

“Walking in Humility and Gentleness” Eph 4:1-2a, Phil 2:3-11
Worthy Walk Series
Discussion Questions

- **Introduction**
 - Think of someone you consider genuinely humble. What about them stands out to you?
- **Read Phil 2:3-4**
 - Paul gives 2 negative commands in verse 3 that hinder humility in our lives and relationships. Where have you seen these attitudes (selfish ambition and conceit) in your own life or in the lives of others?
 - How does pride and thinking you are better affect your conversations or interactions with someone (co-worker, spouse, waitress, child, etc...)?
 - How does Paul describe the way we **should** view others and what makes that difficult to do?
 - What is the difference between thinking less about yourself (beating yourself up) and thinking about yourself less (looking out for their interests above your own)?
- **Read Phil 2:5-11**
 - Paul says that Jesus did not consider equality with God a thing to be grasped or used for His own advantage. What does that say about the nature of true humility even for someone in the right?
 - How is Jesus our example in this passage as a pattern for humility in our relationships?
- **Application & Reflection**
 - Where in your life right now – at work, home, in the church – is it hardest to “count others more significant than yourself?” What makes that difficult?
 - Is there a relationship where you are currently pursuing your own interests rather than looking out for theirs as well? How could you change your thoughts or actions toward that person this week?
 - How does meditating on what Christ gave up and His example (v5-11) change your motivation for humility – moving from obligation to gratitude/worship?