

# The Mindset of Christ

Week of February 1: Philippians 2:1-11

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## Observation

1. Read Philippians 2:1-11 together. Notice any words that are repeated more than once. What might these tell us about the main theme of this passage?

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2. Have each person draw either a diagram or a picture that reflects what this passage is saying about the relationship between Christ, ourselves and others. Give people the chance to share their picture if they would like.

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### **Observation: What does it say?**

1. What do you notice about the text?  
Things to look for:
  - repeating words and phrases
  - Answers to the questions: who, what, when, where and how?
  - contrasts and comparisons
  - similes and metaphors (images used in the text)
  - cause and effect relationships
  - details regarding: time, geography, place, people, action in the text
  - grammar
  - larger themes in the passage
  - key words and themes
2. What questions do you have?

# Interpretation

1. Why do you think that Paul draws a link between what the Philippians have received from Christ (in verse 1) and what they are called to do (verses 2-5)?

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2. What does this passage tell us about Jesus? Why are we to imitate him?

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## **Interpretation**

The goal here is to answer questions raised by the text and to get at the central message of the passage itself.

What did the text mean for the original audience?

How might you summarize the central point of the passage?

# Application

1. How can we tell if we're doing something out of selfish ambition, or out of humility? Is it obvious? Why or why not?
2. Can you think of a time when you saw this kind of humility in action in someone's life?
3. How do you think we can grow in humility?

# Suggestion for Prayer

Ask God for his help to know Jesus more, and to grow in having the same attitude that he did.

The *Litany of Humility*, written in 1865, describes a mindset of humility.

Consider closing your gathering by having someone read it aloud.

O Jesus! meek and humble of heart, Hear me.

From the desire of being esteemed,

Deliver me, Jesus.

From the desire of being loved...

From the desire of being extolled ...

From the desire of being honored ...

From the desire of being praised ...

From the desire of being preferred to others...

From the desire of being consulted ...

From the desire of being approved ...

From the fear of being humiliated ...

From the fear of being despised...

From the fear of suffering rebukes ...

From the fear of being calumniated (to be falsely accused) ...

From the fear of being forgotten ...

From the fear of being ridiculed ...

From the fear of being wronged ...

From the fear of being suspected ...

That others may be loved more than I,

Jesus, grant me the grace to desire it.

That others may be esteemed more than I ...

That, in the opinion of the world,

others may increase and I may decrease ...

That others may be chosen and I set aside ...

That others may be praised and I unnoticed ...

That others may be preferred to me in everything...

That others may become holier than I, provided that I may become as holy as I should...