



THIS JOY THAT I HAVE
A Journey Through Philippians
Philippians 2:1-11

Series Aim: To equip and encourage believers to embrace and choose joy in every season of life.

AN APPEAL FOR UNITY v. 2

It is Paul's desire that the Philippians stand as one body by making no distinctions between themselves. They must love one another with the same love that they have for each member of the church. Paul wanted them to be "one-souled". This requires that their spirits should be knitted together!

AN APPEAL FOR HUMILITY vv. 3-4

Paul makes his appeal for humility. He makes two negative instructions (2a, 4a) each followed with a positive assertion (3b, 4b). Humility is a word that means to think or to judge ourselves with lowliness. The idea is for someone "not to think more highly of themselves than they ought to think."

Selfishness-Fractious spirit that produces strife, it is the idea of the kind of self-seeking and self-promoting attitude that creates, or seeks and enjoys, divisions. Pride exalts self above the glory of God and the good of others. But being a Christian means that we must die daily to self. **James 3:16, 2 Timothy 3:1-4, Romans 15:1-3**

HUMILITY LIVED OUT

• **Spend Time Gazing At God's Greatness-Isaiah 6:1-7**

Nothing shrinks pride like standing in awe of God's holiness and majesty.

• **Confess Sin Openly and Honesty**

Proud people hide or justify sin. Humble people confess it. Practice regular confession — to God and, when needed, to others. Admit wrongs. Apologize. Don't make excuses. Humility says, "I was wrong. Please forgive me."

• **Serve Without Being Seen**

Seek out hidden ways to serve — cleaning, giving, praying — without announcing it. When no one sees but God, your heart is revealed. **Matthew 6:4**

• **Listen More Than You Speak**

Humble people don't dominate conversations. They ask questions. They learn from others. They don't need to be the smartest person in the room. **James 1:19**

• **Take Criticism Without Defensiveness**

How you respond to correction says a lot about your heart. Humility says, "Thank you. I'll consider that." Pride lashes back or sulks. Be teachable. Ask God to speak through even imperfect feedback.

• **Celebrate Others Genuinely**

When someone else is praised, do you feel joy or jealousy? Practice praising others, promoting their gifts, and rejoicing in their success.

• **Embrace Weakness As A Place For God's Strength**

Humility acknowledges limits — physical, emotional, spiritual — and leans on God. Stop pretending you have it all together. Start boasting in your need for Christ.