



Get Better Week 4 – Sacrifice Spiritual Formation Guide

Most groups are using the Get Better group material during this series, so this handout includes only the main points and scriptures from the message. If you'd like to use the booklet resource on your own, visit www.wschurch.org/better to get a digital booklet as a pdf. For questions about getting connected to a group, reach out to michaels@wschurch.org.

Message Main Points and Scripture:

- Philippians 2:3 – “Consider others better than yourselves.”
- Philippians 2:1-5 – “Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. 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.”
- **“If the price for helping you ends up being my life for yours, I’m good with it.”**
- **What is the sacrifice quotient in my life?**
- **We all have the capacity for both self-centeredness and self-sacrifice.**
- 1 John 3:16-17 - “We know what real love is because Jesus gave up his life for us. So we also ought to give up our lives for our brothers and sisters. If someone has enough money to live well and sees a brother or sister in need but shows no compassion—how can God’s love be in that person?”
- **For most of us, sacrifice isn’t dying in a heroic acts. It is giving our lives away, one piece at a time, one day at a time.**
- **Following Jesus is a transformation, not a transaction.**
- **God wants to revolutionize your life you from the inside out.**
- Philippians 2: 5 – “You must have the same attitude that Christ Jesus had.”
- **The pathway to being as selfless as Jesus is to be emptied of ourselves.**
- Philippians 2:6 – “Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges...”
- Philippians 2:7 – “Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal’s death on a cross.”
- **God’s promise to those who sacrifice for his sake is that we will be exalted.**

- Philippians 2:9 – “Therefore, God elevated him to the place of highest honor and gave him the name above all other names, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue declare that Jesus Christ is Lord, to the glory of God the Father.”
- 1 Peter 5:6 - “God opposes the proud but gives grace to the humble.” So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you.
- Luke 9:23 - “If any of you wants to be my follower, you must give up your own way, take up your cross daily, and follow me.”