



Sunday Sermon Discussion Outline

Pastor Philip Thomas, February 8, 2026

Philippians 2:19-30 – Two Exemplary Men

Paul highlights the character and conduct of two men, Timothy and Epaphroditus, as examples of living in a manner worthy of the gospel of Christ.

Look for risk-bearing love.

Look for genuine concern for others.

Look for proven results.

We respond and apply the Word of God we have heard by following and being the right examples.

May you live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. There is one body and one Spirit, just as you were called to one hope when you were called; one Lord, one faith, one baptism; one God and Father of all, who is over all and through all and in all. With regard to your former way of life, put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and put on the new self, created to be like God in true righteousness and holiness. (Ephesians 4:1-6,22-24)

Discussion Questions:

- What should we do when we experience intense emotions in the midst of encouraging, discouraging, or challenging situations?
- How does Paul describe the character and conduct of Timothy and Epaphroditus? Why does he do that?
- Which exemplary characteristics in either Timothy or Epaphroditus stand out to you? Why?
- When looking for godly examples to follow, why should we look to those who share God's love?
- What does it mean to show genuine concern for others? Why should we do it? How can you show genuine concern for others?
- What are the proven results in the work of the gospel? How should we evaluate these results?
- How can you find and follow godly examples?
- How can you be a godly example to others?
- How can we follow the example of Jesus?