

Sit Down, Be Humble

2025-09-28 • PASTOR MATT ROSE



Philippians 2

FOR THE LEADER

These questions help you run the conversation. They are not your study. Get into the passage yourself first, because your group needs what God taught you, not just a list of questions. These also lean on Sunday's message, so a few will not land for anyone who missed it. Watch it before you lead.

WHAT THE MESSAGE WAS ABOUT

The Christ hymn in Philippians 2 travels down before it goes up. Jesus did not use equality with God for his own advantage. He took the form of a servant, obeyed all the way to a cross, and only then received the name above every name. Pastor Matt was honest that humility feels like humiliation while it is happening. Job argued his case for chapters, and what finally humbled him was not losing the argument. It was seeing God's glory.

To get started

- Who is the humblest person you know, and how can you tell?

Looking back at the message

The downward-then-upward shape is the thing to see in the text itself.

- 1 Pastor Matt traced the shape of the hymn: Jesus goes down, servant, obedience, death, before he is lifted up. What does that order teach us?
- 2 Pastor Matt translated verse 5 like this: think about yourself the way Jesus thought about himself. How is that different from just trying hard to be humble?
- 3 Pastor Matt said humility is mostly perspective: the world is simply bigger than you, and seeing that clearly brings peace. Did that land as comforting or deflating, and why?

OPTIONAL

Looking at the passage

Read Philippians 2:5-11 aloud, slowly. It is a hymn; it rewards being heard.

- 4 Read Philippians 2:6-8. Trace the steps downward. How many can you count?
- 5 Verse 6 says Jesus did not use his equality with God for his own advantage. What could he have done instead?
- 6 Verse 9 begins with the word therefore. What two things is it connecting?
- 7 Read Job 42:1-6. What finally changes Job's mind, and what does he say? OPTIONAL

Bringing it home

Small irritations are the honest test. He used cold coffee and traffic.

- 8 Pastor Matt tested the room's humility with small things: a cold latte, getting cut off in traffic. What small thing gets a way-too-big reaction out of you?
- 9 Jesus set aside his rights because using them would not get what he wanted. Where might that same move apply to you?
- 10 What is the difference between humility and thinking badly of yourself?
- 11 When has something humbling turned out to be good for you? OPTIONAL

The group together

Serving is where this lands. Keep it specific to this group.

- 12 Paul wrote this to a church about how they treat each other. What would it change in this group?
- 13 What does pride look like in a group, rather than in one person?
- 14 What is one way this group could serve someone with zero recognition attached?

BEFORE YOU FINISH

What could you set down this week that you have every right to hold onto?

You might pray about

- For a right view of ourselves rather than a low one
- For those being humbled right now and finding it hard
- For the small irritations that take more room than they deserve
- For a glimpse of God's glory that reorders everything