

REFRAMED – WEEK 1 GROUP GUIDE

Reframed Circumstance

MESSAGE RECAP

Philippians is a letter filled with joy—written from prison to a church that was born out of chaos. From Lydia by the river, to a slave girl set free, to a jailer who almost lost everything, God used painful and confusing circumstances to advance the gospel.

Paul reminds us that we can't always control what happens to us, but we can choose how we frame it. Prison didn't stop the mission; it clarified it. When life feels like a prison, God may actually be positioning us for something greater. Reframing begins when we see our circumstances with God at the center, walk in partnership with others, and practice prayer.

GROUP DISCUSSION

1. On a scale of 1–10, how easy is it for you to stay positive when plans don't go your way? Why?
2. Read Acts 16:25–30. Paul and Silas respond to prison with prayer and worship.
 - a. What surprises you about their response?
 - b. How might prayer and worship change the way we experience hardship?
3. You don't always get to choose your circumstances—but you do get to choose how you frame them.
 - a. What situation in your life currently feels limiting, frustrating, or out of your control? How have you been framing it up to this point?
4. Read Philippians 1:1-6.
 - a. Why do you think Paul connects joy with partnership in the gospel?
 - b. How have relationships helped shape or sustain your faith during difficult seasons?
5. Paul didn't reframe life alone—he stayed connected to the church and deeply loved them.
 - a. Who has helped you reframe your circumstances in the past?
 - b. Where do you need community right now instead of trying to figure things out on your own?
6. Philippians 1:9-11. Paul prays not for easier lives, but for deeper love, wisdom, and discernment.
 - a. How might praying this kind of prayer reshape the way you think and live?