

# CHRIST CHURCH

## R E F L E C T I O N   G U I D E

### C H E C K - I N

What is a situation that you have been struggling with recently?

### R E F L E C T

What word or phrase from the passages stuck out to you?

### S C R I P T U R E

Philippians 2:1-11

### P R A Y E R

*God, lead us into the mind of Christ. Help us experience humility and self-sacrifice so that we might thereby live in perfect unity with one another.  
Amen*

### R E S P O N D

What sticks out to you from Philippians 2:1-11?  
What do you wish to remember most from it?

What does it mean to you that Christ “understands you, knows you, comes alongside you, and has compassion for you”?

How do we love people whose mental health is at a different place than ours?

### C L O S I N G

What or whom can we be praying for?



Peace of Mind