

**TITLE AND NUMBER:** 152. Beyond self



**REFERENCE AND KEY VERSE(S):** Philippians 2:1-4

Therefore, if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

**LOOKING FURTHER:** Job 5:6-8; Hebrews 10:35-37

### What does this Bible passage tell us?

Paul was imprisoned in Rome when he wrote this passage in a letter to the church in Philippi. Although deprived of his own liberty, he made a call to action to all followers of Christ to live in unity and harmony by putting the needs of others above their own. The passage emphasises the importance of humility, selflessness and compassion in our relationships with others. No matter where we are, we can offer a listening ear and extend a helping hand when possible. In challenging circumstances, our acts of kindness and selflessness can bring hope and comfort to those around us.

The issues that confront us differ. But it is human to experience challenges at some point in life (Job 5:7). Therefore, in the midst of life's challenges, we are reminded that in Christ, we will find comfort, strength and hope. In most cases, it is how we react to a difficult situation that can make matters better or worse. Even after the darkest night, a bright morning often follows: 'So do not throw away your confidence; it will be richly rewarded.' (Hebrews 10:35).

People do not exist well on their own; we need each other as human beings. Unfortunately, any family or friendship can be destroyed by conflicts. So, we must confront our human tendencies towards division, disagreements and self-centredness. This is easier said than done! In the passage, Paul is clear that Christ's love and presence is the foundation for genuine unity among believers.

### Reflections:

- Have you been misunderstood by friends or family? You are not alone! Practise listening carefully to others, so that you will better understand their perspectives and needs.
- List the pointers Paul gives in this passage. Pray that God will help you apply them in your relationships.

Write or draw something you read in this Bible Study that stood out to you.



Do you have any questions about this week's Bible Study?



How does this week's message apply to your life?



What can we learn about God from this week's passage?



What would you like to ask God this week?



Has God responded to your prayers this week in the way you had hoped for? It's okay to talk to God about this.

