

# The Costs and Benefits of Unselfish Living (Part 1)

Philippians 2:5-8

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A. Living an unselfish life begins with developing an unselfish attitude.

*Have this mind among yourselves, which is yours in Christ Jesus (v.5)*

The phrase “*have this mind*” means *have this attitude* (NASB).

The NLT says: *You must have the same attitude that Christ Jesus had.*

Paul said this for at least 2 reasons:

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2. Attitude is a choice that everyone makes every day.

"We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that,



Everything can be taken from a man but one thing: the last of the human freedoms — to choose one's attitude in any given set of circumstances, to chooses one's own way."

- Viktor Frankl

B. Living an unselfish life requires that we not hold tightly to all our rights.

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1. Jesus has always existed as God the Son.

*who, though he was in the form of God,*

*In the beginning was the Word, and the Word was with God, and the Word was God. . . . And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth.*

*(John 1:1, 14)*

2. Jesus did not consider that His divine existence was only for His own benefit.

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*did not count equality with God a thing to be grasped (v.6b)*

*did not consider equality with God something to be used to his own advantage (v.6b, NIV)*

3. Jesus chose to lay aside the privileged status and glory He had always known.

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*but emptied himself, (v.7a)*

*NIV: He made himself nothing.*



4. Jesus willingly stepped down from His position as the ultimate somebody to become a nobody

*by taking the form of a servant, being born in the likeness of men. (v.7b)*

*The Son of Man came not to be served but to serve, and to give his life as a ransom for many. (Matthew 20:28)*

C. Living an unselfish life requires that we humble ourselves and obey God sacrificially.

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*And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross. (v.8)*