

Sunday Sermon — “Three Thirds” Discussion Guide: A Non-Anxious Thought Life (Gyle Smith, 3-29-20)

1/3 — Looking Back

Start with prayer and/or worship (reading a Psalm, singing a song, giving thanks, etc.). Re-cast the vision (see example video [here](#)), review obedience goals from the previous week, and ask how everybody is doing. Check-in question options:

- Up/In/Out — How are you doing in your three primary relational spheres? (Up: *God*. In: *fellow believers and family*. Out: *unbelievers*)
- Highs/Lows: What was your “high” and your “low” from the past week?

2/3 — Looking to Jesus in the Present

Explore the Scripture passage together: Philippians 4:4-9

- As the facilitator, first summarize the passage in your own words.
- Invite someone else to read the passage out loud.
- Invite a third person to “re-tell” the passage in their own words.
- Discuss the question: “*what do we learn from this passage about who God is and what He does?*”
- Discuss the question: “*what do we learn from this passage about who we are and what we do?*”
- Alternative question: “*What reason does Paul give us for not being anxious amidst the chaos and uncertainty of the world around us?*”
- Alternative question: “*Can you think of a person in your life who embodies what it means to be a “non-anxious presence”? How do you think that person became the way they are?*”

3/3 — Looking Forward

Ask Jesus how he wants you to respond (corporately and individually) to what you have heard and learned. You can also practice one or both of the following exercises together:

- Practice walking through “the four steps” discussed in the video (notice, name, relinquish, refocus). Take time to sit quietly and walk through each step one at a time, together. Alternatively, you can pray through The Welcoming Prayer together.
- Practice developing a holy imagination together by taking time to think about and focus on the sorts of things that fall under Paul’s categories in Philippians 4:8. It may be helpful to read a Psalm together out loud (Psalm 19 is a good one for this purpose) and respond with thanksgiving. This exercise is actually a great tool for “refocusing” (step four from the first exercise, above).