

## Aim of lesson

To consider how the sacrifice of the Lord Jesus should affect our attitude and our behaviour towards others.

## Bible background

Philippians 2:1-11 and the Bible references in the students' notes.

## Preparation required

Read the relevant Bible passages.

Think through each of the situations so that you can guide the discussion towards the 'right' answer - where there is one.

Note down any additional verses which you think may be helpful.

## Suggested outline of lesson

Read Philippians 2:1-11 with the group.

Give the dictionary definition of self sacrifice - 'the negation of one's own interests, wishes etc. in favour of others.' (Concise Oxford Dictionary)

Get the young people to suggest briefly how Jesus' life showed a commitment to a life of self sacrifice as described above:

- He lived a life of total dedication to others.
- He had compassion on others.
- He became a servant to his disciples.
- He felt compassion for others.
- He felt compassion for those who rejected him.
- He laid down his life for us.

Building on Jesus' example discuss the hypothetical situations in the Students' Notes or devise similar situations more relevant to your own particular students.

Try to draw out the magnitude of what Jesus achieved for us in comparison with the meagreness of what we do in return.

Reassure the students that we are all human but that we should be aiming for the high ideal of following Christ's example even though none of us achieve it.

## Relevance to our lives

By reminding ourselves that Jesus was prepared to die for us and every one we know - even those we don't like - we may in some small way feel a little more ready to put others' wishes before our own.

## Prayer

It would be appropriate to read or sing together Praise the Lord No. 16 - 'Brother, sister, let me serve you'.

## Other suggestions for activities

It could be profitable to look at some of the commandments in the Sermon on the Mount and discuss how easy it is to do them. Examples are: Matthew 5:21-22, 38-42; 7:1-5.