

Colossians Week 3: Transformation

Discussion Guide

Discuss:

- Who in your group are rule followers and who in your group are “rebels”? Are there any “secret” rebels who surprised you? [5 min]
- How have you seen this played out in your life: Rules without relationship lead to rebellion? (Share your story or someone you know). [5 min]
- Read [Colossians 3:1–4](#). What does it mean that “You have died, and your life is hidden with Christ in God”? [5 min]
- How do you set your minds on things above ([Colossians 3:2](#))? Share with the group actionable practices that help you do that. [5 min]

Challenge:

Read [Colossians 3:5–17](#). Circle one thing you need to “put off” and one thing you need to “put on”. [10 min]

Scriptures:

- **Colossians 3:1** (NIV) “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 2:23** (NIV) “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.”

- **Romans 6:13** (ESV) “Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.”
- **Romans 8:13** (ESV) “For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.”
- **Philippians 3:14** (ESV) “I press on toward the goal for the prize of the upward call of God in Christ Jesus.”
- **Ephesians 4:24** (ESV) “Put on the new self, created after the likeness of God in true righteousness and holiness.”

Prayer:

One of the ways of setting your mind on things above is to practice gratitude. So, let’s make a list and thank God for all the things we have to be grateful for in Christ.