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Hey leaders! As we continue “Off Limits”, we hope your group will encourage one another to allow God’s transformative grace to touch the parts of your lives that remain untouched. Let’s continue to challenge one another, full of truth and grace, to glorify God with every part of our lives!

Thank you for shepherding a group of people to Love God, Love Others, and Live Sent!

NEED A RESOURCE, HAVE A QUESTION, OR WANT TO HAVE A CONVERSATION?
Let us know how we can help! Contact your groups director or discipleship@rockbridge.cc

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“Humility and patience are the surest proofs of the increase of love.”

[John Wesley]

LEADER RESOURCES || Leader Note We do our best to equip, empower, and encourage you to shepherd your group well. Access a resource by clicking on the underlined title and share them with your group!

- **Passage Summary**
 - The gist of Paul’s message is in verse 4: “to look out for others’ interests” versus one’s own. This command and relational principle is then illustrated beautifully in a description of Christ (v. 5-11). In verse 5, Paul simply restates the verse 4 command in a Christ-like and Gospel- centered way. This brings forward the question for application: Do I have the same mindset and attitude as Christ in my relationships?
- **Philippians Ch. 2 Commentary & Humility Like Jesus**
 - Use the commentary and short video for background and encouragement. These would be good resources to share with your group before you gather.
- **The Art of One Anothering**
 - This would be a good resource to share with your group after you gather.

ICEBREAKER || Leader Note The goal for the icebreaker is to build joy and gratitude together. If you’d prefer, you can ask this question: What are you grateful for or how have you experienced joy this week?

How has someone displayed humility to you recently? How did that impact you?

BEGIN WITH PRAYER || Leader Note Begin your time together by thanking God for his presence and praying His word back to Him. Ask a few people to pray, beginning in a posture of humility and dependence!

Spend a moment praying this passage, beginning your time together in humility and gratitude!

“He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”

[Micah 6:8]

BIG IDEA || Leader Note Read this aloud so your group knows what the theme of today's discussion is.

We may be Christ followers, but we don't always live out relationships like Christ.

PASSAGE || Leader Note Have someone read the passage aloud slowly. Have another person read it aloud again (possibly in a different translation) or use [Dwell](#) to listen to the passage read aloud.

- Philippians 2:1-11

DISCUSSION || Leader Note Your role is to FACILITATE the conversation, so keep your group moving and encourage multiple people to share, looking for opportunities to point out the grace and glory of God! Here are two REMINDERS: 1) Every question does NOT have to be answered ... there is freedom to go where the Spirit leads! 2) The answers do NOT have to be read aloud ... they are simply there for guidance!

1. What is most challenging about this passage for you? In other words, which part do you definitely not "want" to do? *This would be a good opportunity to go first!*
2. How does v. 3 challenge your tendency towards selfish ambition and conceit? *It urges us to reject selfish ambition and conceit, instead promoting humility and considering others as more significant than themselves. This challenges our natural inclination to seek our own interests above others and encourages us to prioritize the needs of others.*
3. In the sermon we heard, "When there is a 'problem', I will first look in the mirror at myself before I look out the window at you (i.e. before I point the finger at you)." How does this challenge the way you have viewed "problems" in your relationships? Who is a good example of someone who does this well?
4. What does it mean for us to have the same mindset (attitude) as Christ Jesus? *Having the same mindset (attitude) as Jesus means adopting His humility, selflessness, and obedience to God's will. It involves prioritizing the interests of others and being willing to serve sacrificially, just as Jesus did. It also entails sharing common goals, values, and perspectives, particularly in serving and loving one another.*
5. Why is Jesus' humility (v. 6-8) significant for us? *Jesus' humility demonstrates the ultimate act of selflessness and love. Despite being divine, Jesus willingly emptied Himself and took on the form of a servant, even to the point of death on the cross. As Christians, we are called to emulate His humility and sacrificial love in our own lives.*
6. In the sermon we heard, "In my relationships, before I look at 'me and you', I will look to Christ." How could "looking at Christ" first help you in your relationships? (i.e. conflicts, serving)
7. What role does love play in fostering unity and humility within the church? *Love is the foundation of unity and humility within the church. It compels us to consider the needs of others above our own and motivates us to serve one another with selflessness and compassion. By loving one another as Christ loved us, we cultivate a spirit of unity and humility that reflects the love of God to the world.*
8. How can we apply the principle of considering others as more significant than ourselves in our daily lives? *We can apply this principle by actively seeking opportunities to serve others, listening to their needs and concerns, and demonstrating empathy and compassion in our interactions. It involves setting aside our own desires and preferences to prioritize the well-being and interests of others.*
9. How does humility contribute to effective relationships and communication within our church family? *Humility fosters mutual respect, trust, and understanding within relationships in the church. It enables open and honest communication, facilitates reconciliation in conflicts, and promotes a spirit of cooperation and collaboration. By humbly considering the needs and perspectives of others, we can*

build strong, Christ-centered relationships within the church.

10. What are some practical ways we can imitate Jesus' humility in our everyday lives? *Some ways include serving others without seeking recognition, practicing forgiveness and reconciliation in relationships, using our gifts and talents to benefit others, and demonstrating compassion and empathy towards those in need. It involves intentionally adopting a servant mindset in all aspects of our lives, following the example set by Christ Himself.*
11. How does Jesus' exaltation (v. 9-11) serve as a source of hope and encouragement for us as believers? *It serves as a source of hope and encouragement because it assures us of the ultimate victory and triumph of God's kingdom. Despite the challenges and trials we face in this world, we can take comfort in the knowledge that Jesus is Lord over all and that every knee will bow to Him in worship. This gives us confidence to persevere in faith and to live boldly for the glory of God.*

STEP OF OBEDIENCE || Leader Note *This is an opportunity for people to put into practice what the Spirit is inviting them to do and live in obedience to God for the sake of love! You can encourage your group to be accountable to one another and use these to follow up with one another throughout the week.*

In our relationships, before we look at "me and you", let's commit to looking to Christ and reflecting Him to others! Based on the Holy Spirit's prompting today, **what is a step of obedience that you can take?** Here are a few areas to consider as we strive to "look to Christ" ...

- How can I allow the depth of Christ's humility to affect me?
- Do I demand more for myself than Christ demanded for Himself?
- Am I daily receiving God's forgiveness and love, allowing it to shape my identity?

Give your group a few moments to reflect on their answers to the questions above. Then have your group answer the question aloud. Feel free to separate into smaller groups of 3-4 for this question.

PRAYER FOCUS || Leader Note *We want to commit to praying for OTHERS as a unified church who is dependent upon God for everything. Be intentional about saving at least 5-10 minutes for prayer at the end of your small group each week to pray for the focused area below.*

Off Limits: Relationships

- The way of Christ is always to "consider others as more important than yourselves". Let's pray for the supernatural love of Christ to grow in our hearts towards all people, especially those with whom we struggle the most to love.
- Who are you currently struggling to love like Christ? Pray that the Holy Spirit will give you Jesus' eyes towards that person, and that He will give you the ability to love them well.

SPIRITUAL PRACTICE *Optional* *We include a monthly spiritual practice that can be shared with your group after you gather. Our hope is for this to enhance what we're learning and discussing together, so share about your experience with the practice at the beginning of your gatherings or throughout the week!*

Centering prayer is a practice that leads one into the inner room of the soul and can usher you deeper into prayer, opening yourself up to the transforming power of God's grace more readily!

- **Centering Prayer** or rockbridge.cc/centering-prayer-2