



**PHILIPPIANS:  
ENJOYING LIFE**  
An interactive Bible study for  
individuals, families,  
and LIFE Groups

~ Week Seven ~  
"Christ: The Model of Joy"  
Philippians 2:5-11

**SERMON NOTES**

*Record your insights and observations from this week's sermon:*

**WARM UP**

In this week's lesson we are going to consider what theologians call Jesus Christ's "state of humiliation." This term refers to Christ becoming a man and assuming all the burdens of human life, as well as the guilt and penalty of our sin. We are also going to look at Christ's "state of exaltation," in which he was exalted to the place of highest honor following his resurrection.

To warm up to this subject, think back to a time when you were humbled and/or exalted. What happened? How did it feel? What did you learn from this experience?

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**RECALL THE SUNDAY SERMON**

**Read Philippians 2:5-11**

a) What insight(s) did you gain from the sermon about this passage of Scripture?

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b) In what ways did Jesus Christ experience humiliation?

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c) When Paul says in verse 7 that Christ "made himself nothing," what does that mean? (Some translations say Christ "emptied himself.") Does it mean that while Christ was here on earth, he stopped being God? Why or why not?

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**Welcome** to UPC's weekly Bible study guide. We pray that this tool will help you **RECALL** what you heard in the Sunday sermon, **REFLECT** on the Scriptures more fully, and **RESPOND** with love to God, church, and community. If you miss a sermon, or would like to review it, visit our website: [www.upc-orlando.com](http://www.upc-orlando.com).

d) In what ways is Christ our model of joy?

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### REFLECT A BIT FURTHER

a) Can you find other verses of Scripture besides Phil. 2:6 that teach that Jesus Christ is God?

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b) Why did Christ have to become a human being in order to be a sacrifice for sin? Why couldn't God have allowed an animal to pay for our sins?

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c) How does it encourage you that Jesus Christ is perfect human as well as perfect God?

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d) How do you react to the idea that one day every knee will bow before Jesus Christ and confess him as Lord (vs. 10-11)?

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### RESPOND TO GOD'S WORD

a) The context for this week's passage of Scripture is sacrificial love for others (Phil. 2:1-5). Paul says that our "attitude should be the same as that of Christ Jesus" (vs. 5). Now that

you have studied Christ's attitude in verses 6-11, how will you "make yourself nothing" for the sake of others? What can you do to "take the very nature of a servant"? What steps will you take to "die" to yourself, that others might live? Be concrete, and think of the week ahead.

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### PRAY FOR UPC

Please pray this week for:

- **The Women's Retreat** on May 19-21 - for God's guidance as the planning team prepares for the retreat. Pray that the women who attend will be refreshed and encouraged by God's Word and time with Him. Pray that women will leave with new friendships and a fresh confidence in God's ability to meet their every need. Also pray that a few more women can find a way to go.
- **Vacation Bible School** June 11-16 - that many children will give their hearts to Jesus that week. Pray that God will raise up all the leaders and helpers we need to adequately staff VBS.
- **Christ Kingdom Church**, our daughter church in Avalon Park. Pray that all the unbelievers who attended their Good Friday outreach will be followed up on and will commit their lives to Christ.
- The concert by **Fernando Ortega** at UPC on Friday, May 12 - that people from the community and other churches will be strengthened in their faith as they listen to his music.
- **Central Florida Presbytery** - The PCA churches of central Florida will be having their spring meeting at St. Paul Presbyterian Church in Winter Park this Tuesday, May 2. Pray that God's Spirit will guide the deliberations and decisions, and that we and our sister churches will grow more effective and unified in our calling to be salt and light in this part of God's world.