**DISCERNING GOD’S WILL FOR YOUR RETIREMENT**

**VIRTUAL COMMUNITY FOLLOW-UP PROGRAM**

**Topic: Overcoming Obstacles and Temptations**.

(For those who did the retirement retreat, this refers to information on pp. 14-15 in the booklet).

1. Which of the temptations listed at the end of this handout apply to me?
2. If I am retired, have any of these temptations developed or intensified since my retirement? If I am not retired yet, are there any I think I need to be particularly careful about?
3. One way to look at temptations is that they are invitations to take our life with God more seriously. That will lead us to a type of happiness. Reflect on these lines: *Do you know what happiness is essentially? Happiness is the agreement, the absolute lining up, of your duty and your desire. That is to say, you have two honest experiences in your life, the deepest you can have: the experience of duty and the experience of freedom. If you do what you think you have to do, you are fulfilling your duty; but at the same time as you do it, if you do it because you want it freely, not reluctantly, not because you are forced, then you're fulfilling your desire, too. When your duty and your desire match, you are happy. The mismatch of either of these two experiences provokes in you to an experience of emptiness or an experience of slavery. At that moment, you stop being happy.*
4. How do the temptations threaten my happiness, that is, become obstacles to my happiness?
5. The answer is to be as clear with myself as to what I want (which is to live fully for God) and to seek God’s help in doing that. We will look at how teachings on “nepsis,” consolation and desolation can help us.

**Potential Temptations and Obstacles during Retirement**

a) TV

b) Social Media

c) Sedentary Living and Over-eating

d) Alcohol

e) Despair, Discouragement, Overly Negative Attitudes

f) Worry

g) Self-indulgence

h) Sloth

i) Selfishness

j) Anger and Bitterness

k) Fears

l) Busy-ness

m) Gossip

n) Passivity or Lack of Initiative

o) Self-reliance

p) Not Accepting Diminishment

q) Giving into a Sense of Meaninglessness or Lack of Purpose - Apathy

r) Lack of Structure

s) Comparing Yourself to What Others Have in Their Lives