

AFTER YOU

**MORE
THAN ME**

THE TAKEAWAY

Following Jesus means considering the needs and interests of others.

OPENING QUESTION

Have you ever had a song or tune stuck in your head? What was it? (It could be from the radio, a commercial, or a video)

WHAT THE BIBLE HAS TO SAY ABOUT IT

Being self-centered is our default mode. From the very beginning, putting our needs and wants before others seems to come naturally. As soon as a toddler can walk and talk, they learn to yell “MINE!” and grab all the best toys or the last blue crayon for themselves. As we grow up, we may get better at sharing our crayons, but we can still end up living “me-centered” lives. The book of Philippians tells us to flip that mindset.

We are meant to look to the interests of others before our own. This was the attitude Jesus had. Jesus was God in flesh yet chose to offer himself in humble service, all the way to the cross. Part of learning to follow Jesus is learning about the joy found in serving others and putting their needs before your own. So make someone else's plate before you get your own food, hold open the door for others before you go in, or stay and help clean up after an event instead of leaving with the crowd. And if your “inner toddler” is thinking “ME FIRST!” remind yourself that Jesus would say, “After you.”

Read Philippians 2:1–11 to see the type of humility that Jesus lived out.

DISCUSS:

- What do you think verse 3 means by “selfish ambition”?
- Humility is said to be “Not thinking less of yourself but thinking of yourself less.” What do you think that means?
- What are some situations where putting others first is difficult?
- Looking for ways to serve is a good habit to form. What opportunities do you see around you?



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APPLY IT

Hold the door. It's a simple act of service, but not many people want to do it. Everyone is rushing through and in a hurry to get in and out. Taking the time to hold the door open for someone else briefly puts a pause on where you want to go and puts others first. Now, go find a door to hold open this week!

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

MEMORY VERSE

"Let each of you look not only to his own interests, but also to the interests of others."
Philippians 2:4 (ESV)

ON YOUR OWN...

Prayer doesn't always come easily. Sometimes we need help to know when to pray, how to pray, and what to pray about. This week use the Prayer Square to pray about four people or situations where you can grow in serving others. You can serve in different ways, like tangible action (helping with a chore), giving encouragement, praying for them, etc.

PRAYER SQUARE

A prayer square challenges you to name individuals you want to pray for and list specific prayer requests. Commit to praying for these individuals for one week or one month, and then return to your list to see how God has answered those prayers.

Name:
Prayer Requests:

Name:
Prayer Requests:

Name:
Prayer Requests:

Name:
Prayer Requests: