

# When You Can't Turn On Your Lights

## *Mind Shift*

*June 21st, 2026*

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## OPENING QUESTION

If you're honest, where in your life do you most easily slip into grumbling—work, home, church, or somewhere else—and why do you think that is?

## SCRIPTURE READINGS

### ***Main Reading(s):***

Philippians 2:14-16

### ***Additional Reading(s):***

Exodus 16:7-8

Matthew 5:14-16

## KEY TAKE AWAY(S)

**Do everything without grumbling or arguing.**

- Grumbling reveals a lack of trust in God

**You were made to shine as God's child in a crooked generation.**

- The way you live is the light you give

## QUESTIONS

1. In the sermon, grumbling was defined as “a murmuring or complaining that signals doubt about God's care.”
  - a. Looking at Philippians 2:14–15, how is Paul linking our everyday speech to our identity as “children of God”?
  - b. What does this suggest about how our words function as a kind of “theology in action”?
2. Paul describes the world as “a warped and crooked generation,” echoing Israel's wilderness grumbling.

- a. In what ways is Paul deliberately placing the Philippian church (and us) in contrast to Israel in the wilderness?
  - b. How are we meant to be *like* Israel (dependent, led, provided for) and how are we meant to be *different* from them (response, trust, obedience)?
3. When Paul says we “shine among them like stars in the sky as you hold firmly to the word of life,” what layers of meaning do you see in that image?
  - a. How do “shining” and “holding firmly” belong together, and what does that tell us about the relationship between inner formation (belief, trust) and outer witness (life, words, presence)?
4. Paul has just said, “work out your salvation... for it is God who works in you” (vv. 12–13), and then describes himself as being “poured out like a drink offering” (v. 17).
  - a. How does this larger context shape the command in verse 14? In other words, how is “do everything without grumbling or arguing” part of what it means to (a) cooperate with God’s inner work and (b) live a sacrificial, poured-out life?

## PRACTICE

### 1. Pick one sphere of life.

Choose just **one area** where you most tend to complain:

Work, home/family, church, school, a particular relationship, etc

### 2. Carry a small “grumble log.”

All week, keep a note on your phone or a small card.

Each time you catch yourself grumbling (out loud or in your head) in that area, **briefly note it** (1–2 words: “boss,” “kids,” “traffic,” “chores”). Don’t shame yourself; just *notice* and record.

### 3. Turn each grumble into a prayer.

As soon as you notice it, quietly pray something like:

“Lord, this complaint shows I’m not trusting You here. Help me trust Your care.”  
Then thank Him for **one specific grace** in that same situation (e.g., “Thank You that I even have this job,” “Thank You for this child,” “Thank You for a home to clean”).

### 4. Debrief next week.

When the group meets again, share:

What surprised you about how often or why you grumbled.  
One area where God shifted your heart from complaint to trust/thankfulness.

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## CLOSING PRAYER

Father, thank You that in Christ we are Your children, called to shine like stars in a crooked and warped generation. Help us by Your Spirit to put away grumbling and arguing, and to trust Your care so deeply that gratitude and faith overflow from our mouths. Use our lives this week as living testimonies to the word of life we hold firmly.