

Jailed and Joyful
July 19, 2026 Discussion Guide
This week's reading: Philippians 2:19-30

CHECK UP:

Memory work: Do everything without grumbling or arguing, so that you may become blameless and pure, "children of God without fault in a warped and crooked generation." Then you will shine among them like stars in the sky as you hold firmly to the word of life. - Philippians 2:14-16a

How did you fight the temptation to grumble this past week?

OPEN:

- What was a high and low of your past week?
- How have you been hearing God's voice for your life?
- What stood out from this week's reading? How do you already feel challenged to obey?

READ and ASK: Philippians 2:19-30

- What characteristics of Timothy did Paul uplift as an example of a life that is gospel centered? What would it look like to live those characteristics out?
- What characteristics of Epaphroditus did Paul uplift as an example of a life that is gospel centered?
 - o Why did Paul instruct the Philippians to honor him?

APPLY:

- Among your circle of Christian friends, for whom do you have the highest regard? Why?
 - o Who has been an example to you in the faith?
 - o How can you put yourself in a position to be an example of the faith?
- What risks are you willing to take to be a gospel advancing person?
 - o Following the examples of Paul, Timothy and Epaphroditus, how can you be a gospel advancing person?
 - o This week, how can you look out for the interests of the Lord rather than your own interests?
- NEXT STEPS: What is one action you can take this week to foster the advancement of the gospel?

Memory Work:

So then, welcome him in the Lord with great joy, and honor people like him, because he almost died for the work of Christ. He risked his life to make up for the help you yourselves could not give me. - Philippians 2:29-30

Next Week's Reading:

Philippians 3:1-14