

# Habits of Happiness

The Jesus Attitude  
Feb. 22, 2026  
Pastor Dale Satrum



*Philippians 2:3-5 "Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had." (NLT=New Living Translation)*

## 1. Practice Being Unselfish

*"Don't be selfish"*

- Admit \_\_\_\_\_
- Daily depend on God

*Galatians 5:16-17 "But I say, walk by the Spirit, and you will not gratify the desires of the flesh. <sup>17</sup>For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other..." (ESV=English Standard Version)*

- Get involved in \_\_\_\_\_ the needs of others

## 2. Practice Resisting Self-promotion

*"don't try to impress others"*

- Live to impress \_\_\_\_\_ not others

*John 12:42-43 "Yet at the same time many even among the leaders believed in him. But because of the Pharisees they would not openly acknowledge their faith for fear they would be put out of the synagogue; <sup>43</sup>for they loved human praise more than praise from God." (NIV=New International Version)*

- Let Jesus \_\_\_\_\_ you

*1 Peter 5:6 "So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor." (NLT)*

## 3. Practice Humility in Relationships

*"Be humble, thinking of others as better than yourselves"*

- Resist any form of \_\_\_\_\_ in our thinking
- Acknowledge many people are \_\_\_\_\_ at specific things

## 4. Practice Serving Others

*"Don't look out only for your own interests, but take an interest in others, too"*

- I \_\_\_\_\_
- Sincerity
- Time
- S \_\_\_\_\_

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**Discussion Questions:**

1. How difficult it is to be consistent in our attitudes every day? Talk about your own struggle.
2. How can we practice an unselfish attitude like Jesus? In what ways can our selfish attitudes show up?
3. Why do we want to impress others? How is our world all about self-promoting? How can we live to be more concerned with impressing Jesus than others?
4. How can we practice humility in our relationships? Why is this such a hurdle for us?
5. Serving others is how we take an interest in others. Discuss the four requirements for this to happen. Is this why we resist it?
6. What is one way you are going to grow in having the same attitude as Jesus?

