



Life Group
Sermon Guide Questions
3 MAY 2026

Cracked Open

THE SECRET OF THE SPIRITUAL SPROUT

Philippians 2:1-11

Questions for Further Discussion: Read Philippians 2:1-11

1. Look at verse 6. What did Jesus not consider his equality with God to be? How did Paul describe Jesus' actions in verses 7 and 8?
2. Read verses 9-11. What is the direct result of Jesus humbling himself to the point of death? Who does the exalting?
3. The sermon mentioned the Greek word (harpagmos) that means a prize to be seized or leveraged for advantage. How does our culture train us to "grasp" for status and the like?
4. The Greek word (splanchnon) about deep, gut-level affection was used to describe Jesus stepping into our mess. How does this contrast with treating faith as a purely "private transaction" or acting like an "emotionally safe manager" of other people's challenges?

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5. The concept of “usbong” (sprout/new life) requires the seed’s protective coat to be cracked in the dirt. Why is the “death” of our self-preservation and need for control an indispensable mechanism for spiritual growth?

6. Think about a specific person in your life going through a messy or difficult time. What would it look like for you to move beyond sending a text or trying to “fix it,” and instead choose “proximity over protection”?

7. The sermon listed several Monday morning examples of letting your seed coat break (genuinely apologizing without justification, letting someone else take credit, confessing a struggle, serving behind the scenes). Which of these, or what other specific area, might God be bringing to your attention to surrender to him now?

