

## 4U – POSTURE

### ICEBREAKER

Show us your body language in the following situations ...

- a) conflict
- b) relaxation
- c) enthusiasm

### Read Philippians 1:27 – 2:18

### DISCOVERING

1. What picture does Paul paint of “Living as Citizens of Heaven” (NLT)? (1:27)
2. What is the purpose of the rhetorical questions at the beginning of chapter 2?
3. What is the “how” list that comes from this passage? (2:3-4)

### DIGGING DEEPER

4. If you could sum up Philippians 2:4,5 simply – what words would you use?  
What physical posture comes to mind while reading this?

NB: the Greek word used for attitude – **Phroneo**: “Set your minds on the same thing”

5. How have we misconstrued ‘humility’? What would true humility look like using this passage as your guideline for a definition?
6. What intention do you think Paul implies for “working hard” in Philippians 2:12,13)?
7. What is the ultimate result of our commitment to living as citizens of heaven and what does that look like?

### APPLICATION/RELEVANCE

8. How can I have the attitude of Christ this week? How will that affect those around me?
9. How can I make sure I ‘posture’ myself towards God and others - without viewing it as a “thing to do” and crossing it off the list, but with the intent of revealing Christ **in** me to other people?
10. What does it look like in my life to be part of an authentic community like the one described in Philippians 2:1? What would I want to change in my life to make that happen?