If there are copies of Hymns II available, **enter** into worship by reading or singing Hymn #42: “Man of Sorrows”. If not, take a moment to quiet yourself before you begin your study.

Prepare your heart to engage with Scripture. **Read** Philippians 2:1-16. What are some of the characteristics that Paul desires for the community in this particular church?

**Meditate** on v. 5-8. What does Jesus’ attitude of humility look like? How did his life reflect this?

In v. 7, Scripture says that Jesus “made himself nothing”, or, in the NASB translation, that Jesus “emptied Himself.”\* J.I. Packer explains what it meant for Jesus to “empty Himself”:

“It meant a laying aside of glory; a voluntary restraint of power; an acceptance of hardship, isolation, ill-treatment, malice and misunderstanding; finally, a death that involved such agony—spiritual even more than physical—that his mind nearly broken under the prospect of it. It meant love to the uttermost for unlovely human beings, that they through his poverty might become rich.” (*Knowing God,* 63)

*\*or, laid aside His privileges*

**Rest** on Jesus’ willingness to restrain power, lay aside glory, and take on human likeness, which happened at great cost. Praise God that Jesus reigns of all things in heaven and earth.

How might you imitate Christ’s humility in your own life? How are you reflecting his example of incarnational living, i.e., choosing to restrain power and privilege, and to live life amongst those who needed God’s forgiveness and message of grace?

In what ways do we act out of rivalry or conceit instead of humbly considering others more significant than yourself (v. 2)? What is one specific next step you might be able to respond to the command of looking to the interest of others?

**Commit** yourself to being open to hearing from the Lord this morning. Ask Him to show you where you and your chapter can continue serving and living in humility.