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Getting the Most from this Study

Preparing to Study

Here are a few things you can do to prepare for this study:

1. **Read through Colossians**—Reading the whole book, before we study the parts of the book, gives us context and an understanding of the author's overall purpose. Colossians is only four chapters so it won't take you long. Look for and circle repeated words, commands and encouragements.
2. **Pray**— Each time you sit down to study, pause to pray. This guide offers a suggested prayer for each week.
3. **Read the Overview of Colossians on pages 7-8.**

Using this Study Guide

IMPORTANT: Don't try to complete the study in one sitting. You will gain greater insight by sitting with the study over multiple days.

Each week of the study is divided into four sections:

1. Meditate and Memorize

We desire that you take some time to simply sit and meditate on the Scripture. We've provided a prayer (or you may choose to come up with one on your own) as well as verses to memorize. Don't let Scripture memory intimidate you— put the verse on a card and carry it with you throughout the day or post it on your mirror. You can do it!

2. Search the Scripture

This section guides you through passages of Scripture that shed light on the passage of the week. Use a trusted translation of the Bible (as opposed to a paraphrase). In this guide, we use the New International Version of the Bible (NIV). **You can find Colossians 2-4 on pages 3-5.**

Other helpful translations are the English Standard Version (ESV) and the New American Standard Bible (NASB). A good study Bible using any of these translations is also a helpful tool.

3. Worship

We always want the outcome of our study to be worship. This section offers a guided time of worship.

4. Now What?

We don't want to just know the Bible, we want to live what we learn from the Bible. This section gives you a place to record your application of the passage to your life. Be sure to make it specific and do-able.

Colossians 2-4

2 I want you to know how hard I am contending for you and for those at Laodicea, and for all who have not met me personally. ² My goal is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, ³ in whom are hidden all the treasures of wisdom and knowledge. ⁴ I tell you this so that no one may deceive you by fine-sounding arguments. ⁵ For though I am absent from you in body, I am present with you in spirit and delight to see how disciplined you are and how firm your faith in Christ is. ⁶ So then, just as you received Christ Jesus as Lord, continue to live your lives in him, ⁷ rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. ⁸ See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.

⁹ For in Christ all the fullness of the Deity lives in bodily form, ¹⁰ and in Christ you have been brought to fullness. He is the head over every power and authority. ¹¹ In him you were also circumcised with a circumcision not performed by human hands. Your whole self ruled by the flesh was put off when you were circumcised by Christ, ¹² having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead.

¹³ When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, ¹⁴ having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. ¹⁵ And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

¹⁶ Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. ¹⁷ These are a shadow of the things that were to come; the reality, however, is found in Christ. ¹⁸ Do not let anyone who delights in false humility and the worship of angels disqualify you. Such a person also goes into great detail about what they have seen; they are puffed up with idle notions by their unspiritual mind. ¹⁹ They have lost connection with the head, from whom the whole body, supported and held together by its ligaments and sinews, grows as God causes it to grow.

²⁰ Since you died with Christ to the elemental spiritual forces of this world, why, as though you still belonged to the world, do you submit to its rules: ²¹ "Do not handle! Do not taste! Do not touch!"? ²² These rules, which have to do with things that are all destined to perish with use, are based on merely human commands and teachings. ²³ Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.

3 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things. ³ For you died, and your life is now hidden with Christ in God.

⁴ When Christ, who is your life, appears, then you also will appear with him in glory.

⁵ Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. ⁶ Because of these, the wrath of God is coming. ⁷ You used to walk in these ways, in the life you once lived. ⁸ But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. ⁹ Do not lie to each other, since you have taken off your old self with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge in the image of its Creator. ¹¹ Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

¹⁸ Wives, submit yourselves to your husbands, as is fitting in the Lord.

¹⁹ Husbands, love your wives and do not be harsh with them.

²⁰ Children, obey your parents in everything, for this pleases the Lord.

²¹ Fathers, do not embitter your children, or they will become discouraged.

²² Slaves, obey your earthly masters in everything; and do it, not only when their eye is on you and to curry their favor, but with sincerity of heart and reverence for the Lord. ²³ Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, ²⁴ since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. ²⁵ Anyone who does wrong will be repaid for their wrongs, and there is no favoritism.

4 Masters, provide your slaves with what is right and fair, because you know that you also have a Master in heaven.

² Devote yourselves to prayer, being watchful and thankful. ³ And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. ⁴ Pray that I may proclaim it clearly, as I should. ⁵ Be wise in the way you act toward outsiders; make the most of every opportunity. ⁶ Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

⁷ Tychicus will tell you all the news about me. He is a dear brother, a faithful minister and fellow servant in the Lord. ⁸ I am sending him to you for the express purpose that you may know about our circumstances and that he may encourage your hearts. ⁹ He is coming with Onesimus, our faithful and dear brother, who is one of you. They will tell you everything that is happening here.

¹⁰ My fellow prisoner Aristarchus sends you his greetings, as does Mark, the cousin of Barnabas. (You have received instructions about him; if he comes to you, welcome him.) ¹¹ Jesus, who is called Justus, also sends greetings. These are the only Jews among my co-workers for the kingdom of God, and they have proved a comfort to me. ¹² Epaphras, who is one of you and a servant of Christ Jesus, sends greetings. He is always wrestling in prayer for you, that you may stand firm in all the will of God, mature and fully assured. ¹³ I vouch for him that he is working hard for you and for those at Laodicea and Hierapolis. ¹⁴ Our dear friend Luke, the doctor, and Demas send greetings. ¹⁵ Give my greetings to the brothers and sisters at Laodicea, and to Nympha and the church in her house.

¹⁶ After this letter has been read to you, see that it is also read in the church of the Laodiceans and that you in turn read the letter from Laodicea.

¹⁷ Tell Archippus: "See to it that you complete the ministry you have received in the Lord."

¹⁸ I, Paul, write this greeting in my own hand. Remember my chains. Grace be with you.

Group Life

Welcome to community. We were made for life together, but life together can get messy so here are some suggestions to make your time in your group fun, safe and life-changing.

Be Attentive

We live in a loud and distracted world filled with social media, text messages and selfies. For the short time in your group, silence your cell phone and put it away. When someone is sharing, lean in to listen and ask questions. When you share, keep on topic and be concise (not dominating the time) so that others can also share. We always want to be learning from one another, and we learn the most when we listen. Please avoid giving unsolicited advice.

Come Prepared

The emphasis of this time is to know God and to grow in your life with him. When everyone does the homework, the discussion promises to be rich and deep. Pray before you come with an anticipation of what God will do in your group.

What This Time Is and Is Not

We want to create a safe place for everyone to be confident that what they share will not leave the group. This is a time to grow in love for God and for one another. This is not a time to fix one another or give unsolicited advice. This can be a challenge. Be sure that your feedback is: affirming (Thanks for trusting us with your story), empathetic (I've done or thought that) and attentive (can you say more about how that made you feel?).

Avoid feedback that is: condemning (Oh my, I have never heard of anyone doing that), counseling/fixing (You should . . . Have you tried . . . You need to stop . . .) or all about you (that reminds me of when I was . . .). Also be careful about encouragement that is "too soon." When someone has just suffered pain or deep loss it is usually not the time to tell them that it will all be okay or that "God has a plan" or that this happened to you and it served an amazing purpose in your life. Usually it's best to just say, "I'm so sorry. That is so hard."

WBS Kids

Each week gifted and competent people care for our children in the Kids' Church facility. If your child needs you, your number will appear on the screens above the stage (or you will receive a text). If you have an infant with you during the meeting and he/she becomes restless, we have a place just for you in room 100. It provides privacy but also allows you to see and hear the message.

Covering the Cost

An offering envelope is on your table each week (or with your local group leader). Our desire is to never charge for the Bible Study (books, coffee, childcare, DVDs, etc.). This offering assures that all women can participate. Give as you are able — a lot, a little or nothing. We trust that together we can make this study happen for all who desire to join us.

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The audio messages that accompany this study are in the iTunes Podcast
Women at Christian Assembly or on the CA Women's App.

An Overview of Colossians

The Author

Colossians was written by Paul, along with Timothy, who most likely served as Paul's Scribe. Here are some important things to know about Paul:

- Before Paul became a Christian and a leader in the early church, he was zealously religious and a persecutor of Christians (sending some to prison and even to death). His Hebrew name was Saul and he first appears in the Bible in Acts 7:59-8:3. Note: Saul's father was a Roman citizen so he also had the Latin name Paul. In the Bible, he is most often referred to as Paul.
- Paul became a Christian through an encounter with the resurrected Jesus on a journey to persecute Christians (Acts 9:1-31).
- When Paul came to a saving understanding of Jesus as the true Messiah he was baptized (Acts 9:18) and began preaching the gospel (Acts 9:20). The book of Acts records Paul's missionary journeys as he preached and established Christian Churches.
- Paul wrote 13 books in the New Testament. All of them are letters that he wrote to churches or individuals. Some were written from prison where Paul was incarcerated for his faith and public ministry. Paul was likely in prison when he wrote the letter to the Colossians.

The Church at Colossae

The book of Colossians is a letter written by Paul to the church at Colossae. Here is what is important to know about this church:

- Most likely Paul had not visited this church (Col. 2:1).
- It seems the church was established by Epaphras who Paul mentions in the letter (Col. 1:7-8; 4:12-13). Epaphras was probably a Colossian who traveled to nearby Ephesus and heard Paul's proclamation of the gospel and then placed his faith in Christ (see Acts 19:10).
- Most scholars believe that the Colossae church was made up primarily of Gentiles who converted to Christianity (Gentiles were not Jewish).
- The church was facing some form of false teaching (Colossians 2).

The Purpose of Colossians

It appears that Paul was writing to encourage the Colossae church to resist some kind of false teaching (Col. 2:4, 8, 16, 18) and to hold to Jesus as the central focus of their faith. Paul also wanted to give them the necessary resources to be fully mature in Christ (Col. 1:28) and to resist this false teaching.

Most likely the false teaching was a form of spirituality claiming to be Christian and emphasizing rituals, ascetic practices, angel worship and visions (Col. 2:16-17, 18-19, 20-23). This teaching (or teachings) also appears to have called into question the sufficiency of Christ. In response, Paul wanted the Colossae Christians to be confident that Christ was their life and that they were securely hidden in him (Col. 2:1-4).

The Gospel

A theme in Colossians and throughout Paul's writings is the gospel. Although the word *gospel* only appears three times in this book, it is evident that Paul is contending for Jesus as the central focus of the gospel and for a gospel life lived in the power of Jesus (Col. 1:9-2:5, 17, 3:1-4).

The gospel the Colossians heard was the true gospel and it was bearing fruit and growing throughout the world (Col. 1:5-6). The word *gospel* is best translated, "life-altering good news." The life-altering good news the Colossians heard was the revelation that Jesus is the fulfillment of the hope proclaimed in the Old Testament and that this hope was for the Gentile as well as for the Jew (Col. 1:25-28, 2:2-3).

At the heart of the gospel is the grace of God that brings about our salvation (Col. 1:3-6). To be a

Christian is to believe and to apply this gospel to our lives. Here is the core of the gospel message depicted throughout the Bible (see Lifein6words.com for a complete explanation).

1. **God created us to be with him** (Genesis 1-2). In the earliest account of creation, the man and woman are *with* God. Jesus is given the name, Immanuel, which means “God with us” (Matthew 1:23). And John 1:14 says that God, in Christ, “became flesh and made his dwelling among us.” We were created for a relationship *with* God for now and forever.
2. **Our sin separates us from God** (Genesis 3). The Bible tells us this about sin: **(a)** Everyone sins and falls short of God’s glory (Romans 3:21-24); **(b)** the consequence of sin is death—physical and spiritual separation from God (Romans 6:26; Genesis 3:22-24); **(c)** Sin is expressed in not believing God (Genesis 2:15-17, 3:17; Romans 1:25) **(d)** Sin opposes all that is right, good and true in God. **(e)** At the heart of sin is idolatry—making something other than God the ultimate object of our affections, believing it to give us purpose, control, safety and worth (Exodus 20:1-3).
3. **Sin’s stain and consequence cannot be removed by good deeds** (Genesis 4-Malachi 4). Since the beginning, humans believed that they could remove the stain and destruction of sin by doing more good deeds than bad deeds. But this is an impossible effort. All have sinned and all fall short of God’s glory and his righteous standard (Psalm 51:1-6; Isaiah 53:6, 64:6, Romans 3:23). Our salvation is not attained by good works but by God’s grace (Ephesians 1:1-10).
4. **Paying the price for sin, Jesus died and rose again** (Matthew-Luke). Because Jesus was perfectly human and perfectly God he was able to live the life we could not live (perfect righteousness) and to die the death that was necessary for our freedom from sin (the offering of his life as a perfect sacrifice, paying the redemptive price for sin by his death). 2 Corinthians 5:21 says, “God made Jesus, who had no sin, to be sin for us, so that in him we might become the righteousness of God.” Ultimately, in his life, death and resurrection, Jesus fulfilled the prophecy of the Angel who declared, “he will save his people from their sins” (Matthew 1:21).
5. **Everyone who trusts in Jesus alone has eternal life** (John). The Bible says that “all who receive Jesus, and believe in his name, God gives the right to become children of God” (John 1:12). To believe in Jesus’ name is to believe in who he is — Savior from sin, rescuer from darkness, giver of eternal life, the one true God (Romans 5:8-9; Colossians 1:13-14; John 3:16, 14:6-11).
6. **Life with Jesus starts now and lasts forever** (Acts-Revelation). Eternal life begins the moment we place our faith and trust in Jesus as our savior and God. At the moment of salvation we are made children of God (John 1:12) and share in all the benefits of Christ (Ephesians 1:3-14).

If you would like to become a Christian you can offer a simple prayer of belief like this:

God, thank you for sending Jesus to save me from my sin and for offering me a new life in him.
Jesus, I receive you as my Savior and the Lord of my life.
I know that this gift of salvation is not a result of anything that I have done.
It is because of what you have done for me through your life, death and resurrection.
I am so thankful for your grace—this kind, generous, unmerited gift
— that I can now live in you, through you and for you.
Amen.

If you prayed this prayer we’d like to send you some resources to help you along your new journey of faith in Jesus. Please email cheryl@cachurch.com.



Move Into the Castle

Colossians 2

notes from the message

Use this page to record notes from the opening talk. [To watch or listen to this talk, go to iTunes podcasts and search for "Women at Christian Assembly". For easy access to the video, install the CA Women App that is available for Apple and Android devices].

Group Discussion

You might love or hate this exercise but we ask that you lean in and see what you might learn about yourself and those in your group.

Take a few minutes to draw the Slum Lord's House and the Castle of the King who is Jesus.

Then draw a stick figure of yourself—where are you living right now? Is there anything keeping you from moving fully into the castle?



Beware the Slum Lord's Rules

Colossians 2

Meditate and Memorize

Each week we encourage you to begin your time with a prayer and then meditation upon the Scripture. **Our hope is to memorize Colossians 3:1-4 by the end of week four.** This week it's just Colossians 3:1.

A Prayer for Meditation Upon Colossians 2

Father God, I pray that I might have complete understanding
of the mystery of the gospel graced to me in Christ.
Thank you that all the treasures of wisdom and knowledge are hidden in Jesus.
Help me to be disciplined and firm in my faith.
Help me to live in Christ—rooted, built up in him.
Thank you Jesus that all the fullness of deity lives in you.
You are God. You are the head over every power and authority.
Thank you God for making me alive in Christ,
who cancelled the debt of my sin through his death on the cross.
Protect me from the evil one who wants to tempt me with
hollow and deceptive philosophy.
Give me discernment through your Spirit to know the truth.
You are the way, the truth and the life.
I live in you. My life is with you and for you.
I love you. I adore you. I worship you.
Amen.

A Scripture to Memorize

Since, then, you have been raised with Christ, set your hearts on things above,
where Christ is, seated at the right hand of God.

Colossians 3:1

Search the Scripture

Read through Colossians 2 and record all that it reveals about the false teaching/philosophy as well as what it says about Jesus.

The False Teaching/Philosophy	Jesus

According to Colossians 2:23 how helpful are rules and regulations to overcoming sin? How is this significant to your Christian life?

Worship

Pray the Scripture

Paul tells us in **Colossians 2:23** that regulations imposed by the flesh have no value in restraining sensual indulgence. In **Romans 8:1-17**, Paul gives us the antidote to this dilemma—the Spirit-filled, Spirit-led life. Sit in a quiet place and pray this passage into your life today.

Therefore, there is now no condemnation for those who are in Christ Jesus,
² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. ³ For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin in the flesh, ⁴ in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit.
⁵ Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.
⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God.
⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ.
¹⁰ But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you.
¹² Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it.
¹³ For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.
¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "*Abba*, Father." ¹⁶ The Spirit himself testifies with our spirit that we are God's children. ¹⁷ Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Romans 8:1-17

What Now?

When we study the Scripture we don't just want to know it, we want to be transformed by it. We want not only to know God's word, but to live God's word. This is the space to apply the Scripture to your life. It is helpful to record an application that is specific and do-able.

What area of your life or personality have you been trying to change by a "rule or regulation" and where do you need to lean into a discipline empowered by the Spirit?

For instance, I can tell myself over and over to stop gossiping and see little growth. Instead of just beating myself up with strong admonition, I might practice the spiritual discipline of memorizing **Psalm 19:14** and making it my prayer to invite the Holy Spirit to help me love people by guarding my tongue and speaking only words of life and affirmation.

What will you do this week?

notes from the message

Beware the Slum Lord's Rules





Memorize Your New Address

Colossians 3:1-4

Meditate and Memorize

Each week we encourage you to begin your time with a prayer and then meditation upon the Scripture.
Our hope is to memorize Colossians 3:1-4 by the end of week four.

A Prayer for Meditation Upon Colossians 3:1-4

Father God, thank you for all that you have given me in Christ.
Thank you that you have raised me with Christ,
who sits with all authority and power at your right hand.
Thank you Jesus that I have died with you—I am dead to the penalty of sin—
and I am now hidden with you in God.
In the same way God hid Moses in the cleft of the rock to protect him,
God has set me in you, Jesus, to protect me.
I am so grateful. Jesus, that you are my life.
I wait with great anticipation for the day you will return
and I will then appear with you in glory.
Help me to set my heart and my mind on things above.
I set before you now the earthly things that distract me and overwhelm me.
[Pause to list these things to God]
And I turn to look upon Jesus and fix my eyes upon my place with him.
Raised with him. Seated with him. Hidden with him.
I set my mind upon these things above.
[Pause to reflect upon your heavenly hope and the things of God].
Jesus, indeed, you are my life.
Amen.

A Scripture to Memorize

Since, then, you have been raised with Christ, set your hearts on things above,
where Christ is, seated at the right hand of God.
Set your minds on things above, not on earthly things.

Colossians 3:1-2

Search the Scripture

According to Colossians 3:1-4, how has Christ transformed your current and future identity?

List the two commands Paul gives in Colossians 3:1-4

1.

2.

What will it look like for you to keep these commands throughout this week?

What do the following passages confirm about your new identity in Christ?

1 John 3:2

Galatians 2:20

Philippians 3:15-21

Ephesians 1:18-23

Worship

Begin your time of worship by setting aside all “earthly things” that can distract you away from Jesus. Then list everything that comes to mind when you think of the “things above, where Christ is”.

“earthly things” (Col. 3:2)	“things above, where Christ is” (Col. 3:1, 2)

Now take time to praise God for all the “things above”. Write a brief prayer of thanks here.

What Now?

When we study the Scripture we don’t just want to know it, we want to be transformed by it. We want not only to know God’s word, but to live God’s word. This is the space to apply the Scripture to your life. It is helpful to record an application that is specific and do-able.

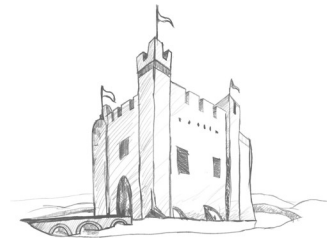
List one thing you can do this week to set your mind on things above, rather than upon earthly things? Consider placing Philippians 4:8-9 on your mirror or in your car.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:8-9

notes from the message

Memorize Your Address





Take Out the Trash

Colossians 3:5-11

Meditate and Memorize

Each week we encourage you to begin your time with a prayer and then meditation upon the Scripture. **Our hope is to finish memorizing Colossians 3:1-4 this week.**

A Prayer for Meditation Upon Colossians 3:5-11

Father God, help me to put to death all that is displeasing to you.
*[Pause to confess to God all that you have thought or done in the past week
 that is not in line with God's design for you]*
 Forgive me for these sins and misdeeds.
[Pause to receive his forgiveness]
 Thank you for making me in your image, for giving me a part in your glory.
 I thank you for giving me a new identity defined in and by Jesus.
 Everything good is summed up in Christ.
 I praise you Jesus for your patience and kindness toward me.
 I praise you for renewing me today.
 I thank you Father that your mercies are new every day.
 I praise you that you see me and you love me.
 I love you.
 Amen and Amen.

A Scripture to Memorize

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. ² Set your minds on things above, not on earthly things.
³ For you died, and your life is now hidden with Christ in God. ⁴ When Christ, who is your life, appears, then you also will appear with him in glory.

Colossians 3:1-4

The language Paul uses here (Colossians 3:5-11) reflects the general biblical view that the human body, while not itself sinful, is particularly susceptible to the influence of sin.

Romans 8:13 is a close parallel to this text:

"if by the Spirit you put to death the misdeeds of the body, you will live.

The Pillar Commentary on the Letter to the Colossians by D. J. Moo, p. 256.

Search the Scripture

In **Colossians 3:5-11**, Paul admonishes the church to “put to death” and to “rid yourselves of” the things that do not belong to their new nature as Christ-followers. Read through this section of Scripture and record your answers to the following questions.

What do we need to put to death and rid ourselves of according to this passage?

Put to Death (3:5-7)	Rid Yourselves Of (3:8-9)

When we study the Bible, we look for clues to help us understand what we are reading. One of the clues is the use of the word “therefore” that points back to previous verses. Paul uses “therefore” in Colossians 3:5 to point back to Colossians 3:1-4. **What does Colossians 3:1-4 reveal about *why* we need to “put to death” and “rid” ourselves of the actions Paul lists in this passage?**

Paul gives additional clues to why it is so important to put to death and rid ourselves of these traits by using the words “because” (3:6) and “since” (3:9-11). **What do these passages reveal about *why* we want to rid our life of these traits?**

Because . . .

Since . . .

What does Romans 6:8-23 reveal about putting to death your old way of life and putting on the new way of righteousness in Christ?

Worship . . . and What Now?

Worship is not just song, it is a life lived unto the glory of God. **Romans 12:1** says, “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” Paul is inviting us to this kind of worship in **Colossians 3:5-11**. Putting to death and ridding yourself of the traits Paul lists is your act of worship this week.

**Look back at the list you made of things to “put to death” and “rid yourself” from.
What is the one thing you most want to put to death or rid yourself of today?**

Why do you want to put this to death or get rid of it? How has it brought death to you and your relationships?

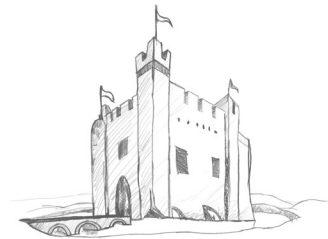
What will it require of you to put this to death today?

**What can you replace this trait with today (look ahead to Colossians 3:12-17)?
What will that look like in your life?**

Offer all of this to Jesus and invite him to help you. This is your act of worship today.

notes from the message

Take Out the Trash





Become What You Are

Colossians 3:12-17

Meditate and Memorize

Each week we encourage you to begin your time with a prayer and then meditation upon the Scripture. **Today we begin memorizing Colossians 3:15-17.**

A Prayer for Meditation Upon Colossians 3:12-17

Father God—what joy to know that I am your chosen child.

You have made me holy and you love me dearly.

I am in awe. I am amazed.

Thank you.

Help me to clothe myself in the character of Christ who is
compassionate, kind, humble, gentle and patient.

Empower me to bear with others and to forgive those who have wounded me.

Cover me and fill me with your love that I might extend love to even the most unlovable.

I pause now to receive the peace of Christ *[pause]*.

I am thankful

[pause to list all that you are thankful for]

Today I seek to glorify you in all that I do.

Amen.

A Scripture to Memorize

¹⁵ Let the peace of Christ rule in your hearts,
since as members of one body you were called to peace.

And be thankful.

Colossians 3:15

Whatever our worldly background or status, we all now have our fundamental identity determined by Christ and the people of Christ to whom we belong. But this new identity, while given in Christ, also must be achieved in practice. The barriers erected by our identity in this world must be overcome in reality as we live out the new relationship in the body of Christ. At the same time, Paul implies that this "new self" is rooted in history. The Christians in Colossae, Gentiles though they are, have the privilege of belonging to the historical people of God. The "new self" is the "new Israel." This identification is clearly indicated in the description of the Colossians as God's chosen people, holy and dearly loved. All three are standard ways of describing Israel in the Old Testament and the church as the people of God in the New Testament . . . the governing concept is "chosen people," with "holy" and "dearly loved" expressing aspects of that key idea

The Pillar Commentary on the Letter to the Colossians by D. J. Moo, p. 275.

Search the Scripture

What three words does Paul use to describe the Colossians (and us) in Colossians 3:12a?

- 1.
- 2.
- 3.

Because we are these three things, list all that we should clothe ourselves with and commit ourselves to as we relate to God and others (look at all of Colossians 3:12-17).

[To go deeper, look up each of these words in the keyword search at www.biblegateway.com. Note the other places they appear in Scripture and how these passages help you to gain a better understanding of their meaning. You can also look up their dictionary definitions and record their meaning.]

What do the following passages reveal about God's love for his people (for you!)?

Deuteronomy 7:6-9

1 Peter 2:9-10

Paul also uses the language of clothing ourselves in Romans 13:11-14. How does this passage help you understand how to clothe yourself in Christ today?

Worship . . . and What Now?

In the last chapter we focused our act of worship on putting to death and ridding ourselves of the negative traits Paul mentions in **Colossians 3:5-11**. This week we focus our worship and application upon clothing ourselves with the traits of one who is chosen, holy and dearly loved by Christ.

Look back at the list you made of all the things you are called to clothe yourself with according Colossians 3:12-17. What is the one thing you want to most clothe yourself with today?

Record the dictionary definition of this trait here.

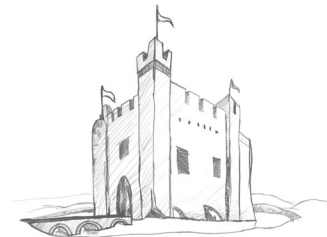
Why do you want to clothe yourself with this particular trait? How might it bring life to your relationships?

What will it require of you to put on this trait today?

Offer all of this to Jesus and invite him to help you. This is your act of worship today.

notes from the message

Become What You Are





Live Together Well

Colossians 3:18-4:1

Meditate and Memorize

Each week we encourage you to begin your time with a prayer and then meditation upon the Scripture. **Today we continue memorizing Colossians 3:15-17.**

A Prayer for Meditation Upon Colossians 3:18-4:1

Father, help me to live well with others today.

[Pause to pray for all the people you will interact with today]

Grow in me love, joy, peace, patience, kindness, goodness, faithfulness and self-control.

Give me eyes to see people how you see them.

Give me ears to listen well, seeking understanding and compassion.

Help me to be humble and to value others above myself.

Give me the mindset of Christ who did not regard his equality with God as something to be used to his own advantage but instead made himself nothing and took on the nature of a servant and humbled himself by becoming obedient to death — even death on a cross!

All praise to the power and goodness of Jesus.

Amen.

A Scripture to Memorize

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

Colossians 3:15-16

Search the Scripture

Record how Paul encourages each person to relate to the other in Colossians 3:18-4:1. Be sure to record any warnings or reasons Paul gives for the encouragement of this behavior. Note that the slavery referenced here is not like the slavery in US history. These slaves were hired workers or workers paying off debt.

Wives to Husbands	
Husbands to Wives	
Children to Parents	
Fathers to Children	
Slaves to Masters	
Masters to Slaves	

Why do you think Paul uses “submit” for wives to husbands but “obey” for children to parents and slaves to masters?

What does Ephesians 5:21-33 add to your understanding of wives submitting to their husbands?

Requiring wives to submit to husbands . . . matches widespread Greek and Jewish teaching about marriage. Requiring husbands to love their wives does not.

The Pillar Commentary on the Letter to the Colossians by D. J. Moo, p. 302.

Worship

Sit with God for at least 15 minutes just meditating and praying upon these verses from Isaiah 33.
Circle 2-3 words or sentences that particularly capture you today.

Lord, be gracious to us;
we long for you.
Be our strength every morning,
our salvation in time of distress.
At the uproar of your army, the peoples flee;
when you rise up, the nations scatter.
The Lord is exalted, for he dwells on high;
he will fill Zion with his justice and righteousness.
He will be the sure foundation for your times,
a rich store of salvation and wisdom and knowledge;
the fear of the Lord is the key to this treasure . . .
Look on Zion, the city of our festivals;
your eyes will see Jerusalem,
a peaceful abode, a tent that will not be moved;
its stakes will never be pulled up,
nor any of its ropes broken.
There the Lord will be our Mighty One.
It will be like a place of broad rivers and streams . . .
For the Lord is our judge,
the Lord is our lawgiver,
the Lord is our king;
it is he who will save us.

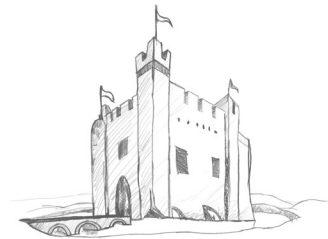
What Now?

When we study the Scripture we don't just want to know it, we want to be transformed by it. We want not only to know God's word, but to live God's word. This is the space to apply the Scripture to your life. It is helpful to record an application that is specific and do-able.

How will you live differently this week because of what you learned in Colossians 3:18-4:1
Is there a relationship in which you need to act differently?

notes from the message

Live Together Well





Cross the Mote

Colossians 4:2-6

Meditate and Memorize

Each week we encourage you to begin your time with a prayer and then meditation upon the Scripture. **Today we continue memorizing Colossians 3:15-17.**

A Prayer for Meditation

Today I devote myself to prayer.
I am watchful of what I see and anticipate today.
I am thankful for all that has been given to me in Christ.
I pray for open doors for the gospel — opportunities to share your goodness
with friends, family, neighbors, co-workers and strangers.
Give me courage to proclaim with wisdom my love for Christ and his goodness to all.
Fill me with grace as well as with the message of grace.
Put people in my path who are curious about you.
Give me knowledge, wisdom and kindness to answer their questions.
Thank you Jesus for inviting me into your mission.
Give me courage.
Amen.

A Scripture to Memorize

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:15-17

Search the Scripture

Read Colossians 4:2-6 and record all the things Paul asks the Colossians to do (hint: the first one is “devote yourselves to prayer”).

Paul wants the Colossians to pray for an open door for his message. What does Paul reveal about his ministry and message in Colossians 1:24-2:5?

How does Paul in Colossians 4:5-6 encourage believers to act toward those outside the faith?
Look also at 1 Peter 3:15-22.

**The mission of the church was declared by Jesus in Acts 1:7-8.
What is that mission and what do you think it means to be a “witness” of Jesus?**

Worship

Praying for those who do not yet belong to Jesus

Use the following Scripture to guide your time as you pray for “open doors for our message . . . the mystery of Christ” and for opportunities for wise, winsome, grace-filled conversations with those God puts in your path.

But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.

2 Peter 3:8-9

Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him.”

John 14:6-7

For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him. Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God’s one and only Son.

John 3:16-18

But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life. For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.

Romans 6:22-23

If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. As Scripture says, “Anyone who believes in him will never be put to shame.” For there is no difference between Jew and Gentile—the same Lord is Lord of all and richly blesses all who call on him, for, “Everyone who calls on the name of the Lord will be saved.”

Romans 10:9-13

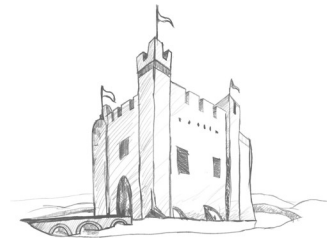
What Now?

When we study the Scripture we don’t just want to know it, we want to be transformed by it. We want not only to know God’s word, but to live God’s word. This is the space to apply the Scripture to your life. It is helpful to record an application that is specific and do-able.

Make a commitment to pray for 1-3 non-Christian friends, co-workers, neighbors or family members each day this week. List their names here and keep track of your interactions for the week.

notes from the message

Cross the Mote





Never Cross the Mote Alone

Colossians 4:7-18

Meditate and Memorize

Each week we encourage you to begin your time with a prayer and then meditation upon the Scripture. **Today we finish memorizing Colossians 3:15-17.**

A Prayer for Meditation

Jesus, thank you for all the people you have put in my life to point me to you
and to help me follow you.

[Pause to pray for those who come to mind]

Thank you that I do not do the Christian Life alone.

I thank you for my church.

[Pause to pray for your church and her leadership]

Help me to be an encouragement to others through my words and deeds.

Show me how to love today.

Give me insight into the lives of others that I might serve them well.

Thank you for giving me the gift of your Holy Spirit who is my
comforter, teacher, source of power and ever-present help.

I love you.

Amen.

A Scripture to Memorize

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. ¹⁷ And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3:15-17

Search the Scripture

As is common in his writings, Paul ends this letter with references to his co-laborers in ministry. Read through this passage and circle the names of each individual mentioned. To the right of the passage list the different ways Paul describes these friends.

⁷ Tychicus will tell you all the news about me. He is a dear brother, a faithful minister and fellow servant in the Lord. ⁸ I am sending him to you for the express purpose that you may know about our circumstances and that he may encourage your hearts. ⁹ He is coming with Onesimus, our faithful and dear brother, who is one of you. They will tell you everything that is happening here.

¹⁰ My fellow prisoner Aristarchus sends you his greetings, as does Mark, the cousin of Barnabas. (You have received instructions about him; if he comes to you, welcome him.) ¹¹ Jesus, who is called Justus, also sends greetings. These are the only Jews among my co-workers for the kingdom of God, and they have proved a comfort to me. ¹² Epaphras, who is one of you and a servant of Christ Jesus, sends greetings. He is always wrestling in prayer for you, that you may stand firm in all the will of God, mature and fully assured. ¹³ I vouch for him that he is working hard for you and for those at Laodicea and Hierapolis. ¹⁴ Our dear friend Luke, the doctor, and Demas send greetings. ¹⁵ Give my greetings to the brothers and sisters at Laodicea, and to Nympha and the church in her house.

¹⁶ After this letter has been read to you, see that it is also read in the church of the Laodiceans and that you in turn read the letter from Laodicea.

¹⁷ Tell Archippus: "See to it that you complete the ministry you have received in the Lord."

¹⁸ I, Paul, write this greeting in my own hand. Remember my chains. Grace be with you.

Summarize what you learn about Paul and his community?

What does Philippians 2:1-11 teach about community in Christ?

Worship

Prayer for Your Community

List the people in your life who encourage you to keep walking by faith in Jesus. Then take time to pray for each of them by name. Also ask the Lord to make you a person who encourages others in the way of Jesus.

What Now?

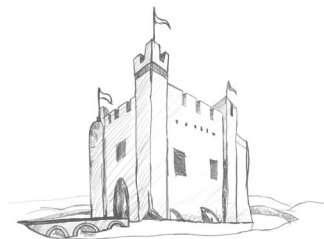
When we study the Scripture we don't just want to know it, we want to be transformed by it. We want not only to know God's word, but to live God's word. This is the space to apply the Scripture to your life. It is helpful to record an application that is specific and do-able.

Who can you encourage today by thanking them for their role in your Christian journey?

Send them a handwritten note and share with them what they mean to you.

notes from the message

Never Cross the Mote Alone



People in my Group



Prayer Requests

