

By Jill Henry

OVERVIEW

Colossians 3:1-4 calls us to live for Jesus, not ourselves. Christ's authority and rule over the world and everything in it is clearly marked as he sits at the right hand of God. And because we have been raised with Christ, we have a positional reality that leads to practical application as we live and think with Jesus at the core of everything.

READ COLOSSIANS 3:1-4

¹If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ²Set your minds on things that are above, not on things that are on earth. ³For you have died, and your life is hidden with Christ in God. ⁴When Christ who is your life appears, then you also will appear with him in glory.

DISCUSS

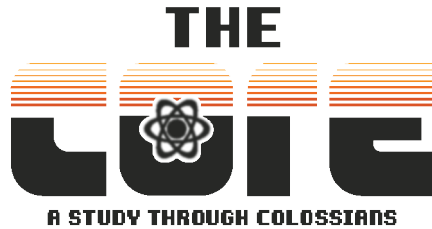
1. **You were raised with Christ (v. 1):** What does this mean? How does this truth give you hope and strength to live as a Christ-centered believer? See also Romans 6:4 and 6:11.
2. **You died with Christ (v. 3):** This positional truth is directly connected to being raised with Christ. How does this truth inform how we live now as believers? How has your life changed because you have been raised with Christ and died with Christ?
3. **You will appear with him in glory (v. 4):** One day, believers will be with Jesus. Read 1 John 3:1-3. Considering these verses and the sermon text, what else will happen to believers when they are with Jesus in glory?
4. **Seek the things that are above (v. 1) / Set your minds on things that are above (v. 2).** These are the two commands in this text. The way we think has a significant impact on the way we live, and the Bible contains many verses about on this topic. After reading each verse, summarize how it says we are to think. How should these verses impact the way we live?
 - Isaiah 26:3
 - Romans 8:5-7
 - Romans 12:2
 - Philippians 3:13-15
 - Philippians 4:8
 - Colossians 3:2

PRAY

1. **Adoration:** How can you praise God in light of Colossians 3:1-4?
2. **Confession:** Spend some time confessing how you struggle with thinking and living for things on this earth rather than things above.
3. **Thanksgiving:** What are you thankful for in light of these verses?
4. **Supplication:** How do you need God's help in light of these verses?

PREPARE

Before next Sunday's sermon, read Colossians 3:5-7. Ask God to reveal any areas of sin in your life that need to be confessed and repented of. Thank him for his grace and forgiveness in your life.



By Jill Henry

OVERVIEW

Last week in Colossians 3:1-4, we saw the call to live for Jesus, not ourselves. This week as we continue through verses 5-7, we see how this is supposed to work out practically in our lives as we seek righteous living by putting to death our earthly sinful behaviors and fleshly desires that are contrary to God's will.

READ COLOSSIANS 3:5-7

⁵ Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. ⁶ On account of these the wrath of God is coming. ⁷ In these you too once walked, when you were living in them.

DISCUSS

1. John Owen, a seventeenth century Puritan, said, "Be killing sin, or it will be killing you." What do you think this means? How have you seen the effects of sin negatively impact your own or someone else's life before you/they came to Christ?
2. While the power of sin is conquered in our lives through the work of Christ on the cross, sin remains. We must actively fight sin and the temptation to sin. Read Romans 6:11-13. God takes sin seriously, and so should we. What are some practical ways you fight sin in your life?
3. It's easy to get discouraged in the fight against our flesh and sin. But God doesn't leave us alone in the fight. Read Romans 8:1-17. How do these verses encourage you as you strive to kill sin before it kills you?

PRAY

In light of today's text, if you are a mixed-gender small group, consider separating men and women for this week's prayer time.

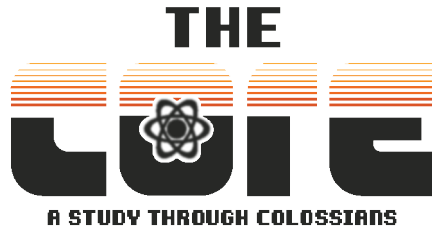
Friends, God has not left us alone to fight against sin and temptation. Not only has he given us his Spirit to help us in the battle, he has also given us one another. God created us for community because we need each other. Especially in the fight against sin.

Today, ask God to help you to be vulnerable and honest about sin in your life. If you have unconfessed sin or an ongoing temptation, consider sharing it with your small group today. This should be a safe space to confidentially share struggles with one another.

If someone in your group confesses sin, the others should lay hands on that person and pray for their deliverance from the sin and pray promises and truth over him or her. Then, let others take their turn doing this until the leader senses the time of prayer is coming to an end.

PREPARE

Before next Sunday's sermon, read Colossians 3:8-7. Ask God to reveal areas of sin in your life that you need to put away. Thank him for his grace and forgiveness in your life as well as the power to fight sin.



By Jill Henry

OVERVIEW

Last week we grappled with the command to “put to death” sin, because if we don’t, we risk sin’s deathly effects on our lives. This week in verses 8-11, we receive another command to “put away” sin. Paul instructs believers to discard negative behaviors such as anger, rage, malice, slander, and filthy language. He reminds us that, no matter where we come from, as God’s children we are all one in Christ.

READ COLOSSIANS 3:8-11

⁸ But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. ⁹ Do not lie to one another, seeing that you have put off the old self with its practices ¹⁰ and have put on the new self, which is being renewed in knowledge after the image of its creator. ¹¹ Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

DISCUSS

1. Have you ever heard of the idea of “respectable sins”? These are sins we tolerate far too easily—especially in ourselves—sins such as those named in this passage. We saw last week how much God takes sexual sins seriously, and he takes sins of the tongue and heart seriously too. How have you seen the sins listed here be as destructive as the sins listed in verses 5-7?
2. We are commanded by God to “put away” anger, wrath, malice, slander, obscene talk, and lying. Why is this a command? What does it look like in a believer’s life to put these away?
3. In verse 10, Paul tells us we are being “renewed in knowledge after the image of our creator.” What does this mean?
4. In verse 11, Paul emphasizes that children of God are one in Christ, more specifically that “Christ is all, and in all.” Why is this such an important statement considering what comes before it: “. . . there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free.” Why was this significant then, and why is this just as significant now—especially for our church?

PRAY

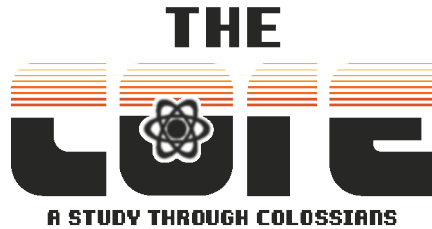
1. **Adoration:** Spend time in adoration of God's holy character.
2. **Confession:** Spend time confessing sins, either those listed in verses 5-9 or other areas of sin in your life.
3. **Thanksgiving:** Thank God for his forgiveness and grace and the power to fight sin.
4. **Supplication:** Pray for specific ways that you need God's help fighting sin.

PREPARE

If you are struggling with sin, remember you can't fight it alone. Seek help and accountability if you haven't already.

If there's anyone you have sinned against and haven't sought forgiveness and reconciliation from, ask God to help you to do so this week or reach out to that person to schedule a time to meet. The Lord will help you through this step of obedience.

Before next Sunday's sermon, read Colossians 3:12:14. Set your mind on these verses, remembering who you are in Christ.



By Jill Henry

OVERVIEW

The last two weeks we have considered two commands related to sin: to put to death sin and to put away sin. This week we have a third command, but it's quite different in action: to put on. As God's children, not only do we need to kill sin that does not reflect who we are in Christ, but we also need to put on the qualities and characteristics that do reflect Christ.

READ COLOSSIANS 3:12-14

¹² Put on then, as God's chosen ones, holy and beloved, compassionate, hearts, kindness, humility, meekness, and patience, ¹³ bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. ¹⁴ And above all these put on love, which binds everything together in perfect harmony.

DISCUSS

1. As followers of Christ, we are to reflect Jesus. So, if we are supposed to put away sin, we also need to put on those things that reflect his character. Spend time defining and discussing what each of the "put ons" mean in context of being a Christian and how they should look in our lives:
 - Compassion
 - Kindness
 - Humility
 - Meekness
 - Patience
 - Forbearance
 - Forgiveness
2. Does it feel like there's a lot of work we have to do as a believer? The good news means that we actually don't have to do anything for our salvation! Read Matthew 16:24 and John 15:11 in light of Colossians 3:1-14, especially verses 5-14 and discuss how they relate to one another and how they should inform the way we live.
3. One of our Core Values is extravagant grace. How do you see Jesus's extravagant grace in your life in verse 12? How have you seen Jesus's extravagant grace in your life recently?

4. The world's idea of love and God's idea of love are very different. How have you seen God's love work through you in a difficult situation or in a broken relationship to bring harmony, forgiveness, and reconciliation?

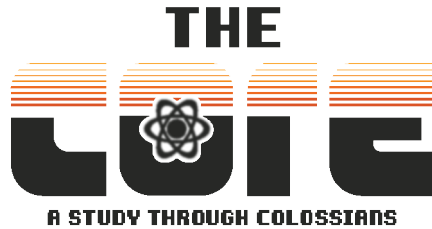
PRAY

1. Praise God for his Son, the cross, the forgiveness of sin, and his steadfast love in our lives.
2. Thank God for choosing you to be holy and calling you his beloved.
3. Ask God to help you forgive those who have hurt or wronged you.
4. Ask God for grace to seek forgiveness from those you have hurt or wronged.
5. Ask God to unify us in his love which binds everything together in perfect harmony.

PREPARE

Before next Sunday's sermon, read Colossians 4. Reflect on its practical guidance on prayer, communication, and relationships within the Christian community.

COLOSSIANS
3:15-17



AUGUST
3, 2025

By Jill Henry

OVERVIEW

This week's text looks at the marks of a Jesus-centered church. And a Jesus-centered church must be filled with Jesus-centered people. Let's discuss the importance of what consistent fruit in the life of a believer and church should look like.

READ COLOSSIANS 3:15-17

¹⁵And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful. ¹⁶Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. ¹⁷And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

DISCUSS

1. List the characteristics of a Jesus-centered church that Paul lays out in this passage.
2. Colossians 3:12-14 emphasized that love is key in the life of the church. This week's text highlights the importance of peace. Examine the texts below and discuss why peace is a vital quality of the church:
 - Ephesians 4:3
 - 1 Peter 3:11
 - James 3:18
 - Hebrews 12:14
 - 2 Corinthians 13:11
 - Romans 14:19
 - Romans 12:18
3. Another important quality repeated in vv.15-17 is thankfulness. Paul gives a command to be thankful. When we stop to think about what God has done for us, we should be overwhelmed with gratitude. Someone once said that gratitude is not taught but caught. Why do you think gratitude builds up the body of Christ and is important in the life of the church?
4. The third characteristic Paul mentions is the centrality of the Word of Christ. What do you think it means to "have the Word of Christ dwell in you richly" (v. 16)? Is this a personal discipline or a community discipline? How do you see this lived out at College Park?

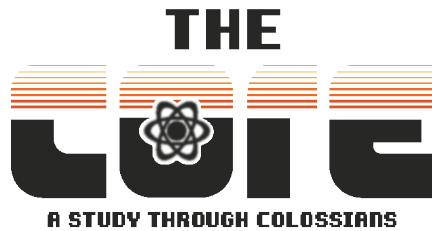
PRAY

1. Start with thanksgiving for who God is, for the body of Christ at College Park Church, and for your small group.
2. Then spend time praying through the marks of a Jesus-centered church:
 - Pray that God would help you to be a Jesus-centered person.
 - Pray that we would truly be marked as a Jesus-centered church.
 - Pray that your small group would also live out together the qualities of a Jesus-centered church.

PREPARE

Before next Sunday's sermon (vv. 18-21), read Colossians 3 as a whole and look for the connection between Jesus-centered lives (individually) and how our lives inform and impact Jesus-centered families and a Jesus-centered church.

**COLOSSIANS
3:18-21**



**AUGUST
10, 2025**

By Jill Henry

OVERVIEW

Paul provides guidance on how to live within a Christian household, addressing wives, husbands, children, and fathers as equal members. Our obedience to these instructions—submit, love, obey, and do not provoke—should be guided by Christ and his teachings, rather than by the societal norms of the day.

While this week's text addresses wives, husbands, parents, and children, it is important to consider these verses in light of the many singles in our College Park family and likely in your small group. The verses clearly show that our lives are connected to Jesus, regardless of our marital status.

READ COLOSSIANS 3:18-21

¹⁸Wives, submit to your husbands, as is fitting in the Lord. ¹⁹Husbands, love your wives, and do not be harsh with them. ²⁰Children, obey your parents in everything, for this pleases the Lord. ²¹Fathers, do not provoke your children, lest they become discouraged.

DISCUSS

1. What do these verses teach us about God's design for relationships in the home? In the workplace?
2. Why do you think Paul connects these commands and instructions to the Lord?
3. If married, what challenges or joys do you experience in living out mutual love and submission in marriage?
4. If you are a parent, how do you apply verse 21 in a way that is encouraging to your children versus discouraging to them?
5. How can these principles be used in other relationships such as friends, roommates, extended family, your church community, and your small group?
6. How does Christ's example—remembering he was never married—shape the way we interpret and apply the family roles?
7. How can couples intentionally help singles be integrated meaningfully into family life within the church?
8. How can singles support and encourage married couples?

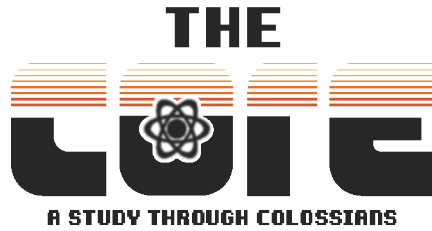
PRAY

Allow extra time for each person in your small group to share a prayer request based upon the discussion questions above. If your marriage is struggling, take a step of faith to vulnerably share with your small group so they can pray for you and your spouse. If you are single and longing for marriage, ask your group to pray for this request as you wait upon the Lord and trust his best for you. Or if you need prayer for wisdom in parenting, share that as well. Whatever the request, give space to share openly and honestly in the safety of your small group.

PREPARE

Before next Sunday, read Colossians 3:22-4:1. Meditate specifically on 3:23-24, "Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ." How does your life reflect these verses?

COLOSSIANS
3:22-4:1



AUGUST
17, 2025

By Jill Henry

OVERVIEW

Is Jesus-centeredness culturally relevant? While we do not believe these verses are condoning slavery, the text addresses Jesus-centeredness in our lives. It focuses on mutual respect and responsibility in our roles, whether we hold authority over others or are under someone's authority. These principles underscore the importance of integrity, respect, purpose, and fairness in today's workplace.

READ COLOSSIANS 3:22-4:1

²²Bondservants, obey in everything those who are your earthly masters, not by way of eye-service, as people-pleasers, but with sincerity of heart, fearing the Lord. ²³Whatever you do, work heartily, as for the Lord and not for men, ²⁴knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. ²⁵For the wrongdoer will be paid back for the wrong he has done, and there is no partiality.

¹Masters, treat your bondservants justly and fairly, knowing that you also have a Master in heaven

DISCUSS

1. What do you think verse 22 means? How does this principle apply to your job and the authority structure at your workplace?
2. Why do you think Paul emphasizes working "heartily, as for the Lord and not for men" in verse 23? What difference does that mindset make for you in your job and everyday life?
3. How does the promise of a reward from the Lord in verse 24 encourage or challenge you?

PRAY

Consider these reflection questions to help guide your prayer requests and time in prayer:

- Are there areas in your life where you struggle to serve “as unto the Lord”?
- How do you respond at your job or in other settings when your hard work goes unnoticed and unappreciated?

PREPARE

Before next Sunday, read Colossians 4:2-6. Meditate on it and ask the Lord to prepare your heart and enlighten your eyes to anything he wants to show you in your life based upon these verses.