
FLOURISHING
in the Third Third
ReGroup
Oct. 27, 2026


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THE SWEET 65



Growing Older Is Inevitable.

Flourishing Is Intentional.

Researchers at Harvard have identified key dimensions of human flourishing, including happiness, health, purpose, relationships, character, and financial security.

Building on that research and the biblical principles of Seasoned and Sent, we've developed ten dimensions especially relevant to the third third of life.

# We want to help you flourish in the third third of life. And we have the resources to make this happen:

## *PURPOSE IN THE THIRD THIRD OF LIFE*

THIS 5-SESSION COURSE WILL HELP THOSE WHO ARE IN OR APPROACHING THE THIRD THIRD RECEIVE, CLARIFY, CRAFT, AND LIVE THEIR PURPOSE.

COURSE INFORMATION >

## *FLOURISHING IN THE THIRD THIRD OF LIFE*

THIS SIX-SESSION COURSE WILL HELP YOU FLOURISH IN THE THIRD THIRD OF LIFE.

COURSE INFORMATION >

## *THIRD THIRD LIFE NEWSLETTER*

THIS NEWSLETTER DELIVERS MONTHLY RESOUR AND REFLECTIONS ON FLOURISHING IN THE THIR THIRD OF LIFE.

SIGN UP TODAY! >

The definition of flourishing we have used at the Human Flourishing Program at Harvard is “the relative attainment of a state in which all aspects of a person’s life are good.”

God does not intend for the later years of our lives to be merely a season of survival, comfort, or waiting.

We can continue to grow spiritually, deepen relationships, share wisdom, and bear fruit throughout our lives.

Flourishing Within: The Foundation of a Full Life

1. Happiness and Contentment – Phil 4:11-13
2. Physical and Mental Well-Being – 2 Cor 4:16
3. Meaning and Purpose – Eph 2:10
4. Character and Virtue – Gal 5:22-23
5. Financial and Material Security – 1 Tim 6:6-8

# Group Discussion

1. Which of these five dimensions seems to become more important as we age?
2. What is one area where you've actually grown stronger since retiring?
3. What is the difference between being comfortable in retirement and being fulfilled?

# Flourishing Upward and Outward: Living Sent

6. Relationships and Belonging – Heb 10:24-25
7. Spiritual Vitality – Col 2:6-7
8. Calling and Contribution – 1 Pet 4:10
9. Wisdom and Legacy – Ps 71:18
10. Resilience and Hope – Rom 15:13

# Group Discussion

1. Which of these five dimensions do you think older men are most likely to neglect?
2. What wisdom or experience do you have that a younger man might benefit from?
3. How can we continue to contribute when our health, energy, or mobility begins to decline?

We have been seasoned by a lifetime of experience, wisdom, successes, and challenges—not to sit on the sidelines, but to continue making a difference.

## Dimension 1: Happiness and Contentment

Question: Am I experiencing joy, gratitude, and satisfaction in this season of life?

Happiness is not the absence of difficulty. Contentment comes from learning to appreciate what God has provided rather than constantly longing for what we no longer have.

Scripture: Philippians 4:11–13

# The Next Great Adventure

This stage of life isn’t about slowing down. It’s about shifting gears. It’s about stepping into a new calling – one filled with wisdom, impact, and faith.

It’s a time to invest in relationships, deepen our faith, serve others, and pursue passions that may have been set aside for years. The challenge isn't simply to *retire well*, but to *live well* – to finish strong, with wisdom, impact, and joy.

Abram (Abraham) was 75 years old when God called him to leave his homeland and go to the land of Canaan to become “the father of many nations.” (Genesis 12:4)

Moses was 80 when he led the Israelites out of Egypt (Exodus 7:7).

Caleb was 85 when he declared, “Give me this mountain” and took on new challenges (Joshua 14:10-12).

Paul continued writing letters of encouragement and wisdom while in prison, well beyond the prime of his life (Philemon 1:9).

# The Master's Seasoning

*"It's not what we expect from life, but what life expects from us."*

– Victor Frankl

# You are seasoned for a reason

- Time and testing have developed depth and character
- Successes, setbacks, and losses cultivate wisdom
- God does not season us merely to leave us on the shelf

# Retirement is just the beginning

- Find purposes beyond your former position
- Identify gifts, experience, and unfinished dreams
- Ask: Who could benefit from what I have learned

# Faith after the 9 to 5

- Make room for scripture, prayer and worship
- Stay connected to a faith community
- Turn conviction into service mentoring, and encouragement

# The power of relationships

- Invest intentionally in marriage and family
- Renew old friendships and cultivate new ones
- Be present for grandchildren, friends, and younger leaders

# Health and longevity

- Move daily, including strength, mobility, and balance
- Nourish the body and protect sleep and recovery
- Stay mentally active, socially connected and purposeful

# Financial stewardship

- Live within your means and plan for uncertainty
- Practice gratitude and contentment
- Give generously through time, talent and treasure

# Leaving a legacy

- Pass along stories, values, wisdom, and faith
- Invest in people, not merely possessions
- Strengthen institutions and communities for those who follow

# When life throws you a curveball

- Expect challenges, respond with faith and resilience
- Except Support rather than retreat into isolation
- Walk alongside others facing illness, loss, and grief

# Finishing well

- Resist isolation, bitterness, and loss of purpose
- Stay curious, grateful, connected, and teachable
- Keep investing in people and deepening your faith

# What YMCA Alumni uniquely carry

- Mentor emerging YMCA and community leaders
- Advocate for youth, families, and healthy communities
- Volunteer, encourage, connect, and share institutional wisdom

# A personal challenge

- Who needs my presence, wisdom, and encouragement?
- What legacy am I building through my choices today?

# YOU ARE SEASONED AND SENT

Seasoned by years of God’s faithfulness.
Sent to be a blessing wherever He places you.

# Sharing

- Do you feel you are fulfilling your purpose (and how)
- Is there a new opportunity you should consider pursuing

## Psalm 92:12-14

"The righteous will flourish like a palm tree and grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay healthy and green."

# How and why this ministry began?

What I've learned:

- Men need to be around other Godly men & older men need to be around other older men
- Not just another Bible study

Psalm 90:12 says, “Teach us to number our days, that we may gain a heart of wisdom.”

When we look at life through that lens, we see this season differently.

Retirement is not an invitation to coast spiritually. It is a call to finish strong, remain faithful, and deepen your relationship with God so that your final years are your most impactful.

We settled on the name ReGroup because we were retired, re-focusing, redeploying, recommitting, restarting, rediscovering, reigniting, and so on.

However, the magic of the group isn’t the name; it is the fellowship.

# ReGroup

Mission: To walk together as older men, seeking and fulfilling God's will in our lives.

Vision: Our vision is for every man in ReGroup to live out God's purpose fully in his present season of life.

Values: Fun, fellowship, finishing well

# Third Third Ministry Movement
# &
# The Biggest Mistake We Make

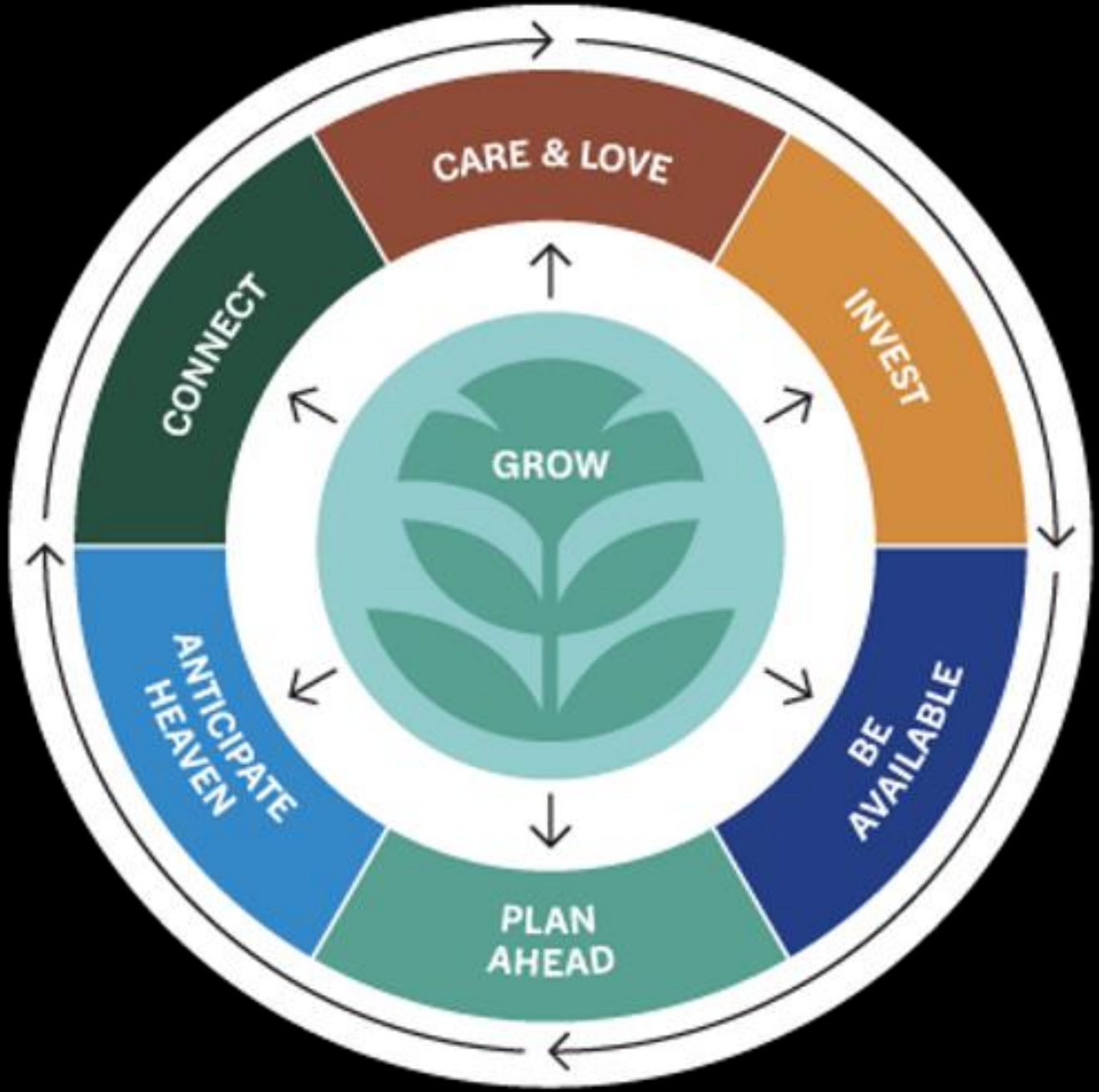
# Pillars of a Third Third Ministry

1. Spiritual
2. Relational
3. Missional
4. Intergenerational

# Flourishing in the Third Third

- What does flourishing look like?
- What is God calling each of us to do?
- What would have to happen (or not happen) to enact that vision of flourishing people, specifically older adults?




CARE & LOVE
INVEST
BE AVAILABLE
PLAN AHEAD
ANTICIPATE HEAVEN
CONNECT
GROW

# The Seven Essentials of Finishing Well

1. We Will GROW – we will not stay the same.
2. We will CONNECT – we will not live alone - we will continue to build strong friendships.
3. We will CARE FOR & LOVE OTHERS – we will be there for others in their needs – we will love each other as Christ commanded us to love.

# The Seven Essentials of Finishing Well

4. We will INVEST – in the generations following us.
5. We will BE AVAILABLE – as God calls us to serve.
6. We will PLAN AHEAD – for when we will not be here.
7. We will ANTICIPATE HEAVEN – Eternity with Christ.

Your family still needs your steady love.

Your church still needs your wisdom and presence.

Your community still needs your service and example.

Younger men still need your mentorship, guidance, and honesty.

Your grandchildren still need the voice of a man who believes in them—and who points them toward the God who loves them.

Choose today to live in such a way that future generations will look back and say, *“Because of his faith… because of his love… because of his example… I know who God is.”*

That is a legacy worth pursuing.

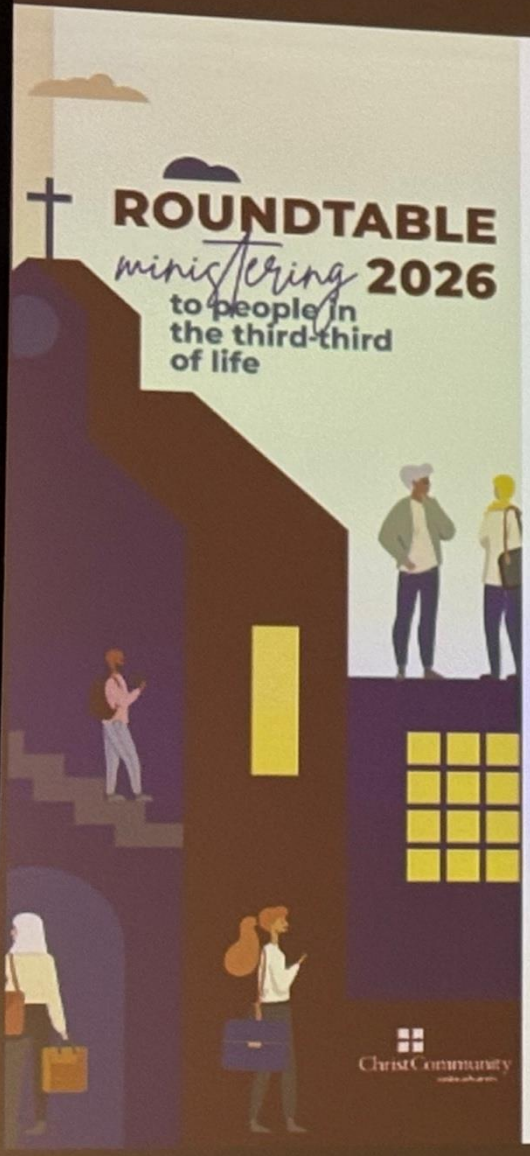
That is a legacy worth leaving.

That is a legacy that never ends.

“I have fought the good fight, I have finished the race, I have kept the faith.” (2 Timothy 4:7)

Go, then—live as a man seasoned by grace and sent with purpose.

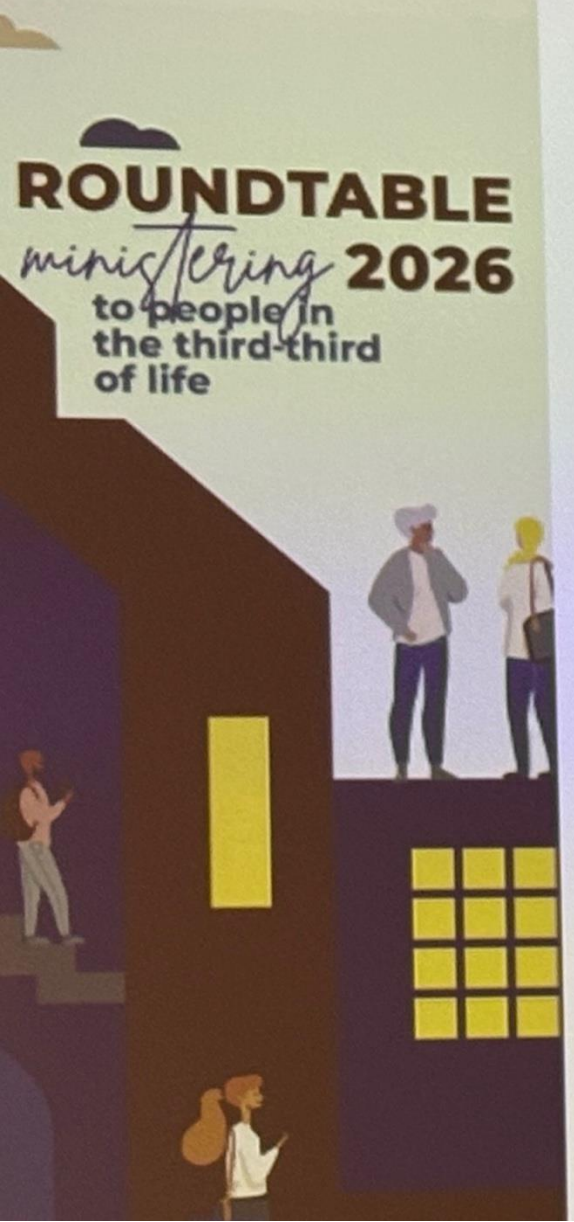
# Questions?




# Are We Making Disciples . . . or "Christians"?

"[T]he governing assumption today, among professing Christians, is that we can be "Christians" forever and never become disciples." (Dallas Willard, *The Great Omission*, Kindle loc 117)

"So the greatest issue facing the world today, with all its heartbreaking needs, is whether those who, by profession or culture, are identified as "Christians" will become disciples—students, apprentices, practitioners—of Jesus Christ, steadily learning from him how to live the life of the Kingdom of the Heavens into every corner of human existence" (*The Great Omission*, Kindle loc 164).




# You Don't Retire from Discipleship

"Church leaders need to remember that discipleship does not end when one's Social Security checks begin. Churches often neglect the spiritual formation of older adults as if the aging population has somehow reached their final spiritual goal and have learned all they need to know. Instead of challenging them to study and think, there is an assumption that they no longer need spiritual direction." – Missy Buchanan, in *Aging Well: A Renewed Vision for Ministering to Older Adults*, Barna Group, 2023.