

*Descent into Joy*  
**The Joy of Stooping**  
Philippians 2:1-30

The Church of Philippi occupied a special place in Paul's heart. They obviously loved him too and arranged for a financial care package to be sent to him while under house arrest in Rome. However, beneath the surface, the church struggled with "me-itis" or selfish ambition. In chapter 2, Paul challenged them by pointing to the supreme example of Christ who willingly stooped to serve (5-11). Then he followed that up with three additional models of selfless humility: Paul (17), Timothy (18-24) and Epaphroditus (25-30).

1. There is no greater example of humility, "thinking others are more important than you" than the example Jesus (5-11). What is so striking to you about the "descent" Jesus made?
  
2. "Stooping" is hard for us. Paul calls it a mindset or an attitude (vss. 2 and 5). Unpack the impact of having this attitude. What and how are we to think on a daily basis?
  
3. In verse 14, we are instructed to do all things without grumbling or questioning. How does a complaining spirit reveal what's on the inside of our lives?
  
4. What stands out to you in the other three examples in verses 17-30: Paul (17), Timothy (18-24) and Epaphroditus (25-30)? What led all three to be remarkable examples of selflessness?
  
5. How does this chapter help you manage the restrictions of quarantine? In what ways will this call to stoop affect you when the ban is lifted? How will you, by God's power live differently? (see verse 13).