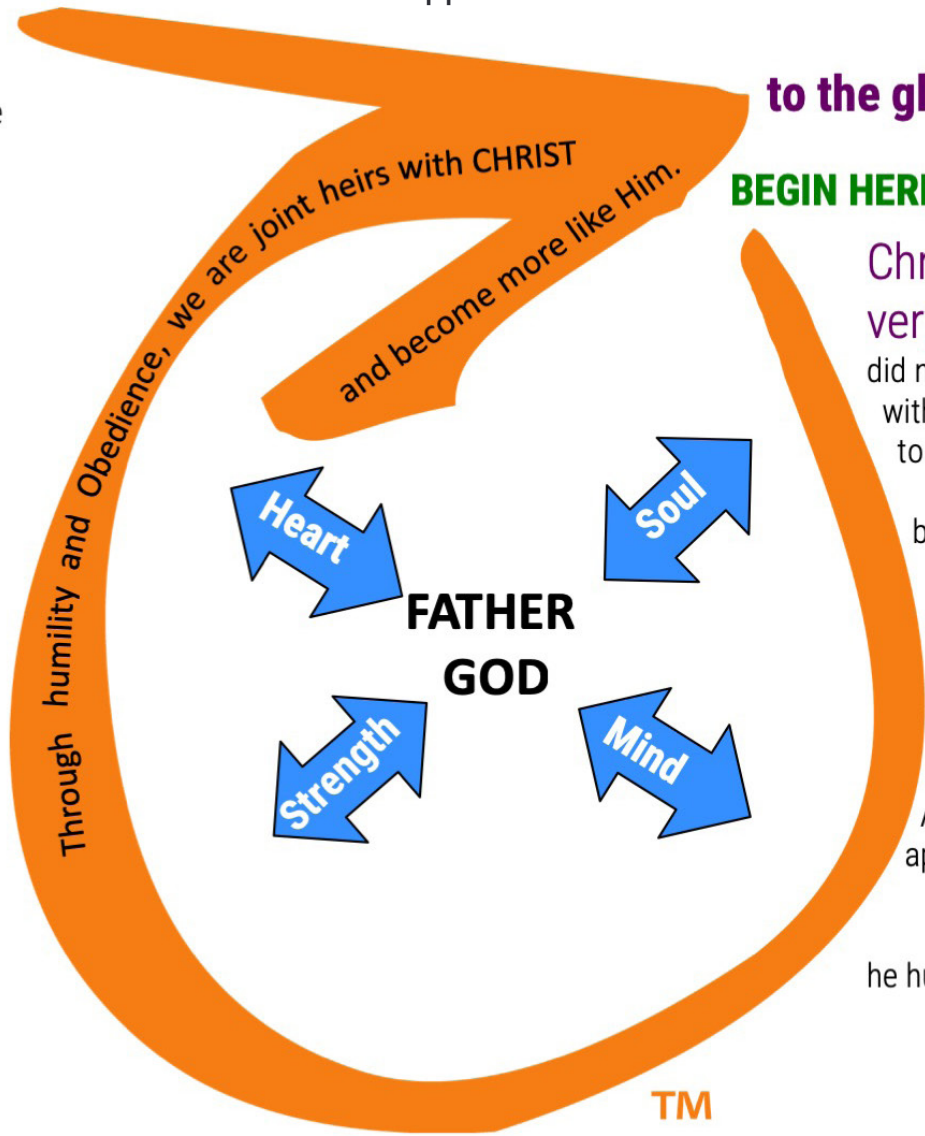


Humility is the starting point of the path.

Philippians 2:6-11 NIV

God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee would bow in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord

THEREFORE



to the glory of God the Father.

BEGIN HERE:

Christ, who being in very nature God, did not consider equality with God something to be grasped,

but made himself nothing,

taking the very nature of a servant, being made in human likeness.

And being found in appearance as a man,

he humbled himself

and became obedient to death---even death on a cross!



Getting Started with the Philippians 2 Model Worksheet

This worksheet accompanies the “Philippians 2 Model: The Example of Jesus” module which can be found on the [One80 Life Discovery Platform](#).

Tip:

Print this document to help support your journey in connecting with God when you're in the midst of suffering. You can take it with you to a Christ-focused counselor, coach or other people-helper who can help you process the suffering you are dealing with. Identifying with Jesus in His and your own suffering can produce a powerful heart connection with God.

Introduction

One of the many ways we can increase connection to God is to identify and share with the suffering He experienced when He was in human form. We begin through awareness of the path (the “O” on the previous page) and the example of Jesus that is identified in Philippians 2:6-11.

There are three types of suffering:

Consequential

This is suffering that is a result of our own sin choices.
(For example, going to prison as a result of committing a crime.)
Confession and repentance are powerful.

Circumstantial

This is suffering that is a result of other’s choices.
(For example, the innocent spouse during an extra-marital affair.)
Forgiveness and surrendering outcomes are powerful.

Consecrational

This is suffering that has eternal purpose.
(For example, Jesus choosing to die for our sins, and Job choosing to believe God for the purpose of His suffering.)
Faithfulness and testimony to God’s glory are powerful.

Consecrational suffering is valuable suffering that results from surrendering our perceived desires and believing that God will work all things, including our suffering, for our ultimate good. It is suffering that is offered up to God as an act of affirming His goodness regardless of the pain. It is declaring in the midst of the pain: “Lord, I will not let the enemy defeat me or rob me of my loving connection with You, which I know is what he wants to use my suffering to achieve. I will not let him win!”

Both consequential and circumstantial suffering can be shifted into consecrational suffering through confession, repentance, forgiveness and surrendering of outcomes.



On the pages that follow, the right columns provide questions from which you can consider and journal your own circumstance, posture of the heart, and choices.

Path Principle #1: Grasping vs. Gifting

When we grasp for what we think we need or want, disconnection can result. Gifting to others increases connection when it's done in healthy ways.

JESUS:

Philippians 2:6

Christ, who being in very nature God, did not consider equality with God something to be grasped,

YOU:

What is the suffering in your life?

Are you grasping for what you believe you deserve or need in order to be happy? Are you lashing out against those who are causing suffering in your life? Are you looking to get even? Notice that Jesus although being in very nature God, did not consider equality with God something to be grasped. And he also did not believe that God was holding out on him. Journal your own heart in the space provided below.

Path Principle #2: The Posture of the Heart

The heart is either postured toward God or away from him. See "The Greatest Commandment" Model for more on the posture of the heart.

JESUS:

Philippians 2:7

but made himself nothing, taking the very nature of a servant, being made in human likeness.

YOU:

What is the posture of your heart?

How are you choosing to look at your suffering? Is your heart postured toward God, others and your true self in humility and seeking or is your heart postured away from those healthy connections? What is your mind believing about your suffering? What is true and what is not true?



Path Principle #3: Shared Suffering Increases Connection to Jesus

We often feel alone in our suffering. Jesus understands that because he experienced suffering, too. By looking at your suffering in light of *His* suffering, you can experience more of His presence and His comfort.

JESUS:

Philippians 2:8

And being found in appearance as a man, he humbled himself and became obedient to death—even death on a cross!

YOU:

Identify with the suffering of Jesus by asking Him what it was like to experience similar suffering.

Ask Jesus about your feelings. Are you feeling used and abused? Ask Jesus what His similar feelings were like for him and how he wants you to respond. Are you feeling rejected and unloved? Ask Jesus about that too. There isn't anything that you can't ask Jesus about. You know that you're hearing well when the answers align with what he says in the Holy Bible.

Here is the gift, the promise, and the hope!

Philippians 2:9-11

THEREFORE God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee would bow in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord.

Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in His sufferings in order that we may also share in His glory. — Romans 8:17 NIV