

## FOR DISCUSSION

1. We live in an upwardly mobile culture. People are always seeking to get bigger, better and more. Where have you seen an example of intentional downward mobility? What do you suppose this looks like?
2. Why do you think people today are so conscious of their rights? Is this good or bad?

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### Read Philippians 2:5-9

### THE HUMILITY OF CHRIST

3. Christ is the ultimate example of one who did not live for His own purposes. He was not selfishly ambitious seeking His own glory and advancement, but humbly counted others more important than Himself. We see in verse 5 that Paul goes after *our attitudes*. He goes after *our minds*: “have this *mind* among yourselves, which is yours in Christ Jesus...” As Christians, why must we actively seek to have our minds conformed to the mind of Christ? How do we do this?
4. What does verse 6 teach us about Jesus before he was incarnate? Read John 1:1 and John 17:5. What do these verses state about Jesus?
5. What does it mean that Jesus did not count equality with God something to be grasped (seized, clung to, taken advantage of)? How would this motivate us to not hold onto our reputations, pleasures, comforts, etc.? How does it make us stand in amazement at what Christ willingly did for us?
6. Read Genesis 3:5. What was the temptation that Adam and Eve faced? How is Jesus different from Adam?
7. Verse 7 says that Christ made himself nothing, or literally, ‘emptied himself’. This does not mean that He gave up his deity, but rather that He laid aside His glory in Heaven by submitting to the humiliation of becoming a man. What false teachings have surfaced from a misunderstanding of this verse?

What do you think motivated Jesus to succumb to this humiliating and painful endeavor?

8. We see from these verses that Jesus is not only fully God, He is also fully man. Which verses from our passage support Jesus’ divinity? His humanity?
9. Jesus is our model to live a life free from selfish ambition & vain glory. List all the ways Jesus models humility for us in verses 6-8.

## Read Philippians 2:9-11

## THE EXALTATION OF CHRIST

10. What is the result (stated in verses 9-11) of Jesus' humble obedience of pouring Himself out for the sake of God and others (in verses 6-8)?
- a. Therefore God has \_\_\_\_\_
  - b. Bestowed on Him the name \_\_\_\_\_
  - c. So that at the name of Jesus \_\_\_\_\_
  - d. Every tongue will confess that \_\_\_\_\_
11. What is the link between verse 8 and verse 9? How does verse 9 teach us that God rewards humble servanthood with exaltation? How can this motivate us to humble, self-sacrificing service to others? See Matthew 23:12

Read these words from Steven Lawson (*Philippians For You Commentary Series*):

*"...no one ever truly humbles themselves before God without being exalted by God, whether in this life or in the life to come. True humility will never be forgotten by God. God will see it, God will note it, and God will reward it. It is one thing to be exalted by man, but it is something else entirely to be exalted by God. This is the essence of true humility – to accept that it is our status before God which is of ultimate importance."*

12. How does reflecting on Christ's humility and exaltation move you to worship Him?

### BRING IT HOME

13. How does Jesus example motivate you to obey the commands from 2:3-4?
14. How does our culture seek upward mobility? How are we to view our lives differently? Are you seeking greatness in the world's eyes or greatness in God's eyes?
15. What does it look like practically to stoop down to serve others? How can you be intentional about seeking downward mobility for the good of others? In your home? Church? Neighbourhood? School? City?
16. How can you put Jesus' attitude towards His rights into practice? See 2:6.

### PRAYER POINTS

- Pray that we would have the attitude of Christ Jesus & that we would willingly stoop to serve.
- Pray that we would not hold onto our own rights but would become a servant to others in love.
- Pray that we would put to death pride in our hearts and live a life of sacrificial love.
- Praise God for the life, death, and resurrection of Christ!