



ALDERWOOD

MESSAGE OUTLINE

Sunday, October 4, 2026

Title: Is Jesus humble or exalted?

Texts: Philippians 2:5-11

Big Idea: The story of Jesus shows us that the path to the highest exaltation is to choose humility.

Luke 14:11 “For everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.”

The Paradox: the path to true exaltation is through humility.

1. Jesus chose to lay down his status.

Philippians 2:6 who, existing in the form of God,
did not consider equality with God
as something to be exploited.

2. Jesus chose to lay down his privilege.

Philippians 2:7a Instead he emptied himself
by assuming the form of a servant,
taking on the likeness of humanity.

3. Jesus chose to lay down his power.

Philippians 2:7b-8 And when he had come as a man,
⁸ he humbled himself by becoming obedient
to the point of death—
even to death on a cross.

4. Because Jesus chose humility, God chose to exalt him to the highest place.

Philippians 2:9-11 For this reason God highly exalted him and gave him the name that is above every name,

¹⁰ so that at the name of Jesus every knee will bow—

in heaven and on earth

and under the earth—

¹¹ and every tongue will confess

that Jesus Christ is Lord,

to the glory of God the Father.

5. When we follow Jesus in humility, his exaltation becomes our exaltation.

Revelation 3:21 “To the one who conquers I will give the right to sit with me on my throne, just as I also conquered and sat down with my Father on his throne.”

How do we grow in humility?

1. Obedience
2. Service
3. Generosity



MESSAGE DISCUSSION QUESTIONS

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LOOK BACK (5-10 MINUTES)

Open your group with a moment to **connect** and look back.

1. How is everyone doing? Did anything notable happen this week?
2. Did anything in the reading for this week impact you?

DISCUSS THE MESSAGE (30-45 MINUTES)

We're in a study of Philippians, a letter written by the Apostle Paul from a prison cell. This letter is a powerful picture of a life fully centered on Jesus—where every circumstance, every relationship, and every decision is shaped by one defining reality: Jesus is everything. Philippians invites us out of a life of observation and into a life of participation. It calls us to reorient everything around Jesus—to say with Paul, “For me, to live is Christ.” And as we do, we discover that this kind of life isn’t a burden—it’s where real joy is found. This week, we are in **Philippians 2:5-11**, and the **big idea is: The story of Jesus shows us that the path to the highest exaltation is to choose humility.**

Use these questions to discuss the message from Sunday, focusing on how you can **grow** as an everyday follower of Jesus and how you can **go** accomplish what Jesus calls you to do.

1. Have someone read **Philippians 2:5-8**. Jesus existed in the form of God, yet he chose to lay down his status, privilege, and power to take on the form of a servant. Why is it so countercultural to view laying down our rights as strength rather than weakness?
2. Have someone read **Philippians 2:9-11**. Because Jesus humbled himself, God highly exalted him and gave him the name above every name. How does knowing that every knee will one day bow to Jesus change the way we handle moments when we feel unrecognized or unappreciated today?
3. Have someone read **Revelation 3:21**. Jesus promises that those who follow him in humility will share in his ultimate exaltation and seat on the throne. How does keeping our eyes on this eternal promise help us resist the temptation to exalt ourselves in the present?
4. The sermon outlines obedience, service, and generosity as practical ways to cultivate a humble heart. What is one specific way you can **grow** in laying down your own preferences this week through an act of unseen service or generosity?
5. Since Jesus demonstrated his love by taking on the posture of a servant to meet us in our need, how can you **go** and take the initiative to serve a neighbor or coworker this week, using that posture of humility to reflect the love of Christ to them?

CLOSE AND PRAY (5-10 MINUTES)

As the discussion comes to a close, transition to a time of prayer. Praying together is one of the best ways for your group to **connect**. Often, splitting into smaller groups for prayer can be beneficial. This can look many different ways, but the goal is for your group to be comfortable praying together, sharing what is really going on in your lives, and asking God to work as you follow Jesus together.