

.....

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

[John Wesley]

## ICEBREAKER

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

## BEGIN WITH PRAYER

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

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

## PASSAGE

- Philippians 2:1-11

## DISCUSSION

1. What is most challenging about this passage for you? In other words, which part do you definitely not “want” to do?
2. How does v. 3 challenge your tendency towards selfish ambition and conceit?
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?
5. Why is Jesus' humility (v. 6-8) significant for us?
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?
8. How can we apply the principle of considering others as more significant than ourselves in our daily lives?

9. How does humility contribute to effective relationships and communication within our church family?
10. What are some practical ways we can imitate Jesus' humility in our everyday lives?
11. How does Jesus' exaltation (v. 9-11) serve as a source of hope and encouragement for us as believers?

## STEP OF OBEDIENCE

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?

## PRAYER FOCUS

### 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\*

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](http://rockbridge.cc/centering-prayer-2)