

“UNSELFISH SPIRIT”

KEY STUDY SCRIPTURE: PHILPPIANS 2:1-5/ LUKE 9:23

OBJECTIVE OF STUDY: TO LOOK AT SCRIPTURES THAT GIVE INSTRUCTIONS ON HOW WE AS CHRISTIAN BELIEVERS LIVE A **SELFLESS** LIFE WITH GOD. TO DISCOVER HOW GOD ENCOURAGES US TO LIVE UNSELFISH IN SELFISH SOCIETY. HOW OUR LIVES SURPRISE SOCIETY WITH THE WAY WE LIVE.

WAY TOO MANY PEOPLE, EVEN CHRISTIANS LIVE ONLY TO MAKE A GOOD IMPRESSION ON OTHERS OR TO PLEASE THEMSELVES. BUT SELFISH AMBITION OR CONCEIT LEADS TO DISCORD AND COMPETITION. IN OUR TEXT PAUL ENCOURAGES THE CHURCH AT PHILIPPI TO COME TOGETHER IN SPIRITUAL UNITY. WHEN WE WORK TOGETHER, CARING FOR THE PROBLEMS OF OTHERS AS IF THEY WERE OUR PROBLEMS. WHEN OUR HEARTS ALIGN CARING ONE FOR ANOTHER, WE UNIFY WITH THE SPIRIT OF GOD PUTTING OTHERS FIRST.

SOME OF THE DELUSION THE ENEMY TRIES TO DECEIVE US WITH IS THAT WE SPEND A LOT OF TIME AND ENERGY TRYING TO MAKE A GOOD IMPRESSION OR MEETING OUR OWN NEEDS THAT WE STRAIN RELATIONSHIPS IN GOD’S FAMILY.

SELFLESSNESS, AS PORTRAYED IN THE BIBLE, IS A FUNDAMENTAL CHRISTIAN VIRTUE THAT EMPHASIZES THE ACT OF PLACING THE NEEDS AND WELL-BEING OF OTHERS ABOVE ONE’S OWN. IT STANDS IN STARK CONTRAST TO SELFISHNESS, WHICH IS CHARACTERIZED BY A FOCUS ON PERSONAL DESIRES AND INTERESTS.

WHAT IS SELFLESSNESS?

SELFLESSNESS, IN A BIBLICAL CONTEXT, IS AN ATTITUDE AND WAY OF LIFE THAT PRIORITIZES THE NEEDS, INTERESTS, AND WELFARE OF OTHERS BEFORE ONE'S OWN. IT EMBODIES THE SPIRIT OF LOVE, HUMILITY, AND SERVITUDE THAT JESUS CHRIST EXEMPLIFIED DURING HIS EARTHLY MINISTRY. IT'S ABOUT CONSIDERING THE NEEDS AND CONCERNS OF OTHERS AS MORE IMPORTANT THAN ONE'S OWN DESIRES AND PREFERENCES.

KEY PASSAGES ON SELFLESSNESS

1. **PHILIPPIANS 2:3-4** : "DO NOTHING FROM SELFISH AMBITION OR CONCEIT, BUT IN HUMILITY COUNT OTHERS MORE SIGNIFICANT THAN YOURSELVES. LET EACH OF YOU LOOK NOT ONLY TO HIS OWN INTERESTS, BUT ALSO TO THE INTERESTS OF OTHERS." THESE VERSES HIGHLIGHT THE ESSENCE OF SELFLESSNESS AND THE CALL TO PRIORITIZE OTHERS.
2. **MATTHEW 20:28** : "EVEN AS THE SON OF MAN CAME NOT TO BE SERVED BUT TO SERVE, AND TO GIVE HIS LIFE AS A RANSOM FOR MANY." JESUS HIMSELF EXEMPLIFIED SELFLESSNESS BY HIS SACRIFICIAL SERVICE AND ULTIMATE ACT OF SELFLESSNESS ON THE CROSS.
3. **MARK 10:45** : "FOR EVEN THE SON OF MAN CAME NOT TO BE SERVED BUT TO SERVE, AND TO GIVE HIS LIFE AS A RANSOM FOR MANY." THIS VERSE REITERATES THE SELFLESS MISSION OF JESUS.

EXPERIENCING SELFLESSNESS

1. **REFLECT ON CHRIST'S EXAMPLE:** START BY REFLECTING ON JESUS' SELFLESS LIFE AND HIS ULTIMATE SACRIFICE ON THE CROSS. LET HIS EXAMPLE INSPIRE YOU TO LIVE SELFLESSLY.
2. **PRACTICE HUMILITY:** CULTIVATE A SPIRIT OF HUMILITY. [PHILIPPIANS 2:3](#) (ESV) ENCOURAGES BELIEVERS TO COUNT OTHERS AS MORE SIGNIFICANT THAN THEMSELVES. THIS REQUIRES ACKNOWLEDGING OUR OWN LIMITATIONS AND IMPERFECTIONS.
3. **PUT LOVE INTO ACTION:** LOVE IS AT THE CORE OF SELFLESSNESS. ACTIVELY DEMONSTRATE LOVE BY SHOWING KINDNESS, COMPASSION, AND GENEROSITY TO THOSE AROUND YOU.
4. **SERVE OTHERS:** LOOK FOR OPPORTUNITIES TO SERVE OTHERS WITHOUT EXPECTING ANYTHING IN RETURN. ACTS OF SERVICE CAN RANGE FROM HELPING WITH CHORES TO VOLUNTEERING IN YOUR COMMUNITY.
5. **PRACTICE ACTIVE LISTENING:** MAKE AN EFFORT TO TRULY LISTEN TO OTHERS. OFTEN, PEOPLE NEED SOMEONE WHO WILL GENUINELY HEAR THEIR CONCERNS AND FEELINGS.
6. **BE EMPATHETIC:** SEEK TO UNDERSTAND THE EXPERIENCES AND EMOTIONS OF OTHERS. EMPATHY HELPS YOU CONNECT WITH PEOPLE ON A DEEPER LEVEL AND RESPOND TO THEIR NEEDS EFFECTIVELY.
7. **GIVE FREELY:** BE WILLING TO GIVE WITHOUT EXPECTING REPAYMENT. THIS INCLUDES MATERIAL POSSESSIONS, TIME, AND EMOTIONAL SUPPORT.
8. **FORGIVE AND LET GO:** RELEASE GRUDGES AND FORGIVE THOSE WHO HAVE WRONGED YOU. FORGIVENESS IS A SELFLESS ACT THAT PROMOTES HEALING AND RECONCILIATION.

9. **PRAY FOR SELFLESSNESS:** ASK GOD TO CULTIVATE A SELFLESS HEART WITHIN YOU. PRAY FOR THE STRENGTH TO CONSISTENTLY PRIORITIZE THE NEEDS OF OTHERS.

10. **ACCOUNTABILITY AND REFLECTION:** REGULARLY ASSESS YOUR ACTIONS AND MOTIVES. SEEK ACCOUNTABILITY FROM FELLOW BELIEVERS TO HELP YOU STAY ON THE PATH OF SELFLESSNESS.

SELFLESSNESS IS A VIRTUE DEEPLY ROOTED IN THE TEACHINGS OF JESUS CHRIST. IT INVOLVES PRIORITIZING THE WELL-BEING OF OTHERS, PRACTICING HUMILITY, AND DEMONSTRATING LOVE THROUGH SELFLESS ACTIONS. BY REFLECTING ON CHRIST'S EXAMPLE, CULTIVATING HUMILITY, PUTTING LOVE INTO ACTION, SERVING OTHERS, ACTIVELY LISTENING, PRACTICING EMPATHY, GIVING FREELY, FORGIVING, PRAYING FOR SELFLESSNESS, AND SEEKING ACCOUNTABILITY, CHRISTIANS CAN ACTIVELY PURSUE SELFLESSNESS IN THEIR DAILY LIVES. IN DOING SO, THEY REFLECT THE LOVE OF CHRIST AND FULFILL THE BIBLICAL MANDATE TO LOVE OTHERS ABOVE THEMSELVES.

PRAYER AND READING GUIDE FOR EXPERIENCING SELFLESSNESS

HERE ARE TEN THINGS CHRISTIANS COULD PRAY FOR TO EXPERIENCE