

## The Second Sunday in Lent ~ Sunday, March 5, 2023

### “Cross Training ~ Training in Humility”

#### Philippians 2:1-11

#### INTRODUCTION

In cross-training, athletes engage in a variety of different \_\_\_\_\_, practice mental discipline, and learn proper \_\_\_\_\_ in order to make themselves \_\_\_\_\_ strong.

In the same way, there are different exercises that we can do if we want to be \_\_\_\_\_ strong.

“Train yourself to be godly. Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.” (1 Timothy 4:7-8)

Paul is writing to a congregation that he loves, and that has given him much joy, but is manifesting what are fairly \_\_\_\_\_ problems in their relationships with one another.

Although these are normal problems that Paul’s addressing here, they can effect, in a \_\_\_\_\_ way, our running of the race—as individual runners and as a team.

#### TRAINING IN HUMILITY

**#1. The \_\_\_\_\_.**

“...be of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others.” (Philippians 2:2-4)

Paul is basically saying:

This is not the \_\_\_\_\_. If “Be like Jesus” is the gospel, we are in big \_\_\_\_\_ ! Because nobody can be enough like Jesus to be \_\_\_\_\_ by God.

“...live your lives in a manner *worthy* of the gospel of Christ.” (Phil 1:27)

This requires the \_\_\_\_\_ and power of the Holy Spirit because we can’t do it in our own \_\_\_\_\_. We can’t grunt out Christ-likeness.

The call to “Be like Jesus,” isn’t the way of \_\_\_\_\_, but the way of \_\_\_\_\_. It’s not the way we’re saved from our sins, but the way we live with Christ and walk with God.

After having exhorted us so powerfully, Paul immediately directs our gaze away from ourselves to \_\_\_\_\_.

Look to His \_\_\_\_\_. Embrace the outlook, mind set, and \_\_\_\_\_ of Christ =

**#2. The \_\_\_\_\_.**

We need both the exhortation and the \_\_\_\_\_ because most of us learn by a combination of principles, \_\_\_\_\_, and concrete examples of what we’re being asked to believe or do.

This is what it means to be humble, selfless, and \_\_\_\_\_, and Jesus is the \_\_\_\_\_ of the exhortation in verses 1 to 4.

#### 6 ELEMENTS OF JESUS’ HUMILITY

• **Jesus’ humility is seen in His \_\_\_\_\_.**

“...who, though he was in the form of God...” (Philippians 2:6)

In order to fully understand and appreciate Jesus’ humility, we need to understand His \_\_\_\_\_ nature.

• **Jesus’ humility is seen in His \_\_\_\_\_.**

His refusal to stand on His own \_\_\_\_\_ or to be treated as He deserves.

“...did not regard equality with God as something to be exploited...” (Philippians 2:6)

• **Jesus’ humility is seen in His \_\_\_\_\_.**

This means:

“...but emptied himself...” (Philippians 2:7)

In other words, He left His divine attributes in heaven:

• **Jesus’ humility is seen in His \_\_\_\_\_.**

; “... taking the form of a servant...” (Philippians 2:7)

*doulos* =

Jesus, in an act of \_\_\_\_\_ humility, chose to be God’s \_\_\_\_\_, serving God’s people forever.

• **Jesus' humility is seen in His \_\_\_\_\_.**

This refers to His lowering of Himself to become \_\_\_\_\_.

"...being born in the likeness of men. And being found in human form..."

(Philippians 2:7-8)

• **Jesus' humility is seen in His \_\_\_\_\_.**

"...He humbled himself by becoming obedient to the point of death—even death on a cross." (Philippians 2:8)

God the Lawgiver becoming obedient, and \_\_\_\_\_ Himself to the brutality and unjust lawlessness of wicked men in a violent death reserved only for criminals and slaves is the \_\_\_\_\_ of humiliation.

"There is no greater love than to lay down one's life for one's friends."

(John 15:13)

this is the pattern that Paul is calling us to \_\_\_\_\_ our lives to. Nothing reserved for \_\_\_\_\_, surrendering all for the glory of God and the good of our brothers and sisters. A life of \_\_\_\_\_ and complete obedience and utter self-sacrifice; a life of absolute, sold out, unreserved surrender to the \_\_\_\_\_ of God.

"If anyone would come after me, let them pick up their cross and follow me." (Matthew 16:24)

This is a call to come and \_\_\_\_\_. This is what it means to be a \_\_\_\_\_—the complete possession of your life by Christ for His own ends.

**#3. The \_\_\_\_\_.**

"Let the same mind be in you that was in Christ Jesus..." (Phil 2:5)

This mind to which we must conform the pattern of our lives to is already ours—it's our \_\_\_\_\_. In other words, if we're in Christ, this isn't just the pattern to which we must \_\_\_\_\_, but also the pattern and template into which God is \_\_\_\_\_ conforming us by His Spirit and through the means of \_\_\_\_\_.

This inner renovation can only happen in \_\_\_\_\_ with Christ. There's no Christianity, no godliness, no obedience that \_\_\_\_\_ God outside of Christ. And all of our religion, morality, striving, and good works are worth \_\_\_\_\_ if they're not the fruit; the \_\_\_\_\_, the product, of our union with Christ.

This is a promise that we ought to take great comfort from especially when

we look at ourselves and see how far \_\_\_\_\_ we fall from conforming to the pattern He sets. It's so easy to grow weary and give up \_\_\_\_\_ in the face of this reality; to become discouraged by the fact that there remains so much of our own natural \_\_\_\_\_, so much \_\_\_\_\_ still to slay, so little progress made.

Don't \_\_\_\_\_. Don't grow weary of doing good. Don't stop \_\_\_\_\_ Christ and seeking the lower place. Keep on running the race.

**#4. The \_\_\_\_\_.**

"Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father." (Phil 2:9-11)

These are the twin \_\_\_\_\_ of our union with Christ: \_\_\_\_\_ or holiness of life and the adoration of our lips or \_\_\_\_\_.

Mere lip service won't do. God wants our \_\_\_\_\_ praise.

**Will you surrender your life for the honour and glory of the One who surrendered His all for you?  
Will you devote yourself to the praise of His glory and the wonders of His grace?**

## CONCLUSION

Before we aspire to be \_\_\_\_\_ Jesus, we must first aspire to be \_\_\_\_\_ Jesus.

We enter into union with Him, by \_\_\_\_\_ in His finished work on the Cross as our representative and \_\_\_\_\_—dying for us, obeying for us, and paying for us. us—and by receiving all the \_\_\_\_\_ of His passion.

And as you \_\_\_\_\_ to Him, rest on Him, and enter into deeper union with Him, may you, by the grace of God, be \_\_\_\_\_ more and more into His likeness.