



### Intro: The "Tummy Rub" Nation

We all love comfort. Whether it's the "advanced sunbeam calculus" performed by our pets or our own desire for a life of "maximum comfort and minimum sacrifice," our natural instinct is to seek the path of least resistance. But this Christmas, we are looking at a gift that is frequently on God's list for us, even if it's never on ours: **Humility**.

### Scripture & Discussion

#### I. The Source: Philippians 2:5-8

- **Context:** Paul is writing from a prison cell to a church struggling with ego and division. He uses an early Christian hymn to show how Jesus "emptied Himself."
- **Question:** Paul says Jesus did not use His equality with God to His "own advantage." In our daily lives (work, family, social media), how are we tempted to use our status or "rights" to our own advantage?
- **Question:** What does it mean for us to "empty ourselves" in a culture that tells us to "fill ourselves" with more comfort and recognition?

#### II. The Cost: Isaiah 53:2-7

- **Context:** 700 years before the manger, Isaiah prophesied a King who would have "no beauty or majesty to attract us."
- **Question:** Verse 3 describes Jesus as "despised and rejected." Why is it so hard for us to follow a King who was unpopular? How does our fear of being "low esteem" prevent us from being humble?

#### III. The Action: John 13:13-15

- **Context:** On the night of His betrayal, Jesus put on a "slave uniform" and washed the feet of those who would soon desert Him.
- **Question:** Jesus washed the feet of Judas, knowing he would betray Him. Is there someone in your life who has "hurt you" or "will hurt you" that God is calling you to serve anyway?
- **Question:** Jesus says, "I have given you an example." What is one "dirty job" in your home, church, or community that you usually avoid, but could step into this week?

### Closing Challenge

C.S. Lewis famously said, *"Humility is not thinking less of yourself, but thinking of yourself less."* **Take a moment of silence:** Ask the Holy Spirit which area of your life currently looks more like a "pampered pet" than a "suffering servant."