

1. In v5 Paul calls us to follow Christ as the ultimate example. Trace the different steps of his humiliation.
2. What aspects of Christ's humiliation particularly struck you and why?
3. How did each of Christ's actions demonstrate humility and a concern for the interests of others?
4. v5 tells us to have the same attitude as Christ Jesus. How do these lessons apply to us in our dealings with others? In what sort of situations can you see yourself applying them?

5. Can you see any problems with applying this approach? Where do our rights come into play?
6. What was God's response to Christ's humble service? How does that help us?
7. How can we work at making these principles a bigger part of our lives? How can we grow in them more?