

Monday, February 9, 2026

The devotions this week are written by Lisa Liou. Lisa is the founder and executive director of All Gen Movement, a Christian ministry dedicated to healing the generations and renewing the Church. She previously served over 20 years with InterVarsity, most recently as Regional Director in the Western US. She is married to Jeff, an ordained CRC minister, and together they live in Monrovia, CA with their two teenagers.

Philippians 2:5-11

*5 Let the same mind be in you that was in Christ Jesus, 6 who, though he existed in the form of God, did not regard equality with God as something to be grasped, 7 but emptied himself, taking the form of a slave, assuming human likeness. And being found in appearance as a human, 8 he humbled himself and became obedient to the point of death— even death on a cross. 9 Therefore God exalted him even more highly and gave him the name that is above every other name, 10 so that at the name given to Jesus every knee should bend, in heaven and on earth and under the earth, 11 and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.*

This week, our devotionals will be grounded in Philippians 2 as we consider Christ's sacrifice and the theme of dying to self. In verse 5, Paul invites the Philippians to be of the same mind as Christ.

Verses 6-11 is a beautiful poem, which depicts what that means. Today we will focus on verse 6, where we learn that though Christ existed eternally as part of the Trinity, he "did not consider equality with God something to be grasped."

What does it mean to grasp? According to the dictionary: to take or seize eagerly or grasp the opportunity for advancement.

Grasping is relevant to all humans, from infants, who reach out and clasp their fist as an early milestone, holding a rattle, a bottle, or maybe a tuft of mom's long hair, to adults, who grasp for control, power, money, and love.

Grasping is human nature. Christ, however, being of nature God, does not grasp for status. He has all the status in the universe but releases it to be with us in love.

Consider this: if Christ had not been willing to release his rightful authority to sit with the Father in heaven to incarnate into a baby boy, we would not be here today to spend time with him. We would not even have access to him.

Grasping is the opposite of dying to self. Grasping is an impulse to grab and take. Though our grasps become more sophisticated as we age, the instinct is not mature. In fact, grasping distorts us. Those who must grasp power are willing to do anything to get it. Those who must grasp opportunity make slippery compromises. Those who must grasp control, miss the opportunity to lovingly engage the people and circumstances around them.

Christ's sacrifice began with release, the opposite of grasping. He released status, comfort, and glory to go on a journey of love.

Today, in a moment of silence, put your palms out in front of you and make two fists. Ask yourself, what might Christ be inviting me to release, to let go of, or stop trying to grasp, to go on a journey of love with him?

When you have your answer, see whether you can honestly unclench your fists, and turn your palms open in a posture of release and receiving. Ask God what he wants to give you instead.