

# Beyond Sunday

5.10.2026

**Joy Reframes Your Life** — *Philippians 1: 12-27* — Mark Tumney

## Gather

*These questions help us connect personally and reflect on the themes of this week's message.*

1. What's something in your life that felt like a setback, but later turned out to be a blessing?
2. When you think about "joy," what usually comes to mind? How is biblical joy different from happiness based on circumstances?

## Grow

*These questions guide your group through scripture from Sunday's Sermon.*

**Scripture:** Philippians 1:12–26

### 1. Read Philippians 1:12–18.

- What stands out to you about Paul's perspective on his imprisonment?
- Why would most people view Paul's circumstances as a failure or setback?
- What evidence does Paul point to that Christ is still at work?
- Verse 18 says, "And because of this I rejoice." What does this reveal about the source of Paul's joy?

### 2. Read Romans 8:28.

- What does this verse promise?
- What does it not promise?
- Why is it important to distinguish between "suffering is good" and "God can bring good from suffering"?

### 3. Read Philippians 1:19–23.

- Paul says, "For to me, to live is Christ and to die is gain." What do you think he means?
- How does Paul's confidence in Christ reshape the way he views uncertainty?
- What fears or anxieties tend to control people when their security is rooted in outcomes instead of Christ?

#### 4. Read Philippians 1:20–21 again.

- How would your daily life change if you deeply trusted that your future was secure in Christ?
- Where are you most tempted to place your hope in a particular outcome instead of in Jesus?

#### 5. Read Philippians 1:24–26.

- Why does Paul decide it is “more necessary” for him to remain alive?
- What does it look like for a life to move from being self-focused to helping others grow in faith?
- The sermon described a “life of substance.” Who is someone you’ve known whose life carried that kind of spiritual depth or weight? What made them that way?

## Give / Go

*These questions help us apply what we’ve learned and take faithful next steps.*

1. Which part of this week’s message challenged or encouraged you the most:
  - Trusting Christ with your present circumstances?
  - Trusting Christ with your future?
  - Living a life focused on helping others grow in joy?
2. Where in your life do you need to begin asking: “Where is Christ at work—even here?”
3. What is one practical step you can take this week to live with greater joy and freedom in Christ?
4. Who is one person God may be inviting you to invest in spiritually this season?

## Prayer

### Prayer DIRECTION:

Spend time praying for one another in the areas where fear, uncertainty, disappointment, or self-focus may be stealing joy.

Pray that Christ would:

- Help us trust Him in present hardships
- Secure our hearts in the hope of the gospel
- Shape us into people whose lives carry spiritual substance
- Help us become people who overflow with joy for the sake of others

### Group Prayer Question:

How can this group specifically be praying for you this week in light of today’s discussion?

## Going Deeper

*If you'd like to explore the themes of this week more deeply, check out one of these resources:*

- **Book:** The Great Divorce by C. S. Lewis <https://a.co/d/03VuQNxL>
- **Video:** BibleProject overview of Philippians <https://bibleproject.com/videos/philippians/>
- **Practice:** Daily Reframing Prayer
  - At the end of each day, reflect on one difficult or frustrating moment and prayerfully ask: *"Jesus, where were You at work in this today?"*