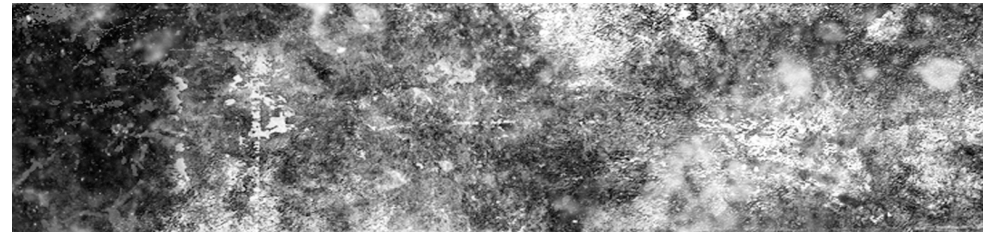


MESSAGE NOTES:



Peace Under Pressure Part 3
The Posture of Peace

Bevan Unrau
January 24, 2016

Philippians 2:1-8

1. Looking _____ Vs. 1

2. Walking _____ Vs. 2

3. Kneeling _____ Vs. 3-5

4. Letting _____ Vs. 6-8

My Next Step today is to...

pick a daily time and a place to meet with God.
decide where and whom I will follow.
serve someone this week.
identify my white knuckles and let go.

Today's Music

Go Matt Crocker
Running Matt Crocker, Scott Ligertwood
Great Things Carl Cartree, Steven Furtick
Broken Vessels Joel Houston, Jonas Myrin
Everlasting God Brenton Brown, Ken Riley

Growth Group Homework – January 24, 2016

Peace Under Pressure

In Philippians 2:1-11, we learn how humility is the posture of peace. Bevan gave us four humility postures with examples of how to practice them. We practice looking up by reading God's word and praying, we practice walking behind by following spiritual authority, we practice kneeling down by serving, and we practice letting go by having an open hand.

Warm-Up

1. What is your first response when you encounter pressure?

2. Did you have any opportunities to apply what we talked about last week?
What happened?

Talk it Over

3. What part of this week's message stood out to you and why?

4. One way to practice humility is through regular time in God's word and prayer. Read Mark 1:32-39. What pressures was Jesus facing in this situation?

What are your habits for getting regular time with God? How does pressure impact that time?

5. Following authority is one of the most challenging postures of humility for us to practice. Read Hebrews 13:17. How can you identify the difference between actually following and pretend following?

What can followers do to make it a joy for their leaders? And vice versa?

6. Read Philippians 2:3-4. What are some of the common ways we tend to justify selfish ambition? How have you seen this impact peace in your life?

7. Read Philippians 2:5-8. Based on these verses, what are the barriers to humility that Jesus had to cross?

Thinking through some of the pressure you are facing, what would need to change if you were to approach the situation like Jesus? How would this approach impact the situation?

Bring it Home

8. Which of the four postures do you need to practice most? What is something you can do to practice that this week?

Memorize: Philippians 2:3-4

Read the book of Philippians

Additional Reading: Matthew 25:31-46, 1 Peter 5:1-11