



Assets for a Happy Retirement WEEK 43

As a financial advisor, I frequently am called upon to help clients with their plans for retirement. Typically, this involves helping them determine if their financial assets – pension, 401(k)s/IRAs, Social Security, investments, etc.-- will provide enough income to fund their desired retirement lifestyle.

But ask any retiree and she will tell you that being prepared financially is only part of the story. Sure, you'll want to have enough money to get by, but you don't have to be wealthy to be happy. In the final analysis, you will be remembered for your good works, not for the money you have accumulated during your lifetime. Your wealth may be little more than the cause for disagreements among your heirs, while your good deeds will be remembered long after you're gone.

Most retirees and experts agree that good health – not money -- is the most important ingredient for a happy retirement. But studies have shown that life satisfaction in retirement can also be enhanced with a sense of purpose and by maintaining strong social connections, an optimistic outlook and a sense of gratitude.

The scriptures are full of lessons that can help us to live a more abundant and fulfilling life. In the Sermon on the Mount, for example, Jesus provided in the Beatitudes a series of simple statements that can guide us to living a good life and bring us into God's kingdom (Matthew 5:3-12).

Rob Billingsley

Scripture:

Matthew 6:27

Hebrews 10:24-25

Philippians 4:12-13

Joshua 1:9

Jeremiah 29:11

Lamentations 3:22-23

Psalms 121