



new life fellowship

Sermon Title: Good and Beautiful and Kind, Humility: Lowering Our Defenses

Speaker: Richard Villodas, Lead Pastor

Scripture: Philippians 2:1-11

Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, ² then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. ³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others. ⁵ In your relationships with one another, have the same mindset as Christ Jesus:

⁶ Who, being in very nature^[a] God,
did not consider equality with God something to be used to his own advantage;
⁷ rather, he made himself nothing
by taking the very nature^[b] of a servant,
being made in human likeness.
⁸ And being found in appearance as a man,
he humbled himself
by becoming obedient to death—
even death on a cross!
⁹ Therefore God exalted him to the highest place
and gave him the name that is above every name,
¹⁰ that at the name of Jesus every knee should bow,
in heaven and on earth and under the earth,
¹¹ and every tongue acknowledge that Jesus Christ is Lord,
to the glory of God the Father.

(NIV)

Sermon Outline:

We all need to take a humility inventory from time to time to help position us to fill in the gaps by the grace of God.

Use the six questions below to help you see how you are doing when it comes to cultivating humility in your life.

1. When someone gives you feedback, do you close up on the inside?
2. How often do you consider the perspectives of others?
3. When is the last time you invited someone to teach you about a topic?
4. When is the last time you changed your mind about an important issue?
5. How willing are you to admit that you are wrong?
6. How do you respond when you are corrected?

An humility inventory like the one listed above help us to see gaps in our own lives. We need this type of an inventory because we so often miss the mark in our lives.

**Humility is not just doing a lowly task;
it's a life committed to the hard task of lowering one's defenses.**

The most humble people in world, are usually those who are the least defensive.

The book of Philippians is a book about joy. Paul is writing from prison to this church and is filled with joy as he is writing. Although this is a church that was filled with joy, it still had some issues that God wanted to work out in this community. What we find is disunity taking place in this church. Paul tells them to be united over and over in these verses.

We create fractures in our lives because of our refusal to lower our defenses. The walls we build are often to protect our false self. We live in a world that is broken in large part because we do not allow ourselves to be human and lack humility in our lives.

Humility creates curiosity.

Humility serves love, not our egos.

Jesus's humility makes him utterly free. Paul lets us know that its humility that creates unity.

Jesus is the ultimate example of humility. Humility is the expression of divinity.

Humility is a decision that we must make over and over again. It can feel like a death to do this, but the good news is that it always leads to life. If you give God your life and surrender your humility to him, you will experience a newness of life.

May your identity be found in Jesus and him alone.

Sermon Summary:

This Sunday, Richard Villodas, Lead Pastor, continues our series entitled *Good and Beautiful and Kind*. Today Pastor Rich focuses on Humility and shares how Jesus models and invites us into a life marked by humility.

Sermon Questions:

1. Do you feel an invitation from Christ in today's scripture passage? Do any of the words resonate with you? If so, why?
2. Using the six questions listed above, take time this week to do a humility inventory by answering these questions being honest with yourself. Asking the Holy Spirit to fill you with wisdom and guidance around those areas where you are not seeing your blind spots.
3. What would it look like if you began to live your life with a sense of curiosity? What would it look like if you began to ask those who you are in relationship with "How can I be a better (husband, wife, mom, dad, sister, co-worker)??"
4. Where is God calling you to lower your defenses? We all need to do this type of deep, hard work to live a life of humility. With whom do you need to lower your defenses today? How can you begin to lower the walls you have created? Confess your sins to God around this, asking for forgiveness, grace, and mercy.