

# The Cure for Selfitis

Philippians 1:20-25, 2:1-4

## Launch

Option 1: Name the best thing and worst thing about your Holiday season.

Option 2: If you have a pack of Soularium cards, have people choose one image that best describes their Holiday season.

(If you don't have Soularium, you can pick one up from the church office or download the free iPhone app. <https://itunes.apple.com/us/app/soularium/id1095190308?mt=8> )

## Explore

### Read the passages

Why does Paul struggle to decide whether life or death is better? What is his conclusion? Why?

What does Paul say would make his joy complete?

How does Paul model selflessness? Why is this so important to him?

## Apply

We are all selfish by nature and in practice. How does selfishness show up in your life?

How does involvement in community help us to be more others-centered?

Why is involvement in community sometimes hard?

How has community played a role in your walk with Christ?

## Pray

Pray that the Holy Spirit would help us deny ourselves and live for others in community.