



Philippians: The Way Down is the Way Up

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Chapter 1: We can find _____ in suffering.

Jesus is _____.

Death doesn't _____.

Chapter 3: Our true _____

Chapter 4: Joy and _____ in Christ

Chapter 2: The _____ down is the way _____.

We should practice _____.

Humility happens when we _____ like Jesus.

Jesus is elevated _____ and _____.

When we elevate Jesus now, we are _____.

Ohr HaLohm



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Discussion Questions

Name It

1. What is one thing that stuck out to you or was unclear to you from the sermon?
2. Where have you seen humility modeled well—or poorly—in leadership or everyday life?

Know It

1. Read Philippians 1:12–21. What reasons does Paul give for joy even in the middle of suffering?
2. Read Philippians 2:1–8. What does Paul say humility looks like in practice? How does Jesus model this? Which one stands out most to you?
3. Read Philippians 3:7–8, 14, 20–21. What does Paul say about everything he once valued? What does it mean to live as a citizen of heaven?
4. Read Philippians 4:6–8. What instructions does Paul give for dealing with anxiety and shaping our thoughts?

Think It

1. Why do you think God allows suffering to be a place where Jesus is proclaimed rather than removed?
2. How does focusing on our identity as citizens of heaven challenge the way we typically think about success, comfort, or security?
3. The sermon described Christians as reflecting light like the moon reflects the sun. What does that image communicate about our role in the world?

Change It

1. What is one practical way you can take control of your thought life this week (gratitude, prayer, redirecting thoughts, etc.)?