



Part 4: The Secret to a Fulfilling Life

Big Idea

The secret to a fulfilling life is the mindset of Jesus.

Key Scriptures

Philippians 2:5–11

Philippians 4:11–13

Discussion Questions

- If you could swap places with anyone in the world for one day, who would it be, and why?
- Has there been a time you walked into something completely sure of yourself... and got completely humbled? What happened?
- Sue pointed out that when people answered the swap-places question, nearly everyone chose someone with more. More money, more freedom, more influence. Why do you think that's such a natural instinct?
- What are some of the subtle (or not so subtle) ways we tend to try to 'move upward' in everyday life (seeking recognition, status, or approval)?
- What stood out to you most from the message this week?

Read Philippians 2:5–11

- What stands out to you about how Paul describes Jesus in this passage?

- In the ancient world, honour and status were everything. No one voluntarily lowered themselves. What does it mean to you that Jesus, being God, chose not to use that position to his own advantage?
- Paul describes Jesus moving step by step downward: serving, humbling himself, even to death. Where do you see that same pattern in everyday life today, and what does it cost someone to live that way?
- The word 'therefore' in verse 9 is a turning point. Because Jesus stooped low, God lifted him to the highest place. Does that change how you think about humility, that it leads somewhere rather than just costs something?

Read Philippians 4:11–13

- Paul says he learned to be content, it wasn't automatic. What do you think that learning process actually looks like in practice?
- This verse is often quoted as a motivational line about achieving big things. But in context, Paul is talking about contentment and humility from prison. How does knowing the context change the way you hear it?
- Sue used the Dead Sea as a picture. All inflow, no outflow, and it's slowly shrinking. Is there any area of your life right now where you're taking in more than you're giving out?
- Sue said humility didn't diminish Jesus, it revealed him. Have you ever seen that ring true in someone's life, or in your own?
- Sue talked about two postures we bring into situations, humble and open, or certain and self-protective. Which posture do you tend to default to, and when does it show up most?
- For someone new to faith or still exploring: does the idea that stooping lower could lead to a more fulfilling life feel counterintuitive? What's your honest reaction to it?

Challenge Question (For Takeaway):

Sue's challenge this week was simple: pick one person, and take one small step down for them.

Before you leave today, name that person — and name the step. It might look like:

- Serving without being noticed
- Encouraging without needing credit
- Listening without defending yourself
- Letting go of being right

Write the name down. Pray for them. Take the step. And see what Jesus grows in you.