

Beyond Sunday

5.17.2026

Practicing J.O.Y. in the Midst of Conflict — Mark Tumney

Gather

These questions help us connect personally and reflect on the realities of relationships and conflict.

1. Are you more likely to avoid conflict or walk straight into it?
2. Share about a time when someone served you or showed unexpected kindness during a disagreement. What impact did it have on you?

Grow

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

1. Read Philippians 1:27.

- Why is unity so important to the mission and witness of the church?
- What are some things that commonly divide churches today?
- Why do you think conflict in the church affects people so deeply?
- What does it mean to conduct ourselves "in a manner worthy of the gospel"?

2. Read Philippians 2:3–5.

Paul identifies selfish ambition, conceit, and self-interest as roots of conflict.

- Which of those three do you think most commonly fuels conflict in everyday life?
- Why is humility so difficult?
- What does it practically look like to "value others above yourselves" without becoming passive or unhealthy?

3. Read Philippians 2:5–11.

- What stands out to you about the way Jesus used His power and authority?
- How did Jesus balance truth, humility, and service?
- What does it mean to "have the same mindset as Christ Jesus" in conflict?

4. Read Romans 12:19–21.

- Why is revenge so appealing when we've been hurt?
- What does it look like to trust God with justice?
- Have you ever seen kindness soften conflict or break a cycle of hostility?

5. The sermon contrasted two ways of living:

- "YO!" = Yourself first
- "JOY" = Jesus, Others, Yourself
- Where do you most often see the "YO!" mindset in our culture?
- How does the way of Jesus challenge the way our world handles disagreement?
- What would change in your relationships if you consistently practiced J.O.Y.?

Give / Go

These questions help us move from discussion to action.

Application

- Is there a current conflict, strained relationship, or group of people where you've been tempted toward the way of "YO!" instead of the way of Jesus?
- What would it look like to serve rather than attack, withdraw, shame, or retaliate?

Faithful Step This Week

What is one concrete step you can take this week to practice J.O.Y.?

Examples:

- Initiate a hard conversation with humility
- Pray for someone you disagree with
- Refuse to speak negatively about someone
- Serve someone who has frustrated you
- Listen before defending yourself
- Ask forgiveness where needed

Prayer

Pray this scripture together:

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves... In your relationships with one another, have the same mindset as Christ Jesus."
— Philippians 2:3,5

Group Prayer Question

How can this group be praying for you in the area of relationships, conflict, forgiveness, or unity?

Going Deeper

If you are interested in exploring the themes of this week a bit deeper, check out one of these resources:

Book

The Freedom of Self Forgetfulness by Tim Keller. <https://a.co/d/OfwAWfj0>

Video

Become New Podcast with John Ortberg 5 Steps to Forgive Anyone <https://becomenew.subspla.sh/jy2pdc9>

Practice

This week, intentionally practice "hidden service." Serve someone without recognition, praise, or needing to be right. Reflect afterward on what it revealed about your heart.