that would demand I do it on my own.
Amen*



WEEK 14

DEAR GOD

help me to believe you when you speak to me about these retirement years. Amen



WEEK 15

DEAR GOD

don't allow the ideas I have built up in my head to be more significant than what You want to teach me today. Amen



WEEK 16

DEAR GOD

help me to live in your timing and accept the seasons of life as you give them to me. I want to control my life, but I know that I will only thrive as You take control.



WEEK 17

DEAR GOD

help me to release my life to You and enjoy the different seasons You are preparing for me in retirement. Amen



WEEK 18

DEAR GOD

I like to go my own way and many times I have failed to listen to You. But I know You are speaking to me about a greater purpose. Will You speak to me now? Will You help me to see how I can use my retirement years to accomplish great things for You? Amen



WEEK 19

DEAR GOD

thank You for sending Your son Jesus to befriend me. I believe that You want me to live out my retirement years for Your glory, but I don't know how to do that. All I know is that I want to be a good friend and follow through on what you want from me. Please help me to accept Your son's friendship and courageously follow through. Amen



WEEK 20

DEAR GOD

rescue me from another restless night. I want so badly to rest and relax in retirement but my need for control keeps me tied up in knots. I want to release my worries and concerns to You and I ask that You give me real rest that comes from being aligned with Your purposes. Amen



WEEK 21

DEAR GOD

refresh my spirit today. Open my mind to the insights You have for me and allow me to see You in a new way. I want my retirement years to be times of fresh insight into who You are and who I am in You. I open my heart to what You have for me today. Amen



WEEK 22

DEAR GOD

direct my planning so that it leads to freedom and not captivity. I long to see the plans You have for me as joyful opportunities. But so many times they feel like prison bars. Free me from the prisons of my own making and release me to serve You. Amen



WEEK 23

DEAR GOD

I desire to have hope in my heart as I think about the future. Release me from the fear of the unknown and fill me with a confidence in Your plans that will embolden me to honor You and to love those around me. Amen



WEEK 24

DEAR GOD

conform my thoughts to Your thoughts as I prepare for this day. Erase selfishness, fear, pride or anger. Instead fill my heart with a deep sense of love for You and for those You have put in my life during these retirement years. Amen



WEEK 25

DEAR GOD

create connections that will last a lifetime. Thank You for modeling connection through Your Trinity and even among Your disciples while You were on this earth. Give me a vibrant community in retirement where I can belong, grow and serve. Amen



WEEK 26

DEAR GOD

make me bold in my planning so I can have impact for Your kingdom. It is so easy to let my time, talents and treasure just slip away. Help me to prepare well so that I can serve You faithfully for a lifetime. Amen



WEEK 27

DEAR GOD

grant me a clear sense of Your Spirit in my life. Don't be distant. When I push you away, I know that You will always push back because Your love is never ending. Thank You for Your consistent care for me. Amen



WEEK 28

DEAR GOD

deepen my connections with others on this same journey of retirement. I know that these years have a purpose and that people are a big part of that. Show me who You want me to invest in and give me the grace to reach out. Amen



WEEK 29

DEAR GOD

touch my heart for those who are hurting physically. It is so easy to get focused on my own aches and pains in retirement, but I know that others have deep hurts that need Your healing. Help me to see beyond my circumstances to the needs of others. Amen



WEEK 30

DEAR GOD

grow my vision for what I should expect in retirement. I know that You have so much more for me than I could ever imagine. But it is hard to imagine what I don't fully know or understand. Please give me that larger vision. Amen



WEEK 31

DEAR GOD

guide my influence with Your insight. Thank You for all the experiences, skills and relationships You have allowed me to build over the years. Now direct my influence towards the people and projects You would bless through me. Amen



WEEK 32

DEAR GOD

reframe my thinking about what You expect and what I deserve. So many people are hyping different expectations in retirement. It's hard to dim their voices and hear Yours. But I want to know Your mind and build my expectations around Your heart. Amen



WEEK 33

DEAR GOD

position me to influence others with what I am learning about service to You. No matter what stage of retirement I am in, I know that I have influence over those You have put in my life. Give me wisdom to guide them in your ways. Amen



WEEK 34

DEAR GOD

free me from the worries that come from money and health. I am plagued with these worries. They pop up at the strangest times and tempt me into frustration, concern and despair. Help me realize that You are my provider and that I can depend on You even as I obediently do my part. Amen



WEEK 35

DEAR GOD

focus my heart on the needs of my family. My spouse, children, and grandchildren all need my love and attention. Allow me to think beyond my own needs and desires and focus on others today. Amen



WEEK 36

DEAR GOD

free me from the captivity of other's expectations. I'm surrounded by people who have sky-high expectations for retirement. Some even expect things from me! Help me to discern the motives behind those expectations and stay true to Your direction in my life. Amen



WEEK 37

DEAR GOD

Show me your priorities. It is easy for me to see my priorities. But I want my life to be aligned with You, God. Break through my selfishness and myopic perspective and help me to see what You are doing in this world. Amen



WEEK 38

DEAR GOD

Honor my commitment to serve you in this phase of retirement. I am willing to serve You. Would use me for Your purposes, big or small. God, I want to be used by You so that my retirement years may yet be the most impactful for Your kingdom. Amen



WEEK 39

DEAR GOD

redeem the years I spent imagining retirement as an escape and give me rich opportunities to serve. Forgive me for my wrong thinking and help me to embrace these seasons of life that will come as opportunities to serve You and bring You glory. Amen



WEEK 40

DEAR GOD

thank You for the blessing my family is to me. Even when we struggle in our relationships, You are still using them to strengthen me. I am grateful for the family You have put in my life and I recommit to invest in them just as they have invested in me. Amen



WEEK 41

DEAR GOD

give me new perspective on my relationships that allow me to see where I have failed people and also where I have blessed people. I have a lifetime of amazing experiences; as well as a lifetime of sorrow from these relationships. Help me to see those relationships as You do.

Amen



WEEK 42

DEAR GOD

show me how to let go of my own efforts and embrace Your plans for my retirement years. It is scary to let go of my plans, but I know You want me to. Calm my heart, grow my faith and help me to step forward in Your strength. Amen



WEEK 43

DEAR GOD

replace my heart that is so bent on taking what I need and give me a heart that is seeking to receive what You want to give me. Amen



WEEK 44

DEAR GOD

thank You for the passion You have put in my heart. Your son showed great passion when He was on this earth and I don't want to lose that. But help me to channel that passion towards Your vision for the world. Amen.



WEEK 45

DEAR GOD

give me grace to embrace things that I don't understand. I know that You have been working in my life and that You still have much to do as I walk with You in retirement. Amen



WEEK 46

DEAR GOD

help me embrace the people You bring into my life. In retirement, I am connecting with a new set of people that are different than the ones I spent so much time with during earlier phases of life. Thank You for bringing them into my life and help me to enjoy them for who they are.

Amen



WEEK 47

DEAR GOD

this world is so broken and the issues that cloud the horizon are difficult to face. Give me courage to serve You even in the face of great pain and suffering. You have given me years of experience weathering life's challenges. I pray that experience will bless many as I seek to serve You in retirement. Amen



WEEK 48

DEAR GOD

after many years, I'm starting to understand that change will never stop. Especially now as I am living in retirement, I wish that life would stop changing. But I know that every change is a chance to depend more on You. Help me to rest in You even in the midst of great change.

Amen



WEEK 49

DEAR GOD

I need Your direction today. Parts of my retirement feels very planned and other parts are a mystery. How will You provide? What will You ask me, to do? How should I focus my time? I need You to guide me Lord. Amen



WEEK 50

DEAR GOD

Be the source of my identity. I have received value from so many things that were not You. You are bigger than my career, relationships, accomplishments, interests and skills. Use this new phase of retirement to help me get my value from You rather than these other things.

Amen



WEEK 51

DEAR GOD

change my thinking about the cares that I am focused on right now. Instead of allowing words said, actions taken and unfolding events to be my focus, wrestle my mind away from them and allow me to give you my full attention. Amen



WEEK 52

DEAR GOD

thank you for allowing me these years of retirement. You are so gracious to me and that graciousness is evident in how You are providing for my daily needs. Thank you for knowing what I need today and providing it before I even ask. Amen

Reach Your Community



Church family and older adults in your community are invited to an inspiring evening including an expanded understanding of retirement in our times, the 5 benefits to growing older, and be challenged to find meaning, purpose, freedom, and joy during the 3 stages of retirement.



Strengthen Existing Base

Demonstrate to older adults that the church cares for them beyond their financial contributions through a morning workshop addressing key issues facing seniors in waiting, those in process, and those winding up.



Prevent a Looming Exodus



The two groups leaving the church the fastest are millennials and older adults! Reduce the number of mature adults leaving the church and attract more members to it through an investment in meeting their unique needs in retirement age.

Reserve Your Weekend Now!

At this event, we will discuss solutions to potential challenges, overcoming loneliness, building new relationships, and so much more. This is a don't-miss event for anyone 55 or older.

Visit retirementreformation.org/oxygen4life now!



What Attendees Are Saying

"That I was here was not an accident. I realized that God does have a plan for me in my retirement!"

"Having had the chance to do nothing for a couple of years I have found that that is misery. I am ready for more."

"I have been lonely and bored. The days seemed like weeks. I now realize I don't have to live like that."

**HOST AN EVENT IN YOUR COMMUNITY!
[RETIREMENTREFORMATION.ORG/OXYGEN4LIFE](https://retirementreformation.org/oxygen4life)**



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