

## **Empty Yourself**

### **Ready:**

“Though He was God, He did not think of equality with God as something to cling to. Instead; He gave up His divine privileges; He took the humble position of a slave, and was born as a human being.” – Philippians 2:6-7

### **Set**

The culture of the world we live in today is one of living for self. Daily, the common goal of people as reflected in their lifestyle is to be the best. Our culture strives to look the best in the room, to do the best at everything we are involved in, to feel like a million bucks, and to overall do better than the person we are in competition with. Ruthlessly attempting to be first, making it to the top, and being the very best is all solely focused on self; which is the direct opposite of humility. As His people, God has chosen us and called us to live a life of humility.

Jesus was the perfect example of humility. He was 100% perfect in every possible way, He was God almighty with skin and bones and yet He did not flaunt who He was or even place Himself on a throne. His life was about people, and God's word tells us that He completely emptied Himself; He did not exploit His equality with God and He never put Himself first. But Jesus, of all people, deserved a throne, He deserved honor, and He deserved to be served. But because of His humility and deep love for people, He made the choice to serve instead of being served, He chose to be last instead of first, He chose to wash the feet of others.

The lifestyle that Jesus lived is not promoted by our culture today, but God still calls us to a life of humility: to serve others and put one another first. For in doing this, in living out a lifestyle of humility, we choose to daily empty ourselves for God and for others instead of for ourselves. Humility honors God. As His daughters and sons, Jesus poured His everything out for us, and we aren't even close to deserving His everything. Jesus is deserving of our humility, and it is an honor and a privilege to empty ourselves for those around us. When we do that, we reflect Christ and bring Him the honor He deserves.

### **Go**

1. Do you consider yourself to live a lifestyle of humility?
2. How can you make a change today to live more humbly?
3. What does a lifestyle of humility look like on and off the field?

### **Workout**

Proverbs 22:4; 1 Peter 5:5; James 4:6

### **Overtime**

“Heavenly Father, thank You for Your perfect example of humility and for emptying Yourself to put me first. I am so thankful. Help me to live like You and to empty myself daily to serve others and to honor You. I love You. In Jesus' name, I pray, Amen.”

**Bible Reference:**

Philippians 2:6-7

Proverbs 22:4

1 Peter 5:5

James 4:6



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