

# Beyond Sunday

5.3.2026

**Secret of Joy** — Mark Tumney

## Gather

*Build connection through shared experience*

1. When you think of someone who has a deep, steady joy, what stands out about their life or presence?
2. When life gets difficult, what is your natural tendency—optimism, anxiety, problem-solving, withdrawal, something else?

## Grow

*Engage Scripture and deepen understanding*

**Read:** Philippians 1:1–11

### 1. Look at verses 3–4

- What stands out to you about Paul's attitude while he is in prison?
- What does this reveal about the difference between joy and happiness?

### 2. Considering verses 5–6

- Paul says he prays with joy because of their partnership in the gospel. Why do you think this brings him joy?
- Verse 6 speaks about God completing the work He started. How might believing this change how we view our current struggles?

### 3. Look again at verses 6–8

- How does Paul's confidence in God shape the way he interprets his situation?
- What does it look like practically to view your life through the lens of "God is not finished yet"?

### 4. Considering verses 7–8

- What phrases show Paul's deep connection to the Philippians?
- Why do you think joy cannot be sustained in isolation?

### 5. Looking at verses 9–11

- What is Paul praying will grow in them?
- How might God be using difficult circumstances to produce something deeper in you?

## Give / Go

*Apply and take next steps*

1. Where in your life do you most need to remember that “God is not finished yet”?
2. What is one practical step you can take this week to cultivate joy?

## Prayer

### **Direction for Prayer:**

Spend time thanking God for the ways He is already at work—even if they’re not immediately visible. Ask Him to grow a deeper, Spirit-produced joy in your life.

### **Group Prayer Question:**

How can this group be praying for you to experience joy in the middle of your current circumstances?

## Going Deeper

*If you'd like to explore this theme further:*

- **Video:** The Bible Project: Philippians <https://bibleproject.com/videos/philippians/>
- **Article:** “The Difference Between Joy and Happiness” by Desiring God <https://www.desiringgod.org/interviews/is-happiness-different-from-joy>
- **Practice:** Start a “Joy Journal”—write down one way you see God at work each day this week.