

Hope Presbyterian Church
Sermon-Based Bible Study

September 7, 2025

"Selflessness" - #1 in the series
Open Hands: *Living as Generous People of God*

Scripture Texts (NRSV): Philippians 2:1-11,
Deuteronomy 15:7-11



1. What stood out to you about the message?
2. Consider the message's humorous example of riding roller coasters and how some people fearlessly fling their arms up in joyous abandon, while others hang on for dear life.
 - How do you react to roller coaster rides?
 - What does this example suggest about why people react very differently in the same situation?
 - Why is it easier for some people to "let go" of their concerns or fears than others?
3. **Read Philippians 2:1-4.**
Paul urges the believers at Philippi to have the same mindset of unity and selflessness as Jesus.
 - How do you respond to the idea that *selflessness is letting go of ego*?
 - Is it possible to possess humility but maintain a healthy self-esteem in the service of Christ?
 - How is this quality of selflessness essential to unity?
4. **Read Philippians 2:5-11.**
 - How does Paul's use of the Greek word for "exploited" - *harpagmos*, meaning to grasp or clutch as a prize - help us better understand Jesus' selflessness?
 - How do you respond to the idea that being selfless can mean letting go of abundance?
 - Why is it important that Paul explains how God responded to His Son's ultimate act of selflessness?
5. **Read Deuteronomy 15:7-11.**
This passage offers a practical "blueprint" for what being selfless in the service of the Lord looks like.
 - Which of these examples of selflessness resonates most with you?
 - What can challenge our ability to be selfless in these ways?
 - Have you ever been the recipient of someone's selfless decision or gesture? What was that experience like?
6. How can we pray for you?