

Ln 6 Attitudes That Annihilate Stress

[Philippians 2:5-11](#)

Our **attitudes** can create a lot of stress in our lives. That's why Paul writes: *Let this mind be in you, which was also in Christ Jesus* ([2:5](#)). Having the *mind* of Jesus requires being able to control our attitudes and that is the secret to "stress-free living." The Bible teaches a person must "**repent**" to become a Christian ([Lk 13:3](#)). The word translated **repent** (*metanoēō*, met-ahn-oh-eh'-oh) means a change of *mind* or attitude. How does [2 Corinthians 5:17](#) describe this change of attitude?

When we accept Christ as Savior and Lord we receive a *new* attitude, literally a change of *mind*. This new *mind* causes us to see things in a *new* light.

[Philippians 2:5](#) introduces one of the most profound passages in the Bible. As revealed in these verses, having the *mind* or attitude of Christ can be divided into **three** parts, beginning with...

An Attitude of Servanthood [2:6-7](#)

Many scholars believe [verses 6-11](#) were an early church hymn. Paul is using this hymn to portray Jesus as a Model for all of us. It begins: *Who, being in the form of God, thought it not robbery to be equal with God* ([2:6](#)). This verse clearly teaches **Jesus Christ is God**.

That's the reason Jesus makes what declaration in [John 10:30](#)?

Someone has said, "Jesus is God with skin on His face, spelling Himself out in language we can all understand." Jesus has always been God because *in the beginning was the Word, and the Word was with God, and the Word was God* ([Jn 1:1](#)).

Then, what does [John 1:14a](#) tell us about Jesus the Word?

The word translated **dwelt** (*skenoō*, skay-noh'-oh) means "**tabernacled**." In other words, Jesus Christ, who is God, took on a body of *flesh* and blood and "tabernacled" among us.

Even though Jesus was God come to earth in *flesh* and blood, Paul writes: *But made himself of no reputation* ([2:7a](#)). This means He emptied Himself of His divine privileges and status, left His heavenly throne that had been His for all eternity past, and entered the body of the Virgin Mary as an unborn baby. That is **an attitude of servanthood** far beyond the power of our finite minds to comprehend. This truth is what we call the **Incarnation**, which means God took on a body of *flesh* and blood.

Verse seven also tells us Jesus *took upon him the form of a servant, and was made in the likeness of men*. While on earth, even though He was the God who spoke the world into existence, Jesus continually had **an attitude of servanthood**.

How does Jesus describe His purpose for coming to earth in [Mark 10:45](#)?

How do you feel when you must **minister** to others? How do you feel when people interrupt your busy day to talk about their problems? It is impossible to have the attitude of a *servant* on your own. Our human nature is selfish, causing you to think only of yourself. However, not needing to be number one or have things your own way takes all kinds of stress out of your life and makes you willing to serve others instead of wanting to be served.

To have the **attitudes that annihilate stress**, we must have **an attitude of servanthood** and...

An Attitude of Sacrifice [2:8](#)

Paul continues: *And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross ([2:8](#))*. Because Jesus had **an attitude of sacrifice**, He took the biggest demotion in history. We cannot imagine what position of splendor and power Jesus had in heaven. But for what does Jesus pray just before He is arrested and crucified ([John 17:5](#))?

This prayer of Jesus gives us just a glimpse of His *glory* in heaven. From the *glory* of heaven Jesus came to die on the cross for our sins. In the time of Christ, being put to death on a cross was the most contemptible thing that could happen to a person. The Romans only crucified the most notorious criminals. It was the worst torture imaginable because such sentenced prisoners were nailed to a cross and left to die a slow agonizing death which could take several days. There was nothing lower than a crucified criminal. Because Christ had **an attitude of sacrifice**, He came down from the highest, most honorable place in heaven to the lowest, most despicable place on earth. He did this so we would not have to experience the pain and torment of eternal separation from God. To have the *mind* or attitude of Christ, we must be willing to sacrifice for the benefits of others.

How does [Romans 12:1](#) describe what you must do to have **an attitude of sacrifice**?

Being *living sacrifices* means we offer our minds, our ears, our mouths, our hands, our feet, our talents, and our abilities to God to minister to others. Ministering to others may involve lending a compassionate, listening ear to someone in need. Some need the tender touch of loving hands to bring comfort, while

others may need our feet to bring them the message they are important and have a friend who cares about them. Still others need our minds and mouths to share Christ and encourage them to respond in faith. But all these actions require sacrificing our selfishness. If we live just for ourselves, life is so stressful, but it's amazing how **an attitude of servanthood** annihilates stress from our lives.

To have the **attitudes that annihilate stress**, we must have **an attitude of servanthood, an attitude of sacrifice**, and...

An Attitude of Expectation [2:9-11](#)

Because Jesus had an **attitude of servanthood** and **sacrifice**, *God also hath highly exalted him, and given him a name which is above every name* ([2:9](#)). The Christian life is filled with paradoxes.

For example, in the Christian life, the way up is down.

That's why the Bible gives us what command, with what result, in [1 Peter 5:6](#)?

The greatest example for this truth is the exaltation of Christ. The first time Jesus came to earth, He was ridiculed, arrested, mocked, beaten, and finally tortured to death on the cross. In contrast, when He returns, *at the name of Jesus every knee... in heaven will bow* ([Philip. 2:10](#)). This refers to angels and saints already in heaven. Also, *every knee on earth, whether living or dead, will bow* ([2:10](#)). This means every Caesar, every president, every king, every general, and everyone who has ever lived will *bow*. When Jesus returns, those who know Him as Savior will *bow* in love, adoration, and worship. But those who have rejected Him as Savior and Lord will *bow* in fear and submission.

When Christ returns, not only will every knee *bow* but also *every tongue... confess that Jesus Christ is Lord, to the glory of God the Father* ([2:11](#)). This doesn't mean everyone will be saved but that every human being who has ever lived will ultimately acknowledge who Jesus is. This includes Buddha, Mohammad, Saddam Hussein, Adolph Hitler, Pilate—everyone who has ever lived. As Jesus is standing trial before Caiaphas, the Jewish high priest, Caiaphas asks Him if He is the Christ.

How does Jesus reply in [Mark 14:62](#)?

Caiaphas has been dead for around 2,000 years. When Jesus returns, even the high priest, who through deceit and lies had Jesus crucified, will *bow* his knee in the awesome presence of the glorified Christ. Then, Caiaphas will confess that *Jesus Christ is Lord, to the glory of God the Father*.

The Bible teaches we have a choice. We can confess Jesus as Lord now or later. Our willingness to do so now will determine where we spend eternity.

How does [Romans 10:9](#) express this truth?

The word translated **confess** means "to give verbal affirmation." In this case it is acknowledging verbally Jesus is Lord and that He rose from the dead to prove He was God's Son who is coming again in glory.

This **attitude of expectation** can **annihilate stress** because believing Christ could return at any moment takes enormous amounts of stress out of our lives.

Having **AN ATTITUDE OF SERVANTHOOD**,

SACRIFICE, and

EXPECTATION can indeed **annihilate stress** in your life.