**Series: Emotionally Healthy You**

**Today: Make Incarnation Your Model for Loving Well**

***Philippians 2***

*Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, 2then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind. 3Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4not looking to your own interests but each of you to the interests of the others.*

1. **Bottom line of relationships: follow Jesus’ example.**

*5In your relationships with one another, have the same mindset as Christ Jesus:*

1. **Notice the cost**

*6Who, being in very natureGod,  
    did not consider equality with God something to be used to his own advantage;  
7rather, he made himself nothing  
    by taking the very natureof a servant,  
    being made in human likeness.  
8And being found in appearance as a man,  
    he humbled himself  
    by becoming obedient to death—  
        even death on a cross!*

1. **Notice the reward**

*9Therefore God exalted him to the highest place  
    and gave him the name that is above every name,  
10that at the name of Jesus every knee should bow,  
    in heaven and on earth and under the earth,  
11and every tongue acknowledge that Jesus Christ is Lord,  
    to the glory of God the Father.*

**2. Bring your mature, emotionally healthy self into your relationships and see what God brings about.**

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**Romans 12:10**

·         ESV: “Outdo one another in showing honor.”  
·         NKJV: “…in honor giving preference to one another.”  
·         NASB: “give preference to one another in honor.”  
·         NIV: “Honor one another above yourselves.”  
·         NLT: “…take delight in honoring each other.”