
Through Christ, our lenses change.
Colossians 3:1-4

Take off the old you.
Colossians 3:5-10

Why do we hold onto old clothes?
2 Corinthians 5:17 | Colossians 3:12-14

Mirrors are great tools to see if we are on point.

- Prayer Ephesians 1:18 | Philippians 4:6
- Time with God Psalm 46:10, 9:11 | Matthew 14:22-23
- Community Hebrews 10:24-25 | Romans 12:4-5 | 1 Peter 3:8

What is your next step?

Our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus and His church by joining one today! www.seekreallife.com

Connecting

Looking back over your notes from Sunday, was there something that stood out that you would like to share?

What is a bad habit you've conquered? How did you do this and is it still an occasional struggle?

On Sunday Amy talked about the importance of having 'mirrors' of prayer, community, and time with God that help us see ourselves more clearly & make sure we have our God-clothes on. Which of these 'mirrors' have helped you the most?

What can keep you from taking that step to change even when you know it's what you need?

Digging Deeper

Read Colossians 3:12-15.

What from this passage helps us with our relationships with each other? What tools does it give to help us restore relationships that are damaged?

How different would it be for us to put on, like clothes: tenderhearted mercy, kindness, humility, gentleness, and patience? What kind of influence would you have at school, work, home, in our Real Life community, etc. as a result?

Where does our peace come from? What would it look like to let Christ's peace rule in our hearts?

What struggles do you find with the instruction to 'always be thankful'? How can Colossians 3:10 help us understand why this is such a struggle?

As someone who has received Jesus as Lord, you are becoming a new creation! Re-read 3:10, 12-15 and write down the action words and phrases you find:

Are you surprised to see that becoming a new creation doesn't just passively 'happen' to you?

When looking at all of the actions that we must choose to do, why do you think it's so vital to walk with Jesus in every situation?

Read John 15:1-5.

How does this passage help us understand our dependency on Jesus?

What does remaining in Jesus look like?

When we remain in Jesus, what kind of fruit does He produce? (see: Galatians 5:22-26)

What is one area Jesus is pointing out to you this week that He wants you to let Him have authority over in your life? *Perhaps this is something you can bring up to your Life Group and pray about together.*

**"Put on your new nature,
and be renewed as you learn to know
your Creator and become like him."**

- Colossians 3:10

Notes:

Praying Together

God, help show me what clothes I still wear that keep me from being who you created me to be. Help give me the strength to no be held back from fully trusting you. Show me this week how I can be kind, compassionate and forgiving. Amen.