

Shifting From Selfish to Selfless

Mind Shift

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OPENING QUESTION

Who's someone in your life (at work, home, or church) who consistently puts others first, and what's one specific thing they do that you find challenging or inspiring?

SCRIPTURE READINGS

Main Reading(s):

Philippians 2:1-11

Additional Reading(s):

Ephesians 2:8-9

Matthew 10:24

Mark 9:35

KEY TAKE AWAY(S)

Face your selfishness instead of excusing it.

Selfishness is natural and tied to our sin nature.

Growth starts by honestly seeing, naming, and confessing where it shows up in your real life.

Let grace change how you live, not just what you believe.

We are saved by grace, not by our effort.

That same grace should produce visible "fruit": humility, unity, and valuing others above ourselves.

Take on the mind of Christ: humble, serving, others-first.

Philippians 2 shows Jesus laying down his rights, becoming a servant, and dying on the cross.

His attitude is our model: not "What can I get?" but "How can I serve?"

Practice selflessness in concrete ways, even before you feel like it.

Don't wait for feelings to obey; serving shapes your heart over time.

Real love meets practical needs (time, help, resources), builds God's kingdom, and impacts actual people around you.

QUESTIONS

1. Where do you most clearly see selfishness show up in your week (time, money, attention, relationships), and what do you usually tell yourself to justify it?
2. Ephesians 2:8–9 says we are saved by grace, not by works; Philippians 2 calls us to live with humility and unity. In what area of your life are you most tempted to stop at “I’m forgiven” without really letting that grace reshape your attitudes and actions?
3. When you read Philippians 2:5–11, which part of Jesus’ mindset (laying down rights, becoming a servant, obeying to the point of sacrifice) feels hardest for you to imitate right now, and why?
4. What is one specific, inconvenient act of service or generosity you sense God is asking you to do this week, even if you don’t feel like it—and what might keep you from doing it?

PRACTICE

“See It, Name It, Flip It” Practice (Philippians 2 Week)

1. See It (Awareness)

Each day, ask the Holy Spirit to show you *one* moment when you’re tempted to be selfish.

It might be with time, money, attention, comfort, or serving.

When you notice it, **pause** and mentally say: “This is selfishness.”

2. Name It (Honesty with God)

Right in that moment (even silently), pray a short, honest prayer:

“Lord, this is my selfishness. I confess it. Give me the mind of Christ here.”

If helpful, read or recall **Philippians 2:3–5**:

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves... In your relationships with one another, have the same mindset as Christ Jesus.”

3. Flip It (Action)

Ask: “What is the *selfless opposite* of what I want to do right now?” Then do that.

If you want to keep your time → give time.

If you want to keep your comfort → choose a small inconvenience to serve.

If you want to keep your money → give or meet a need.

4. Capture One Story

Sometime during the week, jot down **one specific moment** where you:

noticed selfishness,
prayed/confessed, and
chose a different, more Christlike response.

Next week, invite everyone to share **just one story**:

“How did God meet you in a moment when you ‘saw it, named it, and flipped it’?”

CLOSING PRAYER

Lord, thank You for the grace that saves us and for Jesus’ example of perfect humility and selfless love. This week, help us to see our selfishness clearly, confess it honestly, and choose the mind of Christ in our thoughts, words, and actions. Fill us with Your Spirit so that our lives point others to You and bring glory to Your name.