

Philippians 2:1-4

The Company You Keep Influences The Kind of Race You Run!!

Rootwork

1. **(Everyday)** Before you begin your study time - spend time in prayer! Go through your “yesterday” and ask the Lord to reveal your heart! Prepare your heart and surrender your will to the Spirit of God! Allow Him to have full access by not withholding anything He wants to do in and then do through you!! Make a conscious effort to bow your will and your obedience to the Lord before you even dive in! This prepares your heart to hear and to heed everything He speaks to you!
2. **(Everyday)** Then spend time in adoration and worship after you have cleansed your heart and before you dive into the scriptures!! Proclaiming who God is and adoring Him lifts our eyes up and keeps our focus on what really matters...putting God in His rightful place and putting us in ours! Remember, the enemy is going to try to keep you from being in the Word, he hates when we worship our God- Worship breaks his bondages over believers, so submit to God, resist him and he will flee!!
3. If you were at the “Digging Deeper Workshop” and you would like to structure these scriptures, Copy and paste Philippians 2 into a word/ pages document or write it out verse by verse, following the structuring handouts you received! If you were not there and want to watch it, search “Digging Deeper” on our website or app and watch it for tools to help you in your study time!

4. **(Everyday)** After you finish your Rootwork every day, be sure to spend time in prayer (ACTS) going through what you have learned and received from the Word of God! This is also in your “Digging Deeper” handout!
5. As we embark upon this second chapter, what kind of mind is required so that people do not steal your joy? The enemy can so often use people in our lives to get our eyes off the Lord and the main purpose we are here! Can you think of a situation where that has happened in your life personally? Maybe you are tempted to allow the horizontal relationships overwhelm you and slow down your race? Spend some time evaluating your vision this past week, where are your eyes?
6. Now if you discovered that your vision has been a little horizontal and focused on the people around you, take time to submit your mind to the obedience of the Word of God, to the perspective of scripture and remind yourself what matters for eternity! Lay the situations or circumstances before the Lord, and allow Him to correct your vision!! Don’t forget to write this all out, you may need to revisit this again and again!!
7. We started Bible study with these questions and I want you to really think through this, not just who influences you but who you personally influence! What 3 people influence your thought life the most? Are they positive? negative? Complaining? Gossip? Uplifting? Encouraging? Pointing you to Jesus? Teaching you how to think? Now what about you? How do you influence those you are around? Do you point others to Jesus? Do you encourage? Complain? Gossip?
8. Look up Proverbs 13:20 and write it out! Is there some cleaning up that needs to take place in your circles? Your influence? Take time to write

out what the Lord is speaking to your heart and the next steps you need to take!

9. Read Philippians 1-2:4 in context!
10. Look at verse 1 of chapter 2, what is “therefore” there for?
11. The conditional clause here in verse 1 indicates certainties, (If or since) each clause is considered to be true, it is as Paul is saying, “since you have experienced encouragement in Christ...” Look up what each provision means in your Blue Letter Bible app. (If you need help please do not hesitate to ask me)
12. Record the 5 provisions from verse 1 that enable you to live in unity with others through being united with Christ!
 - Since I have _____
 - Since I have _____
 - Since I have _____
 - Since I have _____
 - Since I have _____
13. Take a minute and record what encouragement you have personally experienced in Christ!
14. Look up and record how the following verses demonstrate the encouragement of the Lord, then look up as many as you can personally find (there are SO many) and record what ones minister to you!
 - Isaiah 41:10
 - Joshua 1:9

- Romans 15:13

15. Record what consolation of love you have personally experienced in Christ!
16. Look up 2 Cor. 1:3-5 and record what you learn about the consolation or the comfort of the Lord! Write a prayer of response to Him!
17. Read 1 John 4:7-10 and record what God says about His love and what we are to do with it! Write out your response to Him!
18. Record what fellowship of the Spirit you have personally experienced in Christ!
19. What are the roles of the Holy Spirit and blessings we get from partnering with the Spirit of God? Take time here and dig into all that the Spirit of God does!
20. Look up the following verses and record what you find about fellowship or joint partnership! If you have time, see how many others you can find and record what they say!
 - 1 John 1:3
 - 1 Cor. 1:9
 - 2 Cor. 13:14
21. Record what affection you have personally experienced in Christ!

22. Read Col. 3:12-14 and Phil 1:8. Then record what you see about the affection of Christ!! Then take time and find other verses that demonstrate His affection to us!
23. Record what compassion you have personally experienced in Christ!
24. Look up the following verses and record how they demonstrate the compassion of Christ to us:
- Mark 1:40-41
 - Mark 6:34
 - Matthew 15:32
25. Each one of us, if we are born again we have experienced these things, we know Him as encourager, comforter, loving and all merciful! We have partnered with the Spirit! As you think of your personal journey with the Lord pray for an open door to share that with someone else! Be available and willing for God to use you as an encouragement to someone who just might be low bearing fruit!
26. Take time now and write each one of these in your Who is God journal, record who He is, what He has done, then that determines who you are and what you do! This is VITAL!! This protects our minds from our flesh and stinking thinking and gets our eyes up in worship!! Do not skip doing this in every verse you read! If you need help, ask me!!
27. Read verse 2, look up any words you want further insight on! What is Paul saying here?

28. This verse indicates that Paul's joy would be complete if the Philippians were united in 4 areas. List those areas of unity and then list the exact opposite to those right next to them!
29. Unity does not mean uniformity. What does unity mean?
30. How does Philippians 2:1 work in your life to walk in unity with other believers?
31. How can we have the same mind as other believers?
32. Take your thoughts captive or you will be captivated by your thoughts! Have you experienced this? Both taking thoughts captive and being captivated by thoughts? If so, how?
33. Take your time and read all of John 17, Christ's prayer before He went to the cross. Record His desires, His pleas, and His purpose in this prayer! What does He pray about unity and why?
34. How do we ensure we are unified? We all have to be working for the same mission, same ambition and purpose! We have to have one singular standard, one source....what is that standard and source?
35. We also need to protect the vessel we have been given from distraction, from being pulled away, from being easily influenced by the world and people around us! Read 1 Cor 15:33 and Psalm 1 and record what it says about who we surround ourselves with? Then see how many verses you can find about the company you keep. What does God's Word say about this?

36. Read verse 3 and record your first thoughts!
37. See Galatians 5:26. How does a conceited, and selfish attitude affect others?
38. Look up any words in verse 3 that you want further insight on. What does selfishness and empty conceit mean?
39. Look up the following verses and record what you see on pride. Then spend some time looking any other verses you can find on the topic!
- Proverbs 8:13
 - Proverbs 11:2
 - Proverbs 16:5
 - 1 Peter 5:5
40. Record your thoughts on the quote below. How have these been true in your own life?
- “God sends no one away empty except those who are full of themselves.” Dwight L. Moody
 - “Pride is the oldest and most common of sins. Humility is the rarest and most beautiful of graces.” Ryle
41. Contrast verse 1 and verse 3. How are they completely different, and totally opposite? We see two extremes here, the character of Christ and the character of Satan. Read the following verses and record what you learn about how the enemy fell, and God’s perspective of it all!
- Isaiah 14:12-17
 - Ezekiel 28:12-18

42. Now, look at your own heart! How has pride seeped in and made a home? Are you actively dying to the pride that wells up in so many ways? See, we all have the same “I” problem! And that “I” needs to bend in surrender to the “C” of Christ ! To take self off the throne and put Christ in His rightful place!! We need to see how serious pride is! The fact that pride is the very reason Satan fell, we need to hate it, kill it, and rid it of our lives the second it rears its ugly head! Did you notice in Isaiah the heart and intent of the enemy? What are his goals? His motives? Self, self self!! Oh how we need to be careful!!

43. Read this quote from Roy Hession in *Calvary Road* and then write your response! How does this challenge you? How does this encourage you? What steps do need to take today to put self in it’s rightful place?

- “As we look honestly at our Christian lives, we can see how much of this self there is in each of us. It is so often self who tries to live the Christian life (the mere fact that we use the word ‘try’ indicates that it is self who has the responsibility). It is self, too, who is often doing Christian work. It is always self who gets irritable and envious and resentful and critical and worried. It is self who is hard and unyielding in its attitudes to others. It is self who is shy and self-conscious and reserved. No wonder we need breaking. As long as self is in control, God can do little with us, for all the fruits of the Spirit (they are enumerated in Galatians 5), with which God longs to fill us, are the complete antithesis of the hard, unbroken spirit within us and presupposes that it has been crucified.” Roy Hession

44. Rather than doing anything to selfishly advance ourselves for personal admiration or prestige. Write the following verses which help us to properly direct worship where worship needs to be!

- Matthew 5:16
- Ephesians 1:12

- Psalm 115:1
- 1 Cor. 10:31
- 1 Cor 1:31
- 1 Peter 4:11
- Col 3:17

45. Read the last part of verse 3, what is the antidote for the selfishness and empty conceit?

46. What does it mean to have a humble mind?

47. What is the difference between humility and low self esteem that psychologists describe today? How can this perspective destroy your biblical worldview?

48. Why is humility an essential requirement for unity? Have you seen this in operation where it brought unity without compromise?

49. C.S. Lewis says it like this, “Humility is not thinking less of yourself, but thinking of yourself less” write your thoughts on the difference between the two! Use scripture to verify this!

50. Read Philippians 2:4. What does it say?

51. Read Luke 10:30-37, how is this an example of Phil 2:4?

52. Read Matt. 22:35-39, what has to happen first before we can look out for the interest of others or love others with agape love?

53. How does this quote from Ghandi challenge you personally? How does this make you determined to put on the mind of Christ and conform your life by renewing your mind and dedicating your heart to follow and obey Him?
- “I like your Christ, I do not like your Christians. Your Christians are so unlike your Christ.” - Ghandi
54. So....how does the company your keep influence the kind of race you run?
55. Think about those three friends again, Are they unified on the Gospel? Are they Living for the audience of ONE? Are they pushing and lifting your eyes up? Being bold for the gospel? Are they helping you think right?
56. What about you? Are you helping others think right? Are you unified on the gospel? Are you living for the audience of ONE? Lifting the eyes of others up? Are you being bold for the gospel of Christ?
57. Do not take these reflections lightly, sit on them, evaluate your heart! We can not be the kind of women who are united, who stand firm and make a difference for the kingdom of God, if we do not evaluate what influences us! What influences us has a direct impact on how we think! If we can not control our thoughts, our thoughts will control us! Then we will be miserable and ineffective for the Lord!! Let's clean some stuff up, let's be about our Father's business!! We have work to do!!
58. I promised many ladies I would include the poem in the rootwork so it is below, I pray it blesses and challenges you! ❤️

The Seed of a Thought

By Jessica Birmingham

It was a tiny seed that was planted in me,
A seed that quickly sprouted into what seemed like a tree.
A seed that told me, “I was not enough,”
“I was not loved,” and “I couldn’t trust.”

It was a tiny seed that was planted in me.
I invited it in, I mulled over it, and exhausted it.
I gave it a name and a room with a view.
I fed it, entertained it, and thought it was true.

It was a tiny seed that was planted in me,
One that I thought was harmless,
That it couldn’t control me.
But in fact, this tiny seed had indeed... grown into a tree,
Choking out all the truth that once set me free.

I let the wrong seed be my source and supply.
I let the wrong seed tell me a lie.
Instead of the seed of God’s Word,
I let the seed of a thought be stirred.

It was a tiny seed that was planted in me,
And no longer will I allow this tree to dwell.
No longer will I be okay living in a cell.
I will take every thought captive,
I am tearing it down—no time to be passive.
This truth I have found:
To get rid of this seed, I finally know.
For... THIS seed in me, I must deal a DEATH BLOW!!

