



CHURCH@HOME

The Way Up Is Down (2)

Philippians 2: 5-9 (Amp)

Let this same attitude and purpose and humble mind be in you which was in Christ Jesus: Let Him be your example in humility, Who stripped Himself of all privileges and rightful dignity, so as to assume the guise of a servant. And He abased and humbled Himself still further and carried His obedience to the extreme of death. Therefore because He stooped so low, God has highly exalted Him and bestowed on Him the name that is above every other name....

Read these other Scriptures on Jesus' Example of Meekness and Humility..

Matthew 18:1-5; Luke 18:9-17; Luke 22: 24-30; John 13:3-17...

1. Jesus' scriptural examples of and Instructions on Meekness include:

- a. Being OBDIENT to God's Word..
- b. Emptying or STRIPPING ourselves of our natural advantages ...
- c. Becoming SERVANTS to God and people...
- d. ABASING ourselves in our own eyes and estimation
- e. STOOPING LOW and being SUBMISSIVE to others..
- f. Can you add other important qualities to this list?

2. The Core Ingredient of Meekness... [A Contrite Heart]...Psalm 51:17...

- a. **Independent** of yourself, but fully **Dependent** upon God...
- b. A **Broken** Spirit and a **Contrite** heart... [A state of the heart that causes you to run to God as your source of everything]...
- c. A heart that is crushed and broken because of its dependence upon God...**Psalm 34:18...**
- d. Understand that you are not whole and complete in and of yourself...
- e. God elevates you through brokenness and contrition (the humility of your heart)...**Isaiah 57:15 KJV/AMP...**

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3. Meekness: Empty Yourself Of Yourself...Isaiah 66:1-2...

- a. Place **No Confidence** in the **Flesh... Philippians 3:3...**
- b. Whatever gives you value—whatever gives you an advantage in life, live as though that thing does not exist (status, education, connections, etc.) **Philippians 3:7, 8...**
- c. In Gods eyes we are all the same... We are who we are because of the Lord...

4. There is a Lifting Up for the Humble...

Job 22:21-29; I Samuel 2:7-9; James 4:10; Hebrews 4:14-16

- a. When God lifts us up, we are truly lifted and promoted..
- b. We fulfill God's pre-requisite for being lifted up when we deliberately abase ourselves..
- c. The Door-way into GRACE is Humility and Meekness. God's GRACE flows freely to release us from every struggle of life when we humble ourselves in His sight and before people...

Suggestions for Open Discussion

1. *Why is being penitent and contrite so important to God? How can a believer develop this heart quality so they are always acceptable to God?*
2. *Compassion, Willingness, Self-sacrifice and forgiveness are qualities that Jesus exhibited. These qualities are also commonly found in meek people. Do you know why? What other similar qualities are exhibited by people who are truly humble and meek?*
3. *Promotion only truly comes from God. In what other ways do people seek promotion in life? Why are these ways so futile?*