

Humility: God's Prescription for Unity

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It was a moment of suspense. I felt my knee snap backwards, and my first thought was, "My season is over." Unable to walk, I limped over to the sideline. The trainer walked over to examine the damage and give his diagnosis. Although it was a scrimmage practice, we were only in our second week of football season. "Surely I'm not done now!" I moaned to myself. The relief deflated my anxious mind when the trainer said, "Nothing is torn, you can still play." But the pain was not over. If I let my hyperextended knee stay dormant, the muscles would weaken and the damage wouldn't heal. My *prescription* for a healthy knee was to *actively use it*.

In the local church today, we have a similar problem: maintaining the healthy unity we have in the gospel of Jesus Christ. In the midst of our selfishness and tendency to divide, God the Holy Spirit by the pen of the apostle Paul gives us most helpful counsel. His *prescription* for a biblically unified local body is to *actively practice* Christ's humility toward one another (Phil. 2:5).

Our unity in the local body is established by our Triune God in the truth of the gospel (Eph. 4:3; 1 Tim. 3:15). We confess this at our baptism (Matt. 28:19), when we partake of the Lord's Supper (1 Cor. 11:26), in our confession of the gospel each Lord's Day (1 Cor. 15:3-5), and in adherence to the 1689 LBCF. Yet, even in the midst of this, there are still very real threats to unity in the body of Christ.

The church today is not immune from this struggle. We all have the sinful tendency to *divide* (Phil. 4:2), to *grumble* and *dispute* (Phil. 2:14), and to be concerned with *our own individual interests* at the expense of the body (Phil. 2:4a). These sins rent asunder what Christ has united (Eph. 2:14-16). The Philippian church was guilty of these things, and EBC Jesup can be, too.

So, the question remains: How can we 'maintain the unity of the Spirit in the bond of peace'? (Eph. 4:3). How does Paul respond to these threats to the body? He gives us nothing less than a robust theology of our Lord's incarnation, and commands us to follow His humble example. Paul writes that we are to 'have this mind among yourselves, which is yours in Christ Jesus' (Phil. 2:5). Paul by the

