



# Art of Joy: Choosing Not to Win

## Ridding Ourselves Of Barriers To Empathy

By Brett Hilliard, November 08, 2020

So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus, who, though He was in the form of God, did not count equality with God a thing to be grasped, but emptied Himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, He humbled Himself by becoming obedient to the point of death, even death on a cross.

Philippians 2:1-8

### **REFLECTION QUESTIONS**

1. What are two “moral virtues” that you'd like to intentionally develop in your life?
2. We're told to “count others more significant than ourselves.” What shifts might you need to make to live out this truth?