

SESSION 1

READ Philippians 2:1-5

ICE BREAKERS

- If you could have an endless supply of food, what would it be?
- To me, one of the greatest movies of all time is _____!
- One of my favorite things about my family growing up was _____.

ON TOPIC

- What emotions do you have when you think of the walls around you talking about what they have seen in your life?
- What would you like those walls to say?
- On a scale of 1-10, how thoughtful would those who are closest to you say that you are?
- When it comes to communication, which areas are you strongest in: Direct? Honest? or Kind? How would it improve your relationships if you could balance these three?
- When's the last time someone went the extra mile for you? Do you do that regularly for others?
- If applicable, what's one of the most romantic things your spouse ever did for you? How did that make you feel?

IN THE WORD

- What actions do the verses in Philippians 2:1-5 tell us to take?
- Break that down - what could that mean on a daily basis?

MEMORY VERSE

*You must have the same attitude that Christ Jesus had.
Philippians 2:5*