

노년의 길목에서 주님께 맡기는 삶

미션21 · 2026-08-30

Devotions for the Week

Verse of the Week

Psalm 37:5-6 "Commit your way to the Lord; trust in Him, and He will act. He will bring forth your righteousness as the light, and your justice as the noonday."

Check off each day as you go

- ☐ **Monday** Take some time today to pray and cast your worries onto the Lord.
- ☐ **Tuesday** Pray today to entrust one burden you are carrying to the Lord.
- ☐ **Wednesday** Write down one decision you want to entrust to the Lord today.
- ☐ **Thursday** Take some time today to pray for your children or younger ones.
- ☐ **Friday** Pray today to entrust one of your plans to the Lord.
- ☐ **Saturday** Pray today to entrust everything to the Lord.

Monday — Cast All Your Anxieties

Today's Passage 1 Peter 5:7

The Lord tells us to cast all our anxieties on Him. When we let go of our worries, there is a promise that the Lord will take care of us. Trusting in the Lord is the path to true peace.

Ask Yourself What is my biggest worry right now?

Do This Today Take some time today to pray and cast your worries onto the Lord.

Prayer Lord, I cast all my anxieties on You, please take care of me.

Tuesday — Entrust Your Burdens

Today's Passage Psalm 55:22

David entrusted the heavy burdens of life to God. When we also cast our burdens on the Lord, they become lighter, and we experience His help.

Ask Yourself What burden am I carrying right now?

Do This Today Pray today to entrust one burden you are carrying to the Lord.

Prayer Lord, I entrust my burden to You, please uphold me.

Wednesday — Entrust Your Remaining Path

Today's Passage Psalm 37:5-6

When we entrust the remaining path of our lives to the Lord, He leads our lives beautifully. We can expect our righteousness to shine like the dawn.

Ask Yourself What do I want to entrust to the Lord in the remaining years of my life?

Do This Today Write down one decision you want to entrust to the Lord today.

Prayer Lord, I entrust my remaining path to You, please guide me.

Thursday — Entrust Your Spiritual Legacy

Today's Passage Proverbs 16:3

Even after retirement, our lives continue. It is an opportunity to pass down our prayers and faith to the next generation. When we entrust it to God, that legacy becomes richer.

Ask Yourself What spiritual legacy do I want to pass on to future generations?

Do This Today Take some time today to pray for your children or younger ones.

Prayer Lord, may the next generation come to know You through my prayers.

Friday — Entrust All Your Plans to the Lord

Today's Passage Nehemiah 6:15

Nehemiah entrusted all his work to God and prayed. We must believe that when we entrust all our plans and events to the Lord, He will accomplish them.

Ask Yourself What is something I am planning that I want to entrust to the Lord?

Do This Today Pray today to entrust one of your plans to the Lord.

Prayer Lord, I entrust all my plans to You, please fulfill them.

Saturday — A Life of Trusting in God

Today's Passage Matthew 11:28

The Lord invites those who are weary and burdened. When we entrust everything to the Lord, we can find true rest.

Ask Yourself What is the last burden I want to entrust to the Lord?

Do This Today Pray today to entrust everything to the Lord.

Prayer Lord, I entrust my life to You, please grant me peace.

Check Your Understanding

1. What is the theme of the sermon?

- A. The meaning of life in old age
- B. Advice for young people
- C. The future of the church
- D. Secrets to success in life

2. Which Bible verse mentioned in the sermon includes the message to cast all your cares on the Lord?

- A. Psalm 37:5-6
- B. 1 Peter 5:7
- C. Psalm 55:22
- D. Proverbs 16:3

3. What does the story of the prophet Elijah discussed in the sermon emphasize?

- A. God's response and comfort
- B. Human limitations
- C. Failure in ministry
- D. Social roles

4. What burdens should seniors entrust themselves with, according to the sermon?

- A. The burden of faith
- B. Social responsibilities
- C. Physical illnesses and emotional wounds
- D. Economic issues

5. What is the last promise emphasized in the conclusion of the sermon among the four promises?

- A. Cast all your cares
- B. Entrust your physical and emotional burdens
- C. Entrust the remaining path of life
- D. Entrust all events to the Lord

Answer Key

- 1. **A** — The sermon emphasizes the importance of entrusting one's life to the Lord in old age.
- 2. **B** — 1 Peter 5:7 contains the message to cast all your cares on the Lord.
- 3. **A** — The story of Elijah emphasizes how God comforted and responded to his concerns.
- 4. **C** — The sermon mentions physical illnesses and emotional wounds as burdens of old age.
- 5. **D** — The last promise is to entrust all events to the Lord.

Key Points

- The life of old age is a season of relying more deeply on God.
- If you entrust all your worries and burdens to the Lord, you can enjoy peace.
- If you entrust the remaining path of your life to the Lord, you will discover the value of life.
- It is the mission of seniors to pass on a spiritual legacy to future generations.

Discussion Questions

1. What worries do you want to entrust to the Lord right now?

2. What efforts can you make to live a life that entrusts everything to the Lord?

3. What burdens do you want to entrust to the Lord in your life?

4. What prayers are you making to leave a spiritual legacy in your old age?

Apply This Week

This week, try praying every morning to entrust your worries and burdens to the Lord. Also, take time to pray and share to leave a legacy of faith for future generations.

Prayer & Reflection

Lord, I entrust all my worries and burdens to You. Please help me live a life with You for the rest of my days.
