

# Philippians 2

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**Humility: Death to Self**

**“No tree can grow, except on the root from which it sprang.”**

**~ Andrew Murray**

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# "I will praise You: for I am **FEARFULLY AND WONDERFULLY MADE**" —Psalm 139:14

## 1st Trimester

Week 1



Life begins when the egg is fertilized by the sperm. At this stage the baby consists of a hollow ball of about 100 cells. Only a few cells inside the ball form the baby (embryo); those on the outside will form the placenta. Implantation occurs at this stage.

Week 2



The embryo now consists of about 150 cells arranged in three layers—the endoderm, mesoderm, and ectoderm. These layers will form the muscles, the bones, the circulatory, urinary, reproductive, and nervous systems, as well as the outer layer of skin.

Week 3



Size: 6/100 in. (1.5 mm)  
The embryo is now firmly attached to the uterus by the developing placenta. The brain and spinal cord beginning to form. The thyroid gland begins to develop. A simple tubular heart has formed and circulates blood.

Week 4



Size: 1/5 in. (9 mm)  
Little buds are beginning to develop that will form the arms and legs. The heart begins to beat even though it is still early in its development.

Week 5



Size: 1/3 in. (7 mm)  
The hands at this stage look like flat plates (no fingers). The basic structure of the brain and nervous system is now established, and the eyes and ears are beginning to develop. The mouth begins to form. Blood formation begins in the embryo.

Week 6



Size: 1/2 in. (12 mm) (about the size of a BB)  
The feet, lacking toes, look like flat plates. The digestive system is beginning to develop. The head begins to take shape with small depressions where the eyes and ears are developing. The upper lip and palate begin to form.

Week 7



Size: 3/4 in. (19 mm) (about the size of a grape)  
The lungs are beginning to form. Fingers begin to appear. Muscles and nerves now function, and the baby shows reflexes. Some formation of the vestibular system (organ responsible for our sense of balance) begins.

Week 8



Size: 1 1/2 in. (3 cm) (about the size of a plum)  
The baby is now referred to as a fetus. The human appearance of the baby is now unmistakable. A protruding nose and eyelids begin to form. The basic structure of all the vital organs of the body is established.

Week 9



Size: 2 in. (5.3 cm) (about the size of a lime)  
The eyes are essentially fully formed. The baby is now able to open its mouth, and the vocal cords and salivary glands are beginning to form. The hands and the feet are quickly developing.

Week 10



Size: 3 in. (7.5 cm)  
The baby's head is large for its body due to the rapid development of the brain, and the vocal cords and salivary glands are beginning to form. The body is beginning to fill out with the further development of muscles.

Week 11



Size: 3 1/2 in. (9 cm) (about the size of a peach)  
Weight: 1 oz. (28 g)  
The vital organs are now functional and will mainly grow in size with time. The baby is capable of swallowing and urinating amniotic fluid.

Week 12



Size: 4 in. (10 cm) (about the size of your fist)  
Weight: 1 1/2 oz. (42 g)  
The brain begins to coordinate the contraction of the muscles so that the baby can flex arms, elbows, wrists, and fingers. The baby begins to use its facial muscle to move its eyebrows and purse its lips.

## 2nd Trimester

Weeks 13–17



Size: 4–5 in. (10–13 cm)  
Weight: 2–4 oz. (57–113 g)

The baby's fingerprints and sense of touch have developed. Eyebrows and eyelashes appear, and fingernails and toenails are forming. The baby's taste buds are also developed.

Weeks 18–22



Size: 10–11 in. (25–28 cm)  
Weight: 1 1/2–1 lb. (227–454 g)

True bone begins to replace cartilage. Girls will now have about 6 million developing egg cells in their ovaries. At this stage, the mother begins to feel the baby's movements. By this time, the baby clearly feels pain.

Weeks 23–26



Size: 12–14 in. (30–36 cm)  
Weight: 1–2 lbs. (454–907 g)

The baby's pancreas is now starting to function, and the lungs are beginning to mature. A baby born at this stage would have about a 10–35% chance of surviving. The baby's vertebrate column is also maturing.

## 3rd Trimester

Weeks 27–31



Size: 15–16 in. (38–41 cm)  
Weight: 2–3 lbs. (907–1,361 g)

By this time, the baby is completely formed and will continue to develop until delivery. The baby may also be able to recognize voices from outside the womb. More layers of fat are being added to the baby.

Weeks 32–36



Size: 16–17 in. (41–43 cm)  
Weight: 4–5 lbs. (1,814–2,268 g)

Hard jabs and punches are evidence to the mother that the baby is continuing to grow. Hair on the baby's head, eyelashes, and eyebrows is clearly seen now. The baby's brain is extremely active. The pupils can dilate or contract in response to light.

Weeks 37–40



Size: 18 in. (46 cm)  
Weight: 6–8 lbs. (2,722–3,629 g)

By this time, pregnancy is considered full-term. The baby gains weight quickly during this stage, about half an ounce a day. The baby's coordination allows it to grasp things as well. The baby prepares for delivery.

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**“Our one need is to study and know and trust the life that has been revealed in Christ as the life that is now ours, and waits for our consent to gain possession and mastery of our whole being.”**

**~ Andrew Murray**

**“Christ is the humility of God embodied in human nature; the Eternal Love humbling itself, clothing itself in the garb of meekness and gentleness, to win and serve and save us. As the love and condescension of God makes Him the benefactor and helper and servant of all, so Jesus of necessity was the Incarnate Humility. And so He is still in the midst of the throne, the meek and lowly lamb of God.**

**If this be the root of the tree, it's nature must be seen in every branch and leaf and fruit.”**

**~ Andrew Murray**



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**“Jesus did not think of Himself; He thought of others. His outlook (or attitude) was that of unselfish concern for others. This is ‘the mind of Christ’ an attitude that says, ‘I cannot keep my privileges for myself, I must use them for others; and to do this, I will gladly lay them aside and pay whatever price is necessary.’ ”**

**~ Warren Wiersbe**

**“Until a humility which will rest in nothing less than the end and death of self; which gives up all the honour of men as Jesus did, to seek the honour that comes from God alone; which absolutely makes and counts itself nothing, that God may be all, that the Lord alone may be exalted, – until such a humility be what we seek in Christ above our chief joy, and welcome at any price, there is very little hope of a religion that will conquer the world.**

**~ Andrew Murray**

# Scripture Meditation

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## Philippians 2:3-5

**<sup>3</sup> *Let nothing be done* through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. <sup>4</sup> Let each of you look out not only for his own interests, but also for the interests of others. <sup>5</sup> Let this mind be in you which was also in Christ Jesus.**

# Benediction

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**Jude 24-25**

**<sup>24</sup> Now to Him who is able to keep you from stumbling, and to present *you* faultless before the presence of His glory with exceeding joy, <sup>25</sup> To God our Savior, who alone is wise, *Be* glory and majesty, Dominion and power, both now and forever. Amen.**