



All month we are focusing on loving our neighbors, one way to do this is to **Engage in Conversation**. This can look like asking your neighbors questions to learn more about them. Pay attention not only to common ground but the things in their story that are unique. Try this as a way to love your neighbor!

Introduction

This week in Colossians Paul turns a big corner. In much of the first two chapters, Paul has been establishing what is true – what is true about God, what is true about the world and its system, what is true about the false teachers and what is true about those who are in Christ! This week Paul begins to tell the Colossians (and us) how to live according to what is true.

To think through the main ideas in the sermon and prepare for your discussion together, we invite you to look over all the questions on the following pages and write your thoughts down before you meet with your group.

Warm Up *(Suggested time: 30 min)*

- 1) What is one of your favorite items of clothing to “put on”? (Something you wish you could wear every day). Why do you like it so much?

- 2) Is there a family tradition that has special meaning for you? Describe it.

- 4) Consider the flow of thought in this passage. **What is the relationship between what Paul says is true about the Colossians (3:1, 3, 9b-10) and the commands he gives them (3:5-9a)?**

What connection do you see in this passage between what we think (where our mind is set, v.2) and our actions?

- 5) Look again at Colossians 3:5-11. **What specifically do you need to “consider yourself dead to” or “put off/lay aside”?**

What specifically are you putting on?

Personal Spiritual Exercises

Just like physical exercises help strengthen and stretch our bodies for healthy living, these spiritual exercises are meant to move us spiritually in ways that may be new so we might experience inner growth. Since God longs for us to experience Him with our whole selves—mind, body, spirit—we invite you along each week to strengthen your souls with suggestions and prompts. **Next week in Life Group, take a few moments to share how the Lord may have used this exercise in your life.**

Telling Yourself the Truth: Each day remind yourself of what is true of you as a follower of Jesus.

I am one in whom Christ dwells and delights. (Col. 1:27)

I live in the strong kingdom of God that is unshakeable. (Col. 1:13-14)

Because Jesus is risen and ascended, He is able to guide/lead my life today. (Col. 1:15-20)

I have died with Jesus to the ways of this world. (Col. 2:20; 3:5, 8-9).

I will keep seeking the kingdom of God and set my mind on heavenly things. (Col. 3:1-3)

The kingdom is not in trouble, and neither am I. (Col. 1:15-23; 3:4, 9-11).

Prayer *(Suggested time: 20 min)*

A significant part of “coming together” is being open and honest with our lives. Sitting in a group of people for prayer may be new or it may be familiar to you. If you would rather not pray aloud when it is your turn, feel free to pray silently and then say “Amen” aloud signaling the next person in the group to pray. Whether or not you choose to verbalize your prayer, everyone is a participant in sharing this time before God together.

Take a few moments to prepare a prayer request. What did the message, working through the above questions or the discussion cause you to notice about your own relationship with Jesus? Would you be willing to share your prayer request with the group?

Next Week: Read Colossians 3:12-17