Icebreaker:
Some scholars think the Philippians 2 passage was an early hymn. Share with your group a favorite hymn or Christian song that talks about who Jesus is.

Read this week's scripture and discuss:
1. When you read this grand Philippians 2 passage, what stands out the most to you?
2. In Philippians 2, Paul says that God the Father exalts Jesus and gives him the name above every name. What do we learn about Jesus in Philippians 2:6-8 as to why he would be exalted? For you, is it easier to be humble and obedient like Jesus, or exalted and praised like Jesus? Why?
3. In the Mark passage, Jesus and his disciples get away from the crowds to rest. If Jesus is God, why does he need rest? When do you feel the need for rest and how do you get refreshed?
4. Jesus and the disciples thought they were getting a break (Mark 6:31), but then they ended up serving. Have you ever had a situation like that? What was your attitude? How did you serve?
5. When Jesus saw the crowds who ran ahead of him, he had compassion and taught them many things (Mark 6:34). One of Jesus’ gifts was teaching. What gift(s) has God given you that you can offer to others in times of need?
6. Empathy means to enter into someone else’s suffering. Is sharing empathy to others an act of self-sacrifice? If so, how?

Closing Prayer:
The Philippians 2 passage reads like a hymn or a creed, helping us to remember what we believe about Jesus. To close your group time, and to remember what we believe and why, please recite aloud the Apostles’ Creed:

I believe in God, the Father almighty,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried;
the third day he rose again from the dead.

He ascended to heaven
and is seated at the right hand of God the Father almighty.
From there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic* church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen

*that is, the true Christian church of all times and all places

Closing Prayer:
The Apostles’ Creed is a statement of Christian belief, written by very early Christians, but not by the apostles/disciples themselves. It is used by many church backgrounds and affirms faith in God the Father, Jesus Christ the Son, and the Holy Spirit. Saying the Creed together can help remind us what we believe and that we believe the same things. In the Creed, the phrase “catholic church” means universal church or all churches, not the Roman Catholic Church.