



# Better

DISCIPLESHIP FROM  
THE INSIDE OUT

STUDENT LESSON

LESSON 3

## Teamwork Makes the Dream Work

In Formula 1, racing is intense and every second counts. That's why drivers make lightning-fast pit stops, moments where the team lifts the car, swaps all four tires, refuels, and makes adjustments in the blink of an eye. The fastest pit stop ever? Just 1.8 seconds. Think about that, by the time you've read this sentence, the car would already be back on the track.

What makes that moment possible isn't just skill, it's *synchronized teamwork*. Every crew member has a specific role, and if one person is a fraction of a second late, the whole stop falters. Formula 1 teams don't win races through raw speed alone; they win because they work *better collaboratively*.

In a similar way, the Church doesn't move forward on the strength of one gifted individual. We grow, serve, and thrive when each member works in unity with humility just as Christ modeled. In Philippians 2, Paul (The Writer) points us to Jesus as the ultimate example of someone who led Himself well *for the good of others*. And just like that pit crew, we have to learn what it means to value the team more than the spotlight.

### Icebreaker

What's your favorite food combination (like peanut butter & jelly, chips & salsa, mac & cheese)? What makes those two things work so well together?

## Daily Devotions

## Day 1 : Read It

**Read Philippians 2:1–5.**

Get It

**Read 1 Samuel 18:6–11.**

1. What kind of unity does Paul call believers to embody?
2. What personal characteristics threaten this kind of unity?
3. What personal characteristics are necessary to achieve this kind of unity?
4. What aspects of Christ's example does Paul point our attention to?

## Day 2 — Today's Theme: We're Not Meant to Be Alone

### Read Ecclesiastes 4:9–10.

There is a popular reality TV show called *Alone* where contestants are dropped into remote wilderness locations, each completely isolated from one another. They must survive as long as possible using only a limited set of survival gear. Surviving the elements is a huge part of it, but what really impacts people is the **isolation**. It's not only physically tough, but it's also mentally tough because you're alone, with no sense of time and it can be really scary.

We as people were never meant to live in isolation. God designed us for community from the very beginning, and He grows us through it. From the opening pages of the bible, God makes it clear: *"It is not good that the man should be alone"* (Genesis 2:18). That comes before the fall, meaning even in a perfect world, teamwork was essential. And this isn't just about marriage; it reflects a bigger truth; we are hardwired for connection because we're made in the image of a relational God.

God has always been in perfect relationship: Father, Son, and Holy Spirit. That means He's never been alone! And since we are made in His image, He made us to live in community too. The Bible says we are like one body with many parts (Romans 12:4–5). Each part is different, but all are important and work together. That's why Hebrews tells us not to stop meeting together, but to keep encouraging each other (Hebrews 10:24–25).

The better way isn't doing life in isolation, but surrounding yourself with other people, because you need them, and they need you!

5. **Why might someone feel like pulling away from community instead of getting more involved? What's usually behind that feeling? Have you ever experienced it yourself?**

6. **How would you define biblical community?**

7. **What are some things that can get in the way of having real, close friendships and community? How can we deal with those things so we can have stronger, more honest relationships with others?**

## Day 3 — Today's Theme: Unified in Mission

### Read Philippians 2:1–2.

Working together doesn't just "happen." Think about a volleyball team: if everyone's doing their own thing instead of following the same game plan, it gets frustrating fast. It's not just the setter putting the ball in the wrong spot—every teammate has a role. When the ball comes over the net, one person bumps it to get it under control, the next person sets it to the right spot, and the third person spikes it over the net. Each step matters, and if one person doesn't do their part, the team can lose the point. But when the team shares the same goal, they can work together despite their differences and hopefully win the match. It's the same way in the church: when we're united in heart and purpose, real growth can happen.

Paul shares five blessings we already have in Jesus in Philippians 2, *"If there is any encouragement in Christ..."* He's not asking a question, he's reminding us of what we already have in Jesus. Because of that, he calls the church to be "of the same mind," "having the same love," and "being of one mind." That doesn't mean we all have to be the same or like all the same things. It means we share the same mission and love the same Savior by loving others selflessly.

You see this in everyday life too. A sports team only wins when everyone works toward the same game plan, not just doing their own thing. A band sounds good when everyone plays their part together, not when everyone tries to be the star. And the church grows strong when we use our different gifts and talents for Jesus, not just ourselves.

When we bring what we have not to build our own platform, but to chase the mission God gave us, we start to function the way He designed us to. Unity around a common purpose creates clarity, teamwork, and lasting impact.

8. **What are some signs that people are pulling in different directions instead of working together toward a common goal in...**

Friendships?

Schools/Teams?

Church/Small Groups?

9. **What are some outcomes you've seen, or imagine, when people in friendship, schools, or church/small groups are working together around a clear, shared purpose?**

10. **Why do you think it's hard sometimes to stay focused on the same mission or purpose?**

## Day 4 — Today's Theme: Others First

**Read Philippians 2:3–4.**

*The Incredibles* is a fun movie about a family with superhero powers who have to learn how to work together. At the beginning, each family member tries to fight Syndrome and his forces on their own. Their selfish choices almost get them hurt. But when they start listening to each other, using their different strengths, and putting the mission above their own pride, they succeed. Their teamwork and humility make them stronger together.

Collaboration falls apart when everyone is focused on themselves. If everyone fights to get their own way, working together becomes impossible. But when we learn to listen, defer to others, and put their needs above our own, we create stronger relationships, smoother teamwork, and deeper trust.

Paul challenges the church to resist two dangerous habits: selfish ambition (trying to make yourself look good) and conceit (thinking too highly of yourself). Instead, he calls believers to humility, not thinking less of yourself, but thinking of yourself less. Humility shows up when we value others and are willing to let them go first when it helps the bigger mission.

11. Paul doesn't say "think less of yourself," but "count others as more significant." What's the difference, and why does that matter?
12. When Paul says to look to the "interests of others," what kinds of things do you think he means? How might that look different in relationships, small groups, or school/teams?
13. When you're working with other people, how do you decide when to hold your position and when to let someone else's preference take priority? What helps you make that decision?

## Day 5 — Today's Theme: A Christlike Posture

### Read Philippians 2:5.

To live and work with others the way God calls us to, we need more than commands—we need a model. And Paul gives us one: *look to Christ*. The humility, unity, and selflessness he's been urging the Philippians to pursue all point back to Jesus. His mind, His posture isn't just one we admire. It's the one we're called to imitate.

And what did that look like? He emptied Himself. He took the form of a servant. He obeyed, even when it led to death. Jesus didn't come to be served, but to serve, and to give His life for others.

Paul invites us to take the same posture: not clinging to position, not fighting for control, not needing to be noticed.

Instead, we are called to be humble, sacrificial, and obedient. **In a world where everyone wants to be a star, Jesus reminds us: real strength is choosing to be a servant.**

**14. Jesus obeyed, even when it cost Him everything. How does that change the way you think about service and sacrifice in your community life?**

**15. How might looking to Christ's example challenge your posture in the "teams" you are part of at home, work, church, or in your community?**

**16. What is one specific way you can live out the "Better Way Collaboratively" in the next week?**