



# UPGRADE U

## Week Two | Modeled Modesty | 04.17-18.2021

**Grow Deep Conversation Questions:** Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90-minute group gathering.

**Message Recap:** Contentment starts where you are, not where you wish you were. The problem is when we ask the good things in our lives to become ultimate when they were never designed to be that way.

### » Opening

(2-3 minutes)

- Introductions - this is especially important if this is your first meeting and if there are new members
- Housekeeping - clarify expectations
  - **Announcements:** These are in your Community News email. **Please read and communicate! Encourage participation!**
  - Remind your group that this is a confidential meeting
  - **Remember, there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - open your time together in prayer

### » Introduction

(12 minutes)

- Ice-Breaker: Who is the most famous person you've met?
- Digging Deeper: How do you define success? How is your definition similar or different from others' definitions?

### » Observation | Read Philippians 2:3-18

(12 minutes)

- What are your initial reactions to this passage? What do you find challenging? Are you encouraged by any of these verses? Why?

### » Key Principle | Powering down fills us up.

(12 minutes)

- Paul is addressing a community that is feeling the cultural pressure to be more self-focused. How does our culture push us in that direction too?

### » Put Others First | Reference Philippians 2:3-11

(12 minutes)

- What is an easy way to serve others?
- Paul describes Jesus' act of humble service with amazing detail, what stands out to you from the way he breaks down His love for us?

### » Check Your Fruit | Reference Philippians 2:12-13

(12 minutes)

- What does it mean in your life to "work out your salvation" with fear and trembling *from* God's approval rather than *for* God's approval?
- Looking at Galatians 5:19-23, which list does your life reflect on a regular basis? What might happen if we lived out the Fruits of the Spirit?

### » Sustaining Not Complaining | Reference Philippians 2:14-18

(12 minutes)

- Where is God asking you to sustain your growth rather than complain about your situation?

### » Next Steps and Prayer |

(15 minutes)

- What does it look like to pour out your blessings of life into the desperate world around you? Why does it matter?
- Close by praying for each to actively put the interests of someone else ahead of their own this week to reflect the Fruits of the Spirit.