



## Plant • Grow • Harvest | Home Group Guide

“The Happy in Unity” | The Happiness Habit Week 2, Philippians 2:1-11 – Mark Sorensen

### Plant

- Ask for 3 people to read these verses out loud: Philippians 2:1-2, John 17:20-21, & Psalm 133:1
- Scripture teaches that unity doesn't just bring joy to us, but to God also. **When have you experienced unity with a person or group of people?**
- Philippians chapter 1 speaks to Christ being first in our lives. Philippians chapter 2 speaks to others being second.
- Think of a time when you had an opportunity to serve. **How did God bless you to be a blessing? Did it help to create unity?**

### Grow

- **How would you describe false humility? According to Philippians 2:3-4, what does true humility look like?**
- Read Philippians 2:5-7
- Jesus was aware of His power and authority. He knew how necessary and loved He was. And yet, He didn't think about how to use those things for His own gain, but about how He could use them to serve. The humility that Jesus models demands that we know ourselves as a gift, worth giving away!
  - Take a moment to describe something special about you, or that you're good at, or makes you feel loved. **How might those things be used to serve others and glorify God?**

### Harvest

- Mark described pride as “living all about the I”. **What are areas in your life where you feel most tempted to be all about self? How long does that joy that temptation last?**
- Consider the #happinesshabit challenge for the week. **How are we going to seek joy in serving someone other than ourselves this week?**

### Prayers

Share prayer requests and follow up on some of the requests from previous weeks.