

The Way Down is the Way Up

July 20th, 2025



PHILIPPIANS SUMMER SERIES

This summer, we're journeying together through the book of Philippians—a letter full of joy, encouragement, and deep insight into living a Christ-centred life.

Each day, you'll read one chapter of Philippians (Day 1: Chapter 1, Day 2: Chapter 2, Day 3: Chapter 3, Day 4: Chapter 4). Then, on Day 5, you'll read the entire book in one sitting. Along the way, we'll also highlight specific verses or related Scripture passages to help you go further in your reflection.

Our hope is that by revisiting the whole letter regularly, you'll grow in your grasp of its message and see more clearly how each part fits into the whole. Whether you're reading alone or with others, we pray this devotional strengthens your faith and draws you closer to Christ.

DAY 1: THE MINDSET OF CHRIST

READING: PHILIPPIANS 1 AND PHILIPPIANS 2:5-11

Today, we reflect on the profound example of Christ's humility. Despite His divine nature, Jesus chose to empty Himself and take on the form of a servant. This radical act of love challenges our worldly notions of success and power.

As you go through your day, consider: How can you embody Christ's servant heart in your interactions with others? Where might you be tempted to grasp at status or recognition instead of embracing humility?

Ask God to help you cultivate the mind of Christ, seeing opportunities to serve rather than be served.

DAY 2: THE WAY DOWN IS THE WAY UP

READING: PHILIPPIANS 2 AND MARK 10:35-45

Jesus turns our understanding of greatness upside down. In God's kingdom, true leadership is found in servanthood. Reflect on areas in your life where you've been striving for recognition or authority. How might your perspective shift if you approached these situations with a servant's heart?

Consider one practical way you can "go lower" to lift others up today. Remember, in God's economy, the way down is often the way up.

Pray for the courage to follow Jesus' counter-cultural example of servant leadership.

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DAY 3: EMPTYING OURSELVES

READING: PHILIPPIANS 3 AND GENESIS 3:1-13

The fall of humanity began with a grasping for equality with God. Yet Christ, who was truly equal with God, chose to empty Himself for our sake. Where in your life are you tempted to grasp for control or status that isn't yours to hold?

God's first words after the fall - "Where are you?" - reveal His heart to restore relationship even in our brokenness.

Take time to honestly answer that question before God today. Where are you hiding from Him? What do you need to lay down to fully embrace His love and purpose for your life?

DAY 4: OBEDIENCE THROUGH SUFFERING

READING: PHILIPPIANS 4 AND HEBREWS 5:7-10

Jesus learned obedience through suffering, modeling for us a path of faithful endurance. In what areas of your life are you facing challenges or pain? How might God be using these difficulties to shape your character and deepen your reliance on Him?

Remember that Jesus himself cried out to the Father in His moments of greatest anguish.

Bring your own struggles before God today, asking for the strength to remain obedient and trusting even when the path is difficult.

DAY 5: EXALTATION THROUGH HUMILITY

READING: PHILIPPIANS 1-4 AND JAMES 4:7-10

The promise of exaltation follows the path of humility. As you reflect on this week's readings, consider how your perspective on success and significance may have shifted. Are there areas of pride in your life that God is asking you to surrender?

Remember that in God's kingdom, true joy and fulfillment come not from self-promotion, but from self-giving love.

Close this week by asking God to help you find your identity and worth in Him alone, trusting that as you humble yourself, He will lift you up in due time.