

**PRESS ON
IN CONFIDENCE****A STUDY IN PHILIPPIANS AND COLOSSIANS****LESSON 24 COLOSSIANS 3:1-10**

1. What truth, verse, or insight did the Lord help you put into practice from last week's study of **Colossians 2:16-23**?

2. Pray that God would help you set (or re-set) your heart and mind as you read **Colossians 3:1-10**. If you're honest, what do you truly have your heart set on?

3. As Paul turned to the nuts and bolts of living as a Christian, what was the foundation of Paul's practical wisdom in **V1a**, and compare it with **2:20a**?

4. a) Read **V1-2**. What might it mean to set your heart and mind on things above in your daily life?

b) Is there a difference between setting your heart versus setting your mind? Explain (using a personal example if possible).

5. a) For you personally, what reassurance do you find in these verses **about your heart**?
 - **Jeremiah 15:16**

 - **Jeremiah 24:7**

 - **Jeremiah 32:39**b) From these verses, what are some things that can **pull our hearts away**?
 - **Psalms 62:10b**

 - **Proverbs 23:19-20**

 - **Luke 12:29-31**

6. Read **V3-4**. What means the most to you from these verses and why?

7. a) According to **V5**, since we died with Christ (**V3**), what are followers of Christ to put to death? How do you think that can that be accomplished?

b) Why do you think Paul equated these behaviors with idolatry?

8. What sobering consequences are given for these behaviors in **V6**, and what hope is found in **Ephesians 2:3-5** in light of this?

9. a) Read **Colossians 3:7-9a**. What are the types of things we are told to rid ourselves of, and how do they compare to the list in **3:5**?

b) Of all the sins listed in **V5-9**, which one(s) do you struggle with the most and in what situations?

c) How can you explain the continued struggle with your old earthly nature even though **V3** states you died and your life is now hidden with Christ?

10. In **V9b-10**, Paul pictured the spiritual makeover that occurs after a person becomes a follower of Jesus. What practices did he mention, and what could that look like for you specifically?

11. a) Highlight a day in the life lived as your "old self" and how worldly practices pulled at you.

b) Now, in contrast, highlight a day in the life lived as your "new self." How has God changed you?

12. With the goal in mind of *pressing on in confidence*,

- a) How did the comparison in Question 11 encourage you?

- b) What comfort do these verses give for areas where you still desire growth and change?

- **1 Thessalonians 5:23-24**

- **2 Thessalonians 3:3-5**

DIGGING DEEPER

1. **Colossians 3:5** addresses the topic of **sexual immorality**. What more do these verses have to say on this subject?

- **Mark 7:21-22a**

- **Ephesians 5:3**

- **1 Thessalonians 4:3-8**

- **Hebrews 13:4**

2. Many of us have done battle, or still do, with sexual sin. If you are tempted toward any sexual sin, walk through these steps and find practical help and hope:

- a. Admit the sin: **1 John 1:9**

- b. Remove yourself from the temptation: **1 Corinthians 6:18**

- c. Find one or more believers to hold you accountable and pray for you: **James 5:16**

- d. Identify key Scriptures to strengthen you: **Psalms 119:9-11**

- e. Believe God can give you victory: **Romans 8:37**

- f. Believe God can redeem the scars of past sexual failure: **Psalms 103:2-5**

3. a) Write out your Suggested Memory Verse: **Colossians 3:1-2**

- b) Share your heart with your heavenly Father in prayer.

NAME

PRAYER REQUEST