



# JOY

FOR THE JOURNEY

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February 15, 2026

### PHILIPPIANS 2:1-11

#### SUNDAY REFRESHER

Paul anchors shared joy in shared humility. “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves” (Philippians 2:3-4). Because we have encouragement in Christ and participation in one Spirit, we are called to live as one body - protecting unity, pursuing peace, and reflecting the self-giving mind of Jesus, who humbled Himself for our sake (Philippians 2:5-11).

The wagon train gives us a picture, but the passage gives us the power. No one crosses mountains alone, and no church flourishes when everyone protects their own comfort. Joy for the journey is found when we move at the pace of love, lift what is heavy together, and follow the humble example of Christ.

#### PERSONAL REFLECTIONS

- *What did God say to you through this passage and teaching?*
- *Did God reveal anything new to you?*
- *How is this relevant in your journey to make disciples who Love God and Love people?*



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## QUESTIONS

- *Discuss why selfish ambition and conceit are such a pervasive problem for people.*
- *How does being “unified into one body” change how we fundamentally journey through life together as Christ-followers?*
- *Can you think of practical ways to apply “not looking to your own interests” in the context of our Expedition Church family?*
- *How does the example of Jesus help you to be less inclined to want or expect your own way?*

## SCRIPTURE REFERENCES

1 Corinthians 12:12-13 | 1 Peter 5:5

## CONCLUSION

Selfish ambition and conceit quietly erode joy because they center the story on me, but the gospel recenters everything on Christ. Jesus did not cling to His rights; He used His power for our good and humbled Himself to the cross. When that reality grips our hearts, we loosen our grip on preference, position, and comfort, and we begin to ask a different question - not “How do I get ahead?” but “How can I help you forward?” That is unity. That is shared strength. That is joy for the journey.

*Knowing that life transformation happens best through intentional, meaningful relationships, don't let this week's sermon remain as mere information. In the next few days, look for ways to teach, challenge, encourage and/or pray about what you're discovering!*



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