

# Breathing In and Out

## Message Notes

### Passage:

**Philippians 2:5–11 (NASB95)** — 5 Have this attitude in yourselves which was also in Christ Jesus, 6 who, although He existed in the form of God, did not regard equality with God a thing to be grasped, 7 but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. 8 Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross. 9 For this reason also, God highly exalted Him, and bestowed on Him the name which is above every name, 10 so that at the name of Jesus EVERY KNEE WILL BOW, of those who are in heaven and on earth and under the earth, 11 and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.

### 1. The MINDSET of the MANGER

1. “Verse 5 Have this attitude in yourselves which was also in Christ Jesus, 6 who, although He existed in the form of God, did not regard equality with God a thing to be grasped”
2. Christ is God’s message to humanity. There is SO much “message in the manger.”
  1. God wants to challenge how we think about life.
3. Three mindsets of the manger
  1. I don’t have to cling, I can let go
  2. I don’t have to climb, I can descend
    1. Heaven doesn’t come after a life of climbing, it comes after a life of serving.
  3. I don’t need power to have purpose
4. We must confront the idea of a climbing ideology versus a humbling ideology.
5. What are the components of this Manger Mentality
  1. **Obedience** in life is what matters
  2. **Surrender** to God’s plan for you life
  3. **Lowering** yourself, and lifting others.
    1. Lower isn’t a punishment
    2. Big people at the bottom of the pile can lift everyone around.

### 2. The MINISTRY of the MANGER

1. “Verse 7 but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. 8 Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.”
2. The manger is a ministry, a way of life.
3. The “kenosis” aspect of Christ
  1. He emptied himself

2. Theological implications - He didn't leave his divinity, he just gave up the privileges associated with His divinity.
3. "Taking the form of a bond-servant"
  1. He served and served and served
  2. He taught them, healed them, freed them, fed them, clothed them, counseled them
  3. He washed the feet of his disciples
  4. He gave his life on the cross.
4. What does it mean to empty yourself?
  1. Breathing OUT and IN
5. This whole world is climbing up the mountain.
  1. It means to follow Jesus down the mountain. Everyone else is climbing up the mountain, but our leader is going down the mountain. It's a strange path to follow, but it's the one he took.
    1. Me and the kids going hiking.
    2. There's no way to reach the top of the mountain by climbing there.
6. Mother Teresa

### 3. The MAJESTY of the MANGER

1. Verse 9 For this reason also, God highly exalted Him, and bestowed on Him the name which is above every name, 10 so that at the name of Jesus EVERY KNEE WILL BOW, of those who are in heaven and on earth and under the earth, 11 and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.
2. The Biblical elevation of Jesus:
  1. Daniel 7:13–14 (NASB95) — 13 "I kept looking in the night visions, And behold, with the clouds of heaven One like a Son of Man was coming, And He came up to the Ancient of Days And was presented before Him. 14 "And to Him was given dominion, Glory and a kingdom, That all the peoples, nations and men of every language Might serve Him. His dominion is an everlasting dominion Which will not pass away; And His kingdom is one Which will not be destroyed.
  2. The Ascension
  3. When Saul saw Him it threw him from his horse
  4. When John saw Him he fell at his feet
  5. Revelation 5:11–14 (NASB95) — 11 Then I looked, and I heard the voice of many angels around the throne and the living creatures and the elders; and the number of them was myriads of myriads, and thousands of thousands, 12 saying with a loud voice, "Worthy is the Lamb that was slain to receive power and riches and wisdom and might and honor and glory and blessing." 13 And every created thing which is in heaven and on the earth and under the earth and on the sea, and all things in them, I heard saying, "To Him who sits on the throne, and to the Lamb, be blessing and honor and glory and dominion forever and ever." 14 And the four living creatures kept saying, "Amen." And the elders fell down and worshiped.
3. We don't have to focus on the significance of our time here, we just have to focus on obedience and others.
4. Three facts of reward
  1. Whatever you lay down, you will get back

2. What you give up is temporal, what you receive is eternal
3. God keeps the score