

The Way Up is Down

Philippians 2:1-11

The Church at Philippi

Nate Marsh—February 22, 2026

Philippians 2:1-2

MOVEMENT 1: THE _____ — SELFISH AMBITION VS. HUMBLE LOVE.

Philippians 2:3-4

Humility is not thinking less of yourself. It is thinking of yourself less. — C.S. Lewis

Paul's 3-step process:

1. Value others.
2. Look to their interests.
3. Don't always feel the need to be the center of everything

MOVEMENT 2: THE _____ — ADOPT THE MIND OF CHRIST.

Philippians 2:5; 6-8

MOVEMENT 3: THE _____ — GOD EXALTS THE HUMBLE

Philippians 2:9-11

YOUR NEXT STEP:

This week, identify one relationship where humility could change the atmosphere.

Then take one intentional step downward:

- Initiate the apology | Choose to listen first | Offer to serve | Lay down your preference.

Not because it feels natural. But because you belong to Jesus.

Questions for Further Study

1. From your perspective, why does Paul ground unity in theology before he gives commands about behavior?
2. How does remembering what Christ has done reshape how a church handles conflict?
3. Compare Philippians 2:1-11 with James 3:13-18 and **Romans 12:3-10**. How does Scripture consistently define humility?
4. How does the story of Jesus washing the disciples' feet in John 13:1-17 help us understand what Paul means by "the mindset of Christ"?
5. Read Matthew 23:11-12 and **1 Peter 5:5-6**. What pattern do you see **between** humility and God's timing in lifting someone up?