

Life Group Lesson 5

The Power of the Third Chair Philippians 2:1-11

PRESS ON

together

Big Idea:

From Sunday: Humility is more about how I treat others than how I think about myself.

For Today: "The Lord is first, my friends are second and I am third." Gayle Sayers

Icebreaker question: What comes to mind when you think of the word "humble"? (Be honest.)

Video

Today's 8-minute video features Pastor Burkey teaching about having the attitude of Jesus. Such an attitude is fueled by humility, and lives out the power of the Third Chair

Read Philippians 1:20-30

The key phrase in these 11 verses is in verse 5, ***"Your attitude should be the same as that of Christ Jesus."***

Everything Paul writes about caring for others in the first 4 verses, and everything Paul is about to write in an incredible hymn about Jesus in the next 6 verses, flows out of this phrase.

When you think of a leader with a humble attitude, who comes to mind? Why? What is it about his/her words, actions and thoughts that show such humility?

In verse 1, Paul uses the phrases ***"if you have any"*** or ***"if any"*** 4 times. Paul here is laying out a logical argument that these 4 areas he mentions, God gives to you and to me. Re-read verse 1 replace ***"if you have any"*** or ***"if any"*** with the phrase, ***"I have"***.

In verse 2, notice how Paul describes ***complete joy***. When have you experienced complete joy? Why? What helped such complete joy to continue? What caused it to end?

In verse 3, Paul speaks of living with humility. In the Bible, humility is not thinking less of yourself, but thinking of yourself less. What situations cause you to think about your self-interest before the interests of others?

When you act with self-interest and let others down, how can you restore a relationship?

In the first 4 verses Paul has revealed the power of the third chair. God is in the first chair, others in the second chair, and you live in the power of the third chair. That takes humility, even more, that takes the power of unity with Christ and encouragement from God.

How can you hold yourself accountable for humility in your daily actions?

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In verses 5-11, Paul writes a great hymn of praise about who Jesus is and how Jesus lived out the power of the “third chair”.

In verse 6, Paul speaks of Jesus **“being in very nature God”** and **“equality with God”**.

Nature means *being* or *essence*, Jesus has always been divine.

Equality with God means *everything God is, Jesus is*.

Equality with God means *not grasping but giving away*.

Why is it important to always remember the divine nature of Jesus? The human nature?

In verse 7, Jesus becomes human like us. He does not lose the divine. He’s not half God, half man. He’s fully God, fully human. He leaves heaven for a manger.

In verse 8, Jesus gives His life that we might have life. Jesus suffers, not just any death, but death on a cross for our sins.

When you think of such an act of sacrificial love by Jesus for you, how does that make you feel? Act? Serve? Live out life in the third chair?

In verse 9, **“the name that is above every name”** leads Paul to recognize Jesus, humbled on the cross, is now exalted by God. One’s name in the Bible defines one’s destiny, character, and/or reputation. Think of 5 Biblical names for Jesus (besides Jesus) that describe who Jesus is. What are your top 2 names? Why?

Verses 10 and 11, describe life at the end of time when **“every knee will bow”** before Jesus and **“every tongue confess”** Jesus. When you think of willing or reluctant knees bowing down and tongues confessing, who comes to mind?

What helps you stay humble before Jesus? What leads you to tell others about Jesus? What holds you back?

Action Steps

Arrange 3 chairs in your home this week to remind you of three chair living – God first, friends second, one’s self in the third chair. Look at that visible reminder as you begin and end each day, that we are each called to a life of humble service.

Press On Together Prayer

As you close in prayer, I invite you to share with your group, and then take turns praying 2 prayers.

1. A Prayer of Gratitude: Thank you God for ...
2. A Prayer of Grace: Grace: God, I (or ?) need Your grace (help) to ...