Endurance in New Seasons: Trusting God Through Broken Dreams



Explore how to endure broken dreams in retirement, embracing new seasons with trust in God's unfailing faithfulness and hope for the future.





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Introduction

Embracing endurance during life's unexpected transitions can be especially challenging in retirement. Dreams and plans we have cherished for decades may shift or fade, leaving us feeling uncertain or even broken. Yet, *God invites us to trust Him anew* when our hopes seem unfulfilled or when we find ourselves in unfamiliar seasons.

In this 5-day study, we will walk together through Scripture and reflection to discover how **endurance** is not just about holding on tightly to what was, but learning to embrace what God is doing now. Retirement can bring a season of loss, rest, reflection, and often new opportunities, but it also can awaken questions and feelings of grief over shattered dreams.

Throughout these days, we will encounter biblical heroes who endured through hardships, discovered God's purpose in unexpected ways, and learned to hope beyond immediate circumstances. With open hearts, we will explore how God's strength empowers us to persevere, how His promises anchor our souls, and how *trust in Him can transform brokenness into new beginnings*.

God's faithfulness doesn't waver, and neither will His plans for your life—even when former dreams fade. Together, let us invite Him to cultivate endurance in our spirits, to renew our hope, and to lead us into meaningful, joyful new seasons of purpose and growth.

















Your Verse

Isaiah 43:18-19 - "Forget the former things; do not dwell on the past. See, I am doing a new thing!"

Supporting Scriptures

- Lamentations 3:22–23 "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."
- 2 Corinthians 5:17 "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"







Devotional: Letting Go to Embrace God's New Work

Retirement often brings a flood of memories and dreams once held dear. It's natural to feel nostalgic and even mourn what might have been. God gently reminds us through Isaiah that He is constantly doing new things, even when it feels like life is closing a chapter. The call to "forget the former things" is not about ignoring the past but releasing its hold over us so that we can embrace the new opportunities God places before us.

Endurance begins with a heart open to God's leading. His mercies are new each day, inviting us to walk confidently into fresh purpose. What might God be doing in this season that you haven't yet noticed? Let your heart lean into hope instead of despair, trusting that new beginnings are God's promise for you.







Reflect and Apply

	What former dreams or expectations might you be holding onto that prevent you from seeing God's new work?
	How can you practice trusting God's faithfulness each day in this new season?
3.	What new beginnings do you feel God is inviting you to embrace?







Journaling Prompts

1.	Write about a dream you've had to let go of and how it feels.
2.	List ways God has shown faithfulness to you recently.
3.	Describe what a new beginning looks like in your retirement season.







Prayer for Today

Gracious God, thank You for Your unfailing love and the new mercies You provide each day. Help me release past dreams that no longer serve Your purpose and open my heart to the new things You are doing. Give me courage to endure the transitions and hope to look forward with joy. May I trust You deeply in this season, knowing You hold my future in Your hands. Amen. 🙏















Day 2: V Strength in Weakness









Day 2: Strength in Weakness

Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Philippians 4:13 "I can do all this through him who gives me strength."
- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."







Day 2: V Strength in Weakness

Devotional: God's Power Through Our Weakness

Broken dreams can leave us feeling weak and vulnerable, questioning our ability to move forward. However, Paul's words in 2 Corinthians remind us that God's grace fills the gaps of our weakness. Our human limitations don't disqualify us from God's power—in fact, they create room for His strength to shine most brightly.

In retirement and beyond, your worth and purpose are not dependent on what you can accomplish. They rest securely in God's sustaining grace that carries you through every challenge. Endurance is forged not by sheer willpower but by leaning into God's power when your own energy feels drained.

Take heart, knowing that God is close to the brokenhearted and His strength will uphold you—not just to survive but to thrive in this new season.







Day 2: **(**) Strength in Weakness

Reflect and Apply

1.	In what areas do you feel weak or discouraged right now?
2.	How can you invite God's grace to empower you during these times?
	What does it look like practically to rely on God's strength instead of your own?







Day 2: **(**) Strength in Weakness

Journaling Prompts

1.	Describe a time when God's strength sustained you in weakness.
2.	Write a prayer asking God to show His power in your life today.
3.	List affirmations that remind you of God's sufficient grace.







Day 2: V Strength in Weakness

Prayer for Today

Lord, You are my strength when I feel weak and my refuge when I am overwhelmed. Help me to rest in Your grace and trust that Your power is perfect in my weakness. Teach me to rely fully on You as I navigate the uncertainties of this season. Thank You for walking with me and never letting go. *Amen.*

















Your Verse

Romans 5:3-5 - "Suffering produces perseverance; perseverance, character; and character, hope."

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Jeremiah 29:11 "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you."







Devotional: Hope: The Harvest of Endurance

When dreams are shattered, the pain can feel endless, yet Scripture points us toward hope that grows out of endurance. Paul teaches that suffering is not wasted but cultivates perseverance, which in turn shapes our character and anchors us in hope.

This hope is not wishful thinking but a confident expectation rooted in God's promises. He sees your broken heart and delights in restoring joy and purpose. Even when the future looks unclear, God holds a plan for your prosperity and peace.

By trusting Him through the difficulties, your character is refined and your hope strengthened, enabling you to face new seasons with courage and faith.







Reflect and Apply

1.	How has past suffering contributed to your growth and endurance?
2.	In what ways can you hold onto God's promises for your future?
3.	What does hopeful trust look like in the face of uncertainty?







Journaling Prompts

1.	Reflect on a challenging experience that led to personal growth.
2.	Write about what hope means to you in this season.
3.	List biblical promises that encourage you when feeling broken.







Prayer for Today

Faithful God, thank You that You are near to the brokenhearted. Help me to see that suffering can produce perseverance and hope in my life. Strengthen my character as I endure, and fill me with confident hope in Your plans for me. Guide me gently into a new season of peace and joy. *Amen.* ?

















Your Verse

John 14:27 – "Peace I leave with you; my peace I give you. I do not give to you as the world gives."

Supporting Scriptures

- Philippians 4:6-7 "Do not be anxious about anything... And the peace of God, which transcends all understanding, will guard your hearts."
- Matthew 11:28–29 "Come to me, all you who are weary... and I will give you rest."







Devotional: Finding Peace in God's Rest

Endurance is not about relentless striving but learning to rest in God's peace amid life's storms. Jesus promises a peace unlike anything the world can offer —calm, sustaining, and transforming.

As broken dreams surface anxiety or regret, God invites you to cast all your cares on Him and receive His rest. This divine peace guards your heart and mind, providing strength to press on without fear or weariness.

Retirement can be a beautiful season to practice this divine rest—to be still, trust God's timing, and allow His peace to soothe your soul.







Reflect and Apply

during hard times?
God's care?







Journaling Prompts

1.	Write about a time when God's peace surprised you.
2.	List worries or fears you want to surrender to God today.
3.	Describe what resting in God looks like for you personally.







Prayer for Today

Lord Jesus, thank You for the gift of Your peace that surpasses all understanding. In moments of anxiety or brokenness, teach me to rest in You and surrender my burdens. Guard my heart and mind so I may endure this season with calm confidence and hope. May Your peace fill me deeply and carry me forward. *Amen.* 😂 🙏 🎔 🎉









Day 5: Persevering with Faith









Your Verse

Hebrews 12:1-2 - "Let us run with perseverance the race marked out for us, fixing our eyes on Jesus."

Supporting Scriptures

- James 1:12 "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life."
- Galatians 6:9 "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."







Devotional: Running the Race with Steadfast Faith

Endurance culminates in perseverance—steadfastly continuing the race God has set before us, even when challenges threaten to slow us down. Hebrews exhorts us to fix our eyes on Jesus, the ultimate example of perseverance who endured the cross for our sake.

Your journey through retirement, with all its broken dreams and new hopes, is part of this race. Persevere by trusting that God's timing and purpose are perfect. When weariness tempts you to give up, remember that faithfulness honors God and positions you to receive His promises.

With Jesus as your guide and strength, press on courageously into all He has planned for this season.







Reflect and Apply

1.	What does the 'race marked out for you' look like now?
2.	How can focusing on Jesus help you persevere through challenges?
3.	What are some practical ways to keep going when you feel weary?







Journaling Prompts

1.	Describe your faith journey and moments of perseverance.
2.	Write about how you can encourage yourself to keep running your race.
3.	List goals or hopes for your current season you want to persevere in.







Prayer for Today

Heavenly Father, thank You for the example of Jesus who endured the race before us. Help me to fix my eyes on Him and persevere faithfully through this season of change. Strengthen my spirit when I grow weary and remind me that my endurance is purposeful and honored. May I run with hope, courage, and joy all You have prepared. *Amen.* ?







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