



This frog is cold-blooded. Its blood takes on the temperature of its surroundings. When the weather is cold, the frog's skin feels cold.

Christians must not be 'cold blooded.' They must not change their behavior to suit the circumstances around them.

Most animals are warm blooded. No matter what the temperature around them, their blood will keep the body heat. Jesus' disciple's behavior must come from what they know of Jesus, no matter how others are behaving.

- even when people do not notice – v27.
- even if people make fun of us – v 29.

Think of ways to be more like Jesus, with friends & at home.

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*Unforgiveness does a great deal more damage to the vessels in which it is stored than the object on which it is poured.*



Jesus was humble. Though He was the Son of God, He looked at other's needs before His own, even when they didn't deserve it – (v 3). This makes people feel important, builds them up and brings unity.

Most of us are selfish. We take what we need, even if it hurts others. This leads to disunity and divisions – (v 3). Paul asks the Philippians to be like Jesus in their behavior to others.

Ask: the Holy Spirit to change the way you look at others today. Ask Him to help you love them even when you do not feel like it.

Pray: Lord, change my attention from myself, to focus on others.

Think: My behavior should not depend on how deserving they are, but on how Jesus would have treated them.