

**Stress-Free Living**  
***Attitudes that Annihilate Stress***  
Philippians 2:5-11

**I. Review**

**II. An attitude of servanthood - 2:6,7**

- A. Scripture repeatedly supports Jesus' claim to be God - John 10:30
- B. While being God, Jesus chose to give up His deity
- C. He chose to take on the form of man - Mark 10:45
- D. In order for us to have the "mind of Christ" we must be willing to become servants

**III. An attitude of sacrifice - 2:8**

- A. In the midst of His circumstances, Jesus chose to humble Himself
  - 1. John 17:5
  - 2. "Humbled" = humiliated
- B. The "mind of Christ" requires we be willing to sacrifice self for the sake of others
  - 1. Romans 12:1
- C. Obedience is the result of a life of sacrifice

**IV. An attitude of worship- 2:9-11**

- A. Exalted as the God-man
- B. Prophetic worship of His final position

**V. Change Point: During my stress-filled times, do I strive to think like and be like Jesus?**