

# 退休不退场：为主而活的退休生活

Retirement without withdrawal:  
A retirement life lived for the Lord

# 银色社会 Silver Society

新加坡进入「银色社会」——到2030年，每4个人中就有1位超过65岁。

Singapore has entered a “Silver Society” — by 2030, one in four people will be over 65.

# 退休后挣扎的课题 Many retirees struggle with

- **失去身份感** Loss of identity
- **生活重心改变** Changes in life structure
- **健康渐降** Declining health
- **社交圈缩小** Smaller social circles
- **对未来产生忧虑** Anxiety about the future

# 圣经怎么看“退休”？

What Does the Bible Say About “Retirement”?

**诗篇 Psalm 92:14**

他们年老的时候仍要结果子，要满了汁浆而常发青。 They will still bear fruit in old age, they will stay fresh and green.

**约书亚记 Joshua 14:11**

“我还是强壮，像摩西打发我去的那天一样。”

“I am still as strong today as the day Moses sent me out.”



职场上会退休，  
但神的呼召不会退休。

A career may retire, but God's calling never retires.

# 退休的反思：态度

Reflections on Retirement: Attitude

路加福音 Luke 12:15

**“人的生命，不在乎家道丰富。”**

“Life does not consist in an abundance of possessions.”

# 退休的反思：态度

Reflections on Retirement: Attitude

我们的价值不只是“做什么”，而是“怎样活”。

Our value is not based on what we do, but on whom we belong to.

从“工作身份的价值”转向“生命身份的价值”

Shifting from "the value of a work identity" to "the value of a life identity".

# 退休的反思：财务

Reflections on retirement : Financial

提摩太前书 1 Timothy 6:6

**“敬虔加上知足的心便是大利了。”**  
“Godliness with contentment is great gain.”

# 退休的反思：财务

Reflections on retirement: Financial

真正的安全感，

不是银行数字，而是信靠神的供应。

True security is not found in bank accounts,  
but in God's provision.

学习知足与智慧管理财务

Learning to be content and managing finances wisely

# 退休的反思：健康

## Reflections on retirement : Health

哥林多前书 1 Corinthians 6:19

**“你们的身子就是圣灵的殿。”**

**“Your bodies are temples of the Holy Spirit.”**

# 退休的反思：健康

## Reflections on retirement : Health

**持续活动的人，通常更健康。**

People who are constantly active are generally healthier.

**健康的身体服事主更长久。**

A healthy body allows one to serve the Lord longer.

# 退休的反思：健康

Reflections on retirement : Health

• 诗篇 Pslam 73: 26

我的肉体和我的心肠衰残，但 神是我心里的力量，又是我的福分，直到永远。

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

# 退休的反思：关系

Reflections on retirement : Relational

约翰福音 John 15: 5

**我是葡萄树，你们是枝子。常在我里面的，  
我也常在他里面，这人就多结果子。  
因为离了我，你们就不能作什么。**

I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing.

# 退休的反思：关系

Reflections on retirement : Relational

**退休后最大的挑战是孤单。**

One of the biggest challenges after retirement is being lonely.

**“关系的连接”是需要经营的。**

Maintaining "relationship connections" requires effort.

# 退休后“不退场”的生命

Life After Retirement: Not Retreating from Purpose

提多书 Titus 2:2-5

**“劝老年人要有节制、端庄、自守……”**

“Teach the older men to be temperate, worthy of respect, self-controlled...”

# 退休后“不退场”的生命

Life After Retirement: Not Retreating from Purpose

退休后，不是停止事奉，  
而是进入“影响生命”的阶段。

Retirement is not the end of service,  
but rather the beginning of a phase that "influences lives".

# 使命的延续：年老仍要结果子

Continuing the Mission: Bearing Fruit in Old Age

诗篇 Pslam 71: 18

**神啊，我到年老发白的时候，  
求你不要离弃我，等我将你的能力指示下代。**

“Even when I am old and gray,  
O God, do not forsake me  
until I declare your power to the next generation.”

# 使命的延续：年老仍要结果子

Continuing the Mission: Bearing Fruit in Old Age

**老年不是「等候终点」，  
而是「传承的时刻」。**

Old age is not a time of waiting for the end,  
but a time of legacy and passing on faith.

# 使命的延续：年老仍要结果子

Continuing the Mission: Bearing Fruit in Old Age

传信心——讲述神如何带领你一生

Share faith — tell how God has led you through life

# 使命的延续：年老仍要结果子

Continuing the Mission: Bearing Fruit in Old Age

**传爱心——扶持年轻信徒，成为属灵父母**

- Share love — mentor younger believers as spiritual parents.

# 使命的延续：年老仍要结果子

Continuing the Mission: Bearing Fruit in Old Age

**传盼望——见证“神的信实直到永远”。**

Share hope — testify that “God’s faithfulness endures forever.”

回家路上。。。  
On my way home...

**年老仍然能事奉主！**

We can still serve the Lord in our senior years!

## 思考及讨论问题

- 1. 请问你有否对自己的“退休计划”？什么(人, 事) 是你要放下的？什么梦想去完成的？
- 2. 若主让你退休活多活20年，你愿意在哪方面服事他？

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