

# Term 2 Living in Christ

A study from Colossians

# ME IN CHRIST IN ME



2026 SERIES



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## Introduction

*“So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”*

Colossians 2:6-7

Our theme this year is ***Me in Christ- Christ in Me***. In Galatians 2:20 Paul wrote: *“I have been crucified with Christ and I no longer live, but Christ lives in me.”* These verses describes one of the most extraordinary realities in the universe: that the living God, in the person of his Son, has chosen to make his home in ordinary human beings — in you and in me — and that you and me, by faith, have been placed into Him, complete in Him.

There is no better letter in the entire Bible to explore this theme than Colossians. Writing from prison around AD 60-62, the apostle Paul addresses a young church under pressure from teachers who were insisting that faith in Christ alone was not quite enough — that you needed additional rituals, deeper spiritual experiences, or the mediation of angels to be truly complete before God. Paul does not negotiate with the false teachers, he simply points, again and again, to Christ: *“For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness”* Colossians 2:9-

10a. You lack nothing. You are not incomplete. You are not on the outside looking in. If you are in Christ — you are already full.

***Me in Christ*** is the foundation of our Christian life. At the moment of your conversion, you were united with Christ, your sins were forgiven, your debt was cancelled, the powers that once held you in bondage were disarmed. You are no longer who you were. You have a new identity, a new standing, a new future — all of it secured in Christ, not in yourself. This is not something you are working towards. It is something you already are, by grace, through faith.

***Christ in Me*** is the mystery Paul says was hidden for ages but has now been revealed: “*Christ in you, the hope of glory.*” Colossians 1:27b. The same Christ who created the universe, who holds all things together, who is the image of the invisible God — that Christ, by his Spirit, has taken up residence in you. He is not distant. He is not merely available when you pray or attend a church service. He lives in you. He speaks in you. He intercedes through you. He grows his character within you. This indwelling Christ in you is a living person, and He is the source of every true transformation in your life.

Soli Deo Gloria!  
Glory to God alone

## **Week 1 – Christ in Me**

**MEMORY VERSE – Colossians 1:15** – *The Son is the image of the invisible God, the firstborn over all creation.*

### **Introduction to this week’s study**

One of the most magnificent passages in all of Paul’s writings stands at the opening of Colossians. Before Paul challenges the false teachers or addresses conduct, he lifts our eyes to Christ — the Christ who is God made visible, Lord of all creation, reconciler of all things, and head of the church.

This is not distant theology. It is the most personal truth in the universe: the eternal Son of God, through whom all things were made, took on flesh and died to bring you back to God. You are not reconciled by your effort, your religious performance, or church background. You are reconciled through his body on the cross. This week we stand before the glory of this Christ and ask: what does it mean that God Himself has come to live in me?

## DAY 1 – The Image of the Invisible God

Scripture: *Colossians 1:15-21, John 1:1-3, John 14:8-9 and Hebrews 1:1-3*

Paul describes Jesus as “*the image of the invisible God*” (verse 15). The Greek word ***eikōn*** means an exact representation — not just a likeness but an exact expression. What does it mean to you that God is no longer hidden, but has made Himself fully and finally known in Jesus Christ?

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Read John 14:8-9. Philip asks to see the Father, and Jesus replies, “*Anyone who has seen me has seen the Father.*” Where in the life, character, or words of Jesus do you most clearly see the heart of God for you personally?

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## DAY 2 – Firstborn Over All Creation

Scripture: *Colossians 1:15b-17, Romans 11:36 · Revelation 4:11 and Genesis 1:1*

Paul declares that all things were created “*through Him and for Him*” (verse 16). The goal of creation was that all things will glorify Christ. How does knowing that all of creation exists for Jesus change the way you understand your own life — your work, relationships, and suffering?

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Verse 17 says, “*in him all things hold together.*” Think of an area of your life that feels fragile or uncertain right now. What does this verse say about who holds it — and you — together?

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## DAY 3 – Head of the Church, Firstborn from the Dead

Scripture: *Colossians 1:18, Ephesians 1:22-23, 1 Corinthians 15:20-23 and Revelation 1:5*

Christ is described as “*the head of the body, the church.*” What does it practically mean in your life that Jesus — not a tradition, programme, or personality — is the true head of the church you belong to? Where might his lordship need to be more honoured?

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Jesus is the “*firstborn from among the dead*” — the supreme one in resurrection life. His resurrection is the guarantee of ours. Read 1 Corinthians 15:20-23. How does the resurrection of Jesus change the way you face loss, ageing, or the fear of death?

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## DAY 4 – All the Fullness of God

Scripture: *Colossians 1:19, John 1:16, Ephesians 3:17-19 and Philipians 4:19*

God was pleased to have “*all his fullness*” dwell in Christ. The false teachers at Colossae were implying that Christ alone was not enough — you needed extra rituals, wisdom, or spiritual experiences. In what areas of your spiritual life are you most tempted to look for “*something more*” beyond Christ? Why is this a subtle form of unbelief?

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Read Colossians 2:9-10 alongside today’s verse. Paul says you have “*been brought to fullness*” in Christ. What would it look like for you to live this week as someone who is already complete in Christ — not striving to earn more, but resting in what you already have?

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## DAY 5 – Reconciled Through Christ

Scripture: *Colossians 1:20–23, Romans 5:8–11, Ephesians 2:13–16 and Hebrews 10:10*

Paul reminds the Colossians that they “*were once alienated from God and were enemies in your minds*” (verse 21) — but now, through Christ’s death, they are reconciled. How does remembering where you came from — the distance grace has covered — deepen your gratitude and worship?

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Verse 23 calls the Colossians to “*continue in your faith, established and firm.*” What specific pressure or doubt is most threatening to your faith at this point in your life? What does this passage give you to stand on?

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## SMALL GROUP DISCUSSION

Scripture: *Colossians 1:15-23*

The passage we studied this week (Colossians 1:15-23) is sometimes called the Christ Hymn — one of the highest descriptions of Jesus in the entire New Testament. Which phrase from these verses struck you most powerfully, and why?

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Paul describes Christ as the one in whom “*all things hold together*” (verse 17). In your honest experience, what does it look like — practically and daily — to trust Christ as the one who holds your life together?

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The false teachers were adding to Christ. We may not add angel-worship, but what are the modern equivalents? What things do people in our culture (or in church culture) add to Christ as if He alone were not enough?

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Verse 21-22 moves from the cosmic to the deeply personal: we were enemies but are now reconciled. Share with the group: how has the reconciliation Christ achieved personally changed you — in your relationship with God, or with people?

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**Close in prayer**

## **Week 2 – Christ in You, the Hope of Glory**

**MEMORY VERSE** – Colossians 1:27 – *...God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.*

### **Introduction to this week's study**

In Week 1 we stood before Christ, Lord of creation, head of the church, reconciler of all things. Now Paul turns to a mystery hidden for ages and generations but now revealed: this same Christ does not only reign above us, but He also lives within us.

This is the beating heart of Paul's ministry and his message. The hope of glory is not only in a distant heaven — it is Christ himself, already dwelling in you by his Spirit. This week, we explore what it means that the fullness of the living God has made his home in ordinary people — in you.

## DAY 1 – Suffering for the Body of Christ

Scripture: *Colossians 1:24, Philippians 3:10*  
*2 Corinthians 1:5-7 and 2 Corinthians 4:16-18*

Paul speaks of rejoicing in his sufferings “*for the sake of his body, which is the church.*” How does knowing that suffering for Christ has meaning and purpose change your attitude toward the difficulties you face in your own life?

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Read 2 Corinthians 1:5-7. Paul writes that the comfort he receives in his sufferings overflows to comfort others. Can you think of a time when someone else’s suffering, faithfully accepted, became a source of strength or comfort for you? What does this teach you about God’s purposes in pain?

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## DAY 2 – Paul’s Commission

Scripture: *Colossians 1:25–26, Ephesians 3:2–9, Romans 16:25–26 and Acts 26:16–18*

Paul describes himself as a servant (“diakonos”) given a commission — a stewardship — to present the Word of God in its fullness. Every believer has also been entrusted with this word. How do you see yourself as a steward of the gospel — in your home, your workplace, your neighbourhood? What would faithful stewardship look like for you?

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Verse 26 speaks of a “*mystery hidden for ages and generations but now disclosed.*” The great plan of God — salvation for all people through Christ — has now been revealed. How does living on this side of the mystery change the way you read the Old Testament and understand the whole story of the Bible?

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### DAY 3 – Christ in You, the Hope of Glory

Scripture: *Colossians 1:27, Ephesians 3:16-17, Galatians 2:20 and Romans 8:10-11*

*“Christ in you, the hope of glory”* (verse 27). This is the mystery Paul has been building to. The living Christ — the one who created the universe — dwells within every believer by his Spirit. Let that land. How does this truth change the way you think about your own worth, your daily life, and your future?

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Read Galatians 2:20. Paul writes, *“I no longer live, but Christ lives in me.”* In what areas of your life is the *“old self”* still asserting itself? What would it look like for Christ to live more fully in that area this week?

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## DAY 4 – Proclaiming, Warning, Teaching

Scripture: *Colossians 1:28, 2 Timothy 4:1-2 and Matthew 28:19-20*

Paul says his goal in preaching is to “*present everyone fully mature in Christ.*” The Greek word for mature (“*teleios*”) means complete, whole, lacking nothing. Is this your goal in your own discipleship — not just knowing more facts about Christ, but becoming whole in him? What does maturity in Christ look like for you personally at this stage of your life?

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Paul mentions three activities: proclaiming, warning, and teaching. Together they describe a full-orbed ministry of the Word. Which of these three does your own engagement with Scripture most naturally resemble? Which do you find most challenging, and why?

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## DAY 5 – Striving with His Energy

Scripture: *Colossians 1:29, Philippians 2:12-13 and Philippians 4:13* .

Paul says he “*strenuously contends*” — he labours hard — but then immediately qualifies it: “*with all his energy, which so powerfully works in me.*” This is the paradox of Christian life: genuine effort, entirely empowered by God. Read Philippians 2:12-13. How do you hold these two truths together in your own daily spiritual life?

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Where are you currently striving in your own strength rather than depending on the energy God provides? What would it look like, practically and prayerfully, to shift from self-reliance to Spirit-empowered striving this week?

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## SMALL GROUP DISCUSSION

Scripture: *Colossians 1:24-29*

The “*mystery*” Paul unveils in verse 27 is “*Christ in you, the hope of glory.*” What does it mean to you that God’s presence is not in a temple or a sacred place, but in you? How does this change how you understand your everyday life?

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Paul’s goal is to present “*everyone fully mature in Christ*” (verse 28). What does spiritual maturity look like in your experience? How is it different from religious performance or accumulated Bible knowledge?

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Paul speaks of suffering and striving in his ministry. He does this gladly, because of the prize: Christ formed in people. What motivates your own

engagement in Christian ministry or service? How do Paul's motives challenge or encourage you?

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How has the truth that Christ lives in you (verse 27) changed or challenged you personally this week?

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**Close in prayer**

## **Week 3 – Growing in Christ**

**MEMORY VERSE – Colossians 2:6–7** – *So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness.*

### **Introduction to this week’s study**

You began your Christian life the same way you must continue it: by receiving Christ Jesus as Lord, by faith, not by works. There is no other gear, no higher stage, no secret formula. You grow in Christ the same way you came to Christ — through trust, through the Word, through the Spirit, through community.

Paul warns us against being taken captive by hollow philosophies and reminds us of what true growth in Christ looks like: roots going deeper, the building going higher and gratitude overflowing. He also uses the picture of the body growing as it is nourished by its head — Christ. Let’s explore what it looks like to be truly, deeply, increasingly rooted in Him.

## DAY 1 – Just as You Received Him

Scripture: *Colossians 2:6, Galatians 3:2-3, Romans 1:17 and Hebrews 11:6*

The word “received” (Greek: *parelabéte*) is a technical term for receiving a tradition or a body of teaching. But here the object is a person: Christ Jesus as Lord. You did not receive a set of rules — you received a Person. How does this distinction shape your daily relationship with God? In practice, are you living as someone who received a person, or a set of obligations?

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Read Galatians 3:2-3. In what areas of your Christian life are you most tempted to shift from faith-dependence back to self-effort? How does today’s verse call you back?

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## DAY 2 – Rooted and Built Up

Scripture: *Colossians 2:7a, Psalm 1:1–3, Jeremiah 17:7–8 · Ephesians 3:17–19 and Matthew 7:24–25*

Paul uses two vivid metaphors together: roots going down (the language of agriculture, depth, nourishment) and being built up (the language of architecture, structure, strength). Both require time, the right environment, and sustained engagement. What are the specific practices that help you go deeper in Christ? Which of these has been most neglected recently?

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Roots grow unseen, underground. They matter most when the storm comes. Read Jeremiah 17:7–8 and Psalm 1:3. What is the “*water*” that is feeding your roots at the moment — and is there anything that is drawing your roots sideways toward shallow ground?

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### **DAY 3 – Strengthened in the Faith, Overflowing with Thankfulness**

Scripture: *Colossians 2:7b, Colossians 3:15-17, Philippians 4:6-7, 1 Thessalonians 5:16-18 and Psalm 100*

Paul ties strengthening in the faith directly to being “*overflowing with thankfulness.*” Gratitude is not an optional extra — it is a sign of spiritual health and a fuel for faith. On a scale of 1-10, how would you honestly rate your current level of gratitude to God? What is your gratitude revealing about your faith?

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Read Colossians 3:15-17. What would need to change in your daily routine for you to become genuinely, overflowingly thankful? What specific things can you thank God for right now that you have been taking for granted?

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## DAY 4 – Beware of Hollow Philosophies

Scripture: *Colossians 2:8, 1 Timothy 6:20-21, 2 Corinthians 10:5, Romans 12:2 and 1 John 4:1*

Paul warns against being “*taken captive*” by “hallowed and deceptive philosophy,” which he describes as dependent on human tradition and “the elemental spiritual forces of this world” rather than on Christ. What are the most persuasive alternative worldviews or hollow philosophies that threaten believers in your context today? How do you discern and resist them?

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Read Romans 12:2. Where is the “*pattern of this world*” most powerfully at work in shaping your thinking at the moment? What specific step of mind-renewal could you take this week?

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## DAY 5 – The Head from Whom the Whole Body Grows

Scripture: *Colossians 2:19, Ephesians 4:15-16, John 15:4-5, 1 Corinthians 12:27 and Romans 12:4-5*

Growth is not self-generated; it comes from the head. What does this say about the source of your growth? Where have you been trying to manufacture growth through your own discipline rather than through an abiding connection to Christ?

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Read John 15:4-5. What would it mean for you to “*abide*” in Christ more intentionally this week? What would have to change in your daily patterns for this to happen?

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## SMALL GROUP DISCUSSION

Scripture: *Colossians 2:6-8, 19*

Paul says we are to “*continue to live*” in Christ in the same way we “*received*” Him (verse 6). We received Him by faith, not works. Where in your current spiritual life are you most tempted to shift from faith to performance? Share honestly.

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The image of “*rooted and built up*” (verse 7) describes a gradual, sustained process. What has spiritual growth looked like in your life over the past year? What has helped, and what has hindered it?

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Paul warns against being “*taken captive*” by hollow philosophy (verse 8). What do you think are the most dangerous hollow philosophies threatening our congregation or community right now? How do we guard against them?

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Verse 19 says the body grows “*as God causes it to grow.*” Growth is ultimately God’s work. How does this free us from anxiety about our growth — and what responsibility does it still leave with us?

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**Close in prayer**

## **Week 4 – Alive in Christ**

**MEMORY VERSE – Colossians 2:13-14** – *God made you alive with Christ. He forgave us all our sins, having cancelled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross.*

### **Introduction to this week’s study**

We come now to one of the most powerful passages in all of Paul’s writing about the meaning of the cross and resurrection. Paul takes us through a whole theology of salvation: circumcision of the heart, burial with Christ in baptism, resurrection with Him through faith, forgiveness of every sin, cancellation of every debt, disarmament of every spiritual power.

You were dead. God made you alive. That is the story of every person in Christ. This week, we sit with the staggering reality of what has already happened to us in Christ — and let it shape the way we live every day.

## DAY 1 – Circumcision of the Heart

Scripture: *Colossians 2:11, Romans 2:28-29 and Galatians 5:24*

Paul says believers have received a spiritual circumcision: the cutting away of “*the flesh,*” the sinful self done “*not by human hands*” but by Christ. This is an inner transformation only God can accomplish. In what areas of your life has God been doing this inward work of cutting away the old self? What has it cost you and what has it freed you from?

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Read Romans 2:28-29. True belonging to God is a matter of the heart. How does this truth guard against both the danger of religious formalism (depending on rituals) and the danger of ignoring the outward disciplines of faith altogether?

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## DAY 2 – Buried and raised with Christ

Scripture: *Colossians 2:12, Romans 6:3–5, Ephesians 2:5–6 and John 11:25*

Read Romans 6:3–5. Have you truly reckoned yourself dead to sin and alive to God in Christ? What would living more fully from this resurrection reality look like in your daily life?

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Paul says the resurrection happened “*through your faith in the working of God, who raised Him from the dead.*” Faith is the hinge. It is not the power of your faith that saves you — it is the object of your faith: the God who raises the dead. How does knowing that resurrection power is available to you right now (Ephesians 2:5–6) change your approach to spiritual struggle and sin?

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## DAY 3 – Made Alive Together with Christ

Scripture: *Colossians 2:13, Ephesians 2:1–5, Romans 8:10–11 and 1 John 3:14*

Paul says “*you were dead in your sins*” — this is not a metaphor for feeling spiritually flat. It is a description of the human condition apart from Christ: genuine death, genuine separation from God. Then comes the turning point: “*God made you alive with Christ.*” He did not improve you. He raised you. How does the language of resurrection (not self-improvement) change the way you understand what God has done for you?

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Read Ephesians 2:1–5. Your spiritual life is not generated from inside yourself; it is a participation in Christ’s own resurrection life. How might you draw more consciously on this shared life in Christ today?

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## DAY 4 – The Debt Nailed to the Cross

Scripture: *Colossians 2:14, Romans 8:1-4, Galatians 3:13, Isaiah 53:5-6 and Hebrews 9:14*

Paul uses a stunning legal image: the “*charge of our legal indebtedness*” — the record of every sin, every violation, every debt we owed before a holy God — has been “*cancelled*” and “*nailed to the cross.*” It is gone. Completely. Forever. Do you live in the freedom of this cancellation, or do you still carry the weight of guilt and shame that has already been nailed to Christ’s cross? Be honest.

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Read Romans 8:1: “*There is now no condemnation for those who are in Christ Jesus.*” If there is no condemnation left, why do so many believers still live under a crushing sense of guilt? What does faith in this truth require from you practically?

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## DAY 5 – The Powers Disarmed

Scripture: *Colossians 2:15, John 12:31, Hebrews 2:14-15, Ephesians 6:10-12 and 1 John 3:8*

The cross was not merely a transaction — it was a victory. The powers that once held humanity in fear and bondage have been stripped of their authority. What spiritual powers, fears, or bondages have been losing their hold on your life since you came to Christ? What still needs the light of this victory?

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Read Hebrews 2:14-15. Christ died “*to break the power of him who holds the power of death*” and “*free those who all their lives were held in slavery by their fear of death.*” How has the victory of Christ over death changed the way you live? Are there fears that still function as if Christ has not yet won?

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## SMALL GROUP DISCUSSION

Scripture: *Colossians 2:11-15*

Paul says you were “*dead in your sins*” — and God “*made you alive with Christ*” (verse 13). What is the difference between spiritual self-improvement and genuine resurrection? How has this passage deepened your understanding of what God actually did for you?

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The image of the debt “*nailed to the cross*” (verse 14) is one of the most vivid pictures of forgiveness in the New Testament. How does this image speak to the guilt and shame that you might carry?

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Christ “*disarmed*” the powers (verse 15). Read Ephesians 6:10-12. We live in the time between the decisive victory of the cross and the final removal of all powers at Christ’s return. How do we live as

people who know the battle is already won, but the fight is still real?

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How can we remind each other of Christ's victory?  
What practical steps can we take to live out this new life?

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**Close in prayer**

## **Week 5 – Living in Christ – Minds Set Above**

**MEMORY VERSE - Colossians 3:2 - *Set your minds on things above, not on earthly things.***

### **Introduction to this week's study**

Before Paul says a word about putting sin to death, stripping off the old self, or clothing ourselves with compassion, he anchors every instruction in a prior reality: you have been raised with Christ, your life is hidden with God, and you will appear with Christ in glory. Identity comes before instruction, always.

The person whose life is hidden in Christ sees the same world as everyone else, but through a completely different lens. They evaluate suffering, success, relationships, and time itself from the perspective of someone whose real life is already secured in the risen Christ. The mind, for Paul, is not a neutral organ — it is a battleground. What we set our minds on shapes who we become. The question we must ask is: *“Am I thinking from my identity in Christ, or am I letting the world set the terms for how I see everything?”*

## DAY 1 - Raised with Christ — Thinking from Resurrection

Scripture: *Colossians 3:1 and Ephesians 2:4-6*

What does Paul mean by, “*set you’re your heart on the things above?*”

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What does it practically look like to actively set your mind on things above — not as an escape from life, but as a lens through which to engage it more truly?

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## DAY 2 - Set Your Minds — The Battle for the Thinking Self

Scripture: *Colossians 3:2 and Romans 12:2*

Where does your mind most habitually drift to "*earthly things*" — anxiety about the future, comparison with others, preoccupation with status or comfort?

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In what ways are you allowing God's word to transform your thinking?

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## DAY 3 - You Died — The Mind That No Longer Belongs to the World

Scripture: *Colossians 3:3 and Galatians 2:20*

How does believing that your old self is genuinely dead — not just reformed or improved — change the way you relate to the world's competing claims on your identity, your ambitions, and your sense of worth?

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In what specific area of your life do you most need to live from the reality that the old self has died — where are you still letting a dead identity make decisions for a living person?

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## DAY 4 - Hidden with Christ — The Security of a Concealed Life

Scripture: *Colossians 3:3 and John 10:27-30*

How does the hiddenness of your life in Christ free you from the exhausting need to manage, protect, or prove your identity to the people around you?

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In what area of your life do you most feel the threat of having your identity stolen, diminished, or defined by someone or something other than God? How does the passage in John help you overcome that threat?

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## DAY 5 - Christ Who Is Your Life

Scripture: *Colossians 3:11 and Galatians 3:26-28*

What is the difference between treating Christ as someone who improves your life and treating Christ as your life? Where does that difference show up most concretely in the way you actually live?

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If Christ truly is your life, what specific habits, priorities, or decisions would begin to look different in your daily living?

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## SMALL GROUP DISCUSSION

Scripture: *Colossians 3:1-4 and Romans 12:1-2*

Colossians 3:1-4 is the foundation for everything Paul asks of us in the rest of the chapter — yet it is the most theological, least obviously "practical" section. Why do you think Paul insists on grounding all the ethical commands in these four verses? What goes wrong in Christian living when people skip the foundation and go straight to the instructions?

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"*Set your minds on things above*" (verse 2) is a daily, active command — not a one-time decision. What are the specific "*earthly things*" that most powerfully compete for your mind's default attention? As a group, how do you actually help one another set your minds on things above — not as an escape, but as the truest way of seeing the world you live in?

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What does it mean that your life is now hidden in Christ? What would change in your relationships and decisions if you genuinely trusted that your life is kept safe by God?

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*"Christ, who is your life"* (verse 4) — not Christ who is part of your life, or who improves your life, but who is your life. What would it look like to live as people for whom Christ is truly the definition of life itself — not just Sunday, not just in crisis, but in the ordinary texture of every day?

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**Close in prayer**

## **Week 6 – Living in Christ – Dead to Self**

**MEMORY VERSE – Colossians 3:3** - *For you died, and your life is now hidden with Christ in God.*

### **Introduction to this week's study**

Colossians 3:5-11 is one of the most ethically demanding passages in the New Testament. It is easy to read Paul's list of sins to "put to death" as a performance checklist: try harder, do better, be more disciplined. But that reading misses everything. Paul does not begin with commands; he begins with identity. Before a single instruction appears, he says, "*you have been raised with Christ*" (verse 1), "*your life is now hidden with Christ in God*" (verse 3), and "*you died*" (verse 3). The commands flow from these declarations, not the other way around. You are not putting sin to death so that you become someone new. You are putting sin to death because you already are someone new. This week, we will dig into what it means that our old self was crucified with Christ, and how that settled identity — not guilt, not fear, not willpower — is the only true foundation for genuine change.

## DAY 1 - You Died

Scripture: *Colossians 3:1-4 and Romans 6:3-5*

How does the fact that Paul establishes your new identity before giving any instructions shape your understanding of what Christian obedience is actually based on?

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Someone who has died and been raised — what difference does it make to how you face a persistent sin or habit? How is this different from simply trying harder?

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## DAY 2 - Acting from a New Nature

Scripture: *Colossians 3:5-6 and Galatians 5:24*

How does understanding that these sins belong to your old identity — not your true self in Christ — change the way you relate to them when they surface?

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What does it practically look like to respond to temptation as someone whose old self has already been crucified with Christ, rather than someone trying to improve by effort alone?

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## DAY 3 - The Old Self Is Dead

Scripture: *Colossians 3:5 and Galatians 6:14*

According to Galatians 6:14, what does being “crucified to the world” require you to put to death in your life?

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Colossians 3:5-11 lists specific behaviours to remove— which of these do you find most challenging to put off, and why?

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## DAY 4 - Truth as a Mark of the New Self

Scripture: *Colossians 3:9-10 and John 14:6*

In what ways do subtle forms of dishonesty, self-promotion, hiding failure and people-pleasing, reveal drifting away from God?

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Since the new self is being renewed "*in the image of its Creator*" (verse 10), and Christ is truth, what does it mean that truthfulness is a reflection of whose image you now bear? How should this shape the way you present yourself, to your church community, your colleagues and on social media?

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## DAY 5 - Christ is All

Scripture: *Colossians 3:11 and Galatians 3:26-28*

In what ways do you still allow these old identity markers (your background, education, or social status) to define how you see yourself or how you relate to others in the body of Christ?

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What would it look like to actively live as someone for whom Christ is the only identity that ultimately counts?

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## SMALL GROUP DISCUSSION

Scripture: *Colossians 3:1-11 and Romans 6:6-14*

Paul gives the commands of Colossians 3:5-11 only after establishing in Colossians 3:1-4 that you have already died and been raised with Christ. How does this sequence, identity first, behaviour second challenge the way you typically think about spiritual growth and change? In practice, which comes first for you: trying to change, or believing who you already are in Christ?

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Paul says, "*you died*" (verse 3), "*you used to walk in these ways*" (verse 7), "*you have taken off...*" (verse 9). Why is it so easy to keep identifying with our old self, past sins, failures, even after coming to faith? Which old identity labels do you find hardest to let go of?

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The new self is being renewed "*in knowledge*" — meaning our understanding of our identity can deepen or weaken depending on what we feed it. What lies about yourself, (from your past, your failures, or what others have spoken over you), compete with what God says is true?

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"*Christ is all and is in all*" (verse 11). If Christ truly is the defining identity of every person, what would change about how you relate to people whose background, culture, or personality is very different from yours? Where do you need to grow in actually living this out?

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**Close in prayer**

## **Week 7 – Living in Christ – Clothed in Christ**

**MEMORY VERSE - Colossians 3:12** - *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.*

### **Introduction to this week's study**

Colossians 3:12-17 begins with three words, "*chosen, holy and dearly loved.*" Before Paul tells the Colossians to do anything, he tells them who they are. These are not aspirational labels — you are not working toward being chosen or loved. You already are. You are not putting on compassion to become someone God loves. You are putting on compassion because you are someone God loves.

This week, we explore what it means to dress daily from the inside out: from identity to action, from belonging to behaviour.

## DAY 1 – Dress accordingly

Scripture: *Colossians 3:12 and 1 Peter 2:9-10*

Paul opens verse 12 with three identity declarations before a single command: you are "*chosen*" — deliberately selected by God before you did anything, "*holy*" — set apart and consecrated to God, "*dearly loved*" — held in deep and constant affection by the Father. Only then does Paul say, "*clothe yourselves.*" Why does the order matter? What happens when people try to be compassionate and humble before they truly know they are chosen and loved?

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Which of the three identity terms Paul uses — chosen, holy, or dearly loved — do you personally find hardest to receive as genuinely true about yourself? How does that gap affect the way you live and relate to others?

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## DAY 2 - The Virtue That Kills Self-Made Identity

Scripture: *Colossians 3:12 and Philippians 2:3-8*

How does security in your identity as God's chosen and dearly loved child actually make humility possible — not as self-deprecation, but as a freedom from the exhausting need to be seen and affirmed?

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In which relationship or context in your life is your sense of identity most threatened? How might resting in who you are in Christ free you to be genuinely humble and other-focused in that specific space?

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## DAY 3 - Forgiveness — The Identity of the Forgiven

Scripture: *Colossians 3:13 and Ephesians 4:32*

How does understanding that forgiveness is central to your own identity in Christ, not merely a moral obligation, change the way you approach someone who has wronged you?

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The standard is not fairness, it is the cross. Is there someone in your life towards whom you are withholding forgiveness? How does your own identity as forgiven speak to that situation?

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## DAY 4 - The Identity That Holds Everything Together

Scripture: *Colossians 3:14 and 1 John 4:19*

How does being convinced that you are "*dearly loved*" by God (verse 12) produce a different quality of love for others compared to love that is simply willed or disciplined?

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Think of the person in your life who is currently hardest for you to love. How does tracing your love for them back to God's prior love for you, rather than to their worthiness or your willpower, change both the possibility and the quality of what you offer them?

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## DAY 5 - Identity Shaped by Christ's Story

Scripture: *Colossians 3:15-17 and Romans 12:2*

What is the current state of Christ's word in your life, is it a visitor or a resident? What would help it dwell more richly?

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Since our identity in Christ is maintained and deepened through this renewal, what specific patterns of thought (about yourself, about God, about others) most need to be renewed by the word of Christ in your life right now?

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## SMALL GROUP DISCUSSION

Scripture: *Colossians 3:12-17, Ephesians 4:32 and 1 John 4:19*

Paul establishes identity before giving instruction, "*chosen, holy, dearly loved*" comes before "*clothe yourselves.*" In your experience, does the emphasis tend to fall more on identity (who you are in Christ) or on behaviour (how you should act)? What are the consequences of getting that order wrong?

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Which of the virtues (Colossians 3:12) do you find comes most naturally in your relationships and which consistently exposes the gap between your identity in Christ and how you actually live?

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*"Forgive as the Lord forgave you"* (verse 13) sets the standard at the cross, not at what feels fair. What makes forgiveness feel costly? How has understanding your own identity as a forgiven

person changed your capacity to forgive someone who has genuinely hurt you?

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Read Colossians 3:16. Identity in Christ is not static, it needs to be continually formed by immersion in Christ's word. What practices in your life are actually forming your identity in Christ rather than just adding information? What changes might help?

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**Close in prayer**

## Week 8 – Family in Christ

**MEMORY VERSE:** - Colossians 3:23 - *Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.*

### Introduction to this week's study

Colossians 3:18-4:1 is sometimes called a "*household code*" — and it is easy to read it as a collection of social rules. But that reading misses the heart of the passage. Three times in this short section, Paul inserts a phrase that transforms everything: "*as is fitting in the Lord*" (verse 18), "*this pleases the Lord*" (verse 20), "*as working for the Lord*" (verse 23).

It is the Lordship of Christ and the identity that comes from belonging to Him, that reframes every human relationship from the inside out. Paul is not simply reinforcing cultural household structures. He is asking what happens to a marriage, a family, a workplace, when the people in it know who they are in Christ.

## DAY 1 - The Identity That Reframes Every Relationship

Scripture: *Colossians 3:18-19 and Ephesians 5:25-33*

How does a husband's identity in Christ, as a servant shaped by a cross-shaped love, redefine what leadership in a marriage actually means?

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Whether you are married or not, how does understanding that every relationship in Christ is shaped by His self-giving love, change what you are seeking and offering in your closest relationships? Where do you most need Christ's identity to reshape how you give yourself to others?

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## DAY 2 - Children and Parents — Belonging, Not Just Behaviour

Scripture: *Colossians 3:20-21 and Romans 8:15-17*

How does a parent's awareness of their own identity as a beloved child of God shape the way they parent, with grace, patience, and security rather than fear or control?

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How does your experience of being God's dearly loved child, shape the emotional atmosphere of your home? Where do fear, pressure, or conditional acceptance still operate, and how does the gospel speak into that?

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### DAY 3 - Identity That Transforms Ordinary Work

Scripture: *Colossians 3:22-23 and 1 Corinthians 10:31*

Your identity as someone who belongs to Christ means that your primary audience at work is not your manager, your clients, or your colleagues, it is the Lord Himself. How does this shift in identity, from employee to servant of Christ, change the way you approach your work on days when you are unseen, undervalued, or treated unfairly?

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Paul says even eating and drinking can be done "*for the glory of God.*" No part of life is outside the scope of our identity in Christ. Where does your sense of identity currently come from your work, productivity or success? How does Paul's words motivate you to give your wholehearted best?

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## DAY 4 - Your True Reward Is Who You Belong To

Scripture: *Colossians 3:24-25 and Romans 8:16-17*

How does understanding your reward as an inheritance, something that belongs to you because of whose child you are, not because of what you have done, reframe the way you persevere through difficult, unrecognised, or unrewarding seasons of work or service?

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In what ways does the reality that your inheritance includes suffering now and glory later give you a completely different way of reading a painful or frustrating season, not as evidence that God has forgotten you, but as the very path your co-heirs walked before you?

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## DAY 5 - Authority Held Under Christ

Scripture: *Colossians 4:1 and Matthew 20:25-28*

In what positions of authority do you currently find yourself, as a parent, employer, team leader, or church leader, and how does your own identity as someone under Christ's authority shape the way you exercise that authority?

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Where in your exercise of authority do you most need the cross-shaped model of Jesus to correct a cultural or self-centred model of leadership?

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## SMALL GROUP DISCUSSION

Scripture: *Colossians 3:18-4:1 and Romans 8:15-17*

What difference does it make when a husband, wife, parent, child, or worker knows their primary identity is not their role but their belonging to Christ? Share an example of how this has — or could — change a specific relationship dynamic in your own life.

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Paul tells parents not to embitter or discourage their children. The emotional atmosphere of a home is shaped by how secure and loved its members feel. How does the security of being God's loved child flow into the way love and belonging are expressed at home?

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Paul addresses workers at greater length than any other group in this passage. Why do you think work is such a significant identity battleground for believers? Where do people most feel the pressure to

derive worth from productivity or achievement and how does the gospel of belonging rather than performing speak into that specific pressure?

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Those in authority are told they also have a Master in heaven (Colossians 4:1). How does accountability to Christ as the ultimate authority change the way power is (or should be) exercised in Christian homes, workplaces, and churches? Where do you see the servant-leadership model of Jesus most needed in your own sphere of influence?

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**Close in prayer**

## Week 9 – Prayer in Christ

**MEMORY VERSE** - Colossians 4:2 - *Devote yourselves to prayer, being watchful and thankful.*

### Introduction to this week's study

How does someone whose life is "*hidden with Christ in God*" (Colossians 3:3) actually live that out day by day? Paul's answer in Colossians 4:2-6 is prayer and witness, not as religious duties tacked on to an otherwise ordinary life, but as the natural overflow of a life whose centre is Christ.

Paul turns outward: be wise toward outsiders, make the most of every opportunity, let your words be full of grace. The person who knows who they are in Christ has something to offer the world — not a religion, not a moral system, but a Person. This week, we must answer the question: "*Is your identity in Christ producing the natural fruit of a life turned toward God in prayer and turned toward others in gracious, truth-filled witness?*"

## DAY 1 - Devoted to Prayer — The Language of Belonging

Scripture: *Colossians 4:2*

Why do you think Paul insists that prayer rooted in our identity as God's children must be both alert and grateful? What does prayer look like when it loses watchfulness and what does it look like when it loses thankfulness?

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What does your current prayer life reveal about how deeply you actually believe you are God's child? Where does prayer still feel more like a duty than a relationship?

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## DAY 2 - Watchful and Thankful

Scripture: *Colossians 4:2 and Colossians 3:3-4*

"*Being watchful and thankful*" (verse 2). In your own prayer life, which of these tends to be absent and what does its absence reveal about which part of your identity in Christ you are not yet fully living from?

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How does the truth that your life is securely hidden in Christ provide a foundation for genuine thankfulness? What would it look like to pray from that place?

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### DAY 3 - All Authority Given

Scripture: *Colossians 4:3-4 and Ephesians 6:19-20*

How does Paul's prayer request from prison, entirely focused on gospel proclamation rather than personal relief, reflect someone whose identity is truly rooted in Christ rather than in circumstances?

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Who are the specific people in your life (friends, family, colleagues) who are outside of Christ? How would your prayer for them change if you began to ask specifically for open doors, moments where your identity in Christ becomes an opportunity to share the mystery of "*Christ in you, the hope of glory*"?

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## DAY 4 - Identity on Display in the World

Scripture: *Colossians 4:5 and Matthew 5:14-16*

What would it mean for you to approach your interactions with people outside of Christ this week with that sense of weight and opportunity, not as pressure, but as the natural alertness of someone who knows what they carry?

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In your current season of life, where do you have the most natural proximity to people outside of Christ? What would it look like to live your identity in Christ more visibly and intentionally in that specific space, not as an evangelist wearing a badge, but as someone who simply cannot hide what they have become?

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## DAY 5 - Grace and Salt — Speaking from Who You Are

Scripture: *Colossians 4:6 and 1 Peter 3:15-16*

How does your identity as someone who has personally received the grace of God shape the tone and content of your conversations about faith with people who are not yet believers?

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If your identity in Christ is real and growing, it will show in your words, your relationships, your work, and your prayers. Where is this most visible in your life and where is Christ, most needing to increase in you?

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## SMALL GROUP DISCUSSION

Scripture: *Colossians 4:2-6 and Romans 8:15-16*

What does it mean to "*make the most of every opportunity*" in your daily life?

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Paul wrote from prison, a place where circumstances gave every reason to pray inwardly and self-protectively. Instead, his prayers are alert, grateful, and outward. What does this tell us about the relationship between a settled identity in Christ and the direction of our prayers?

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*"Be wise toward outsiders; make the most of every opportunity"* (verse 5). Share honestly: how many genuine relationships do you currently have with people outside of Christ, not as evangelism projects, but as real friendships? What might need to change about how you spend your time and energy for those relationships to grow?

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Reflect on the whole series this term. Where has the truth of "*Me in Christ, Christ in Me*" most taken root in your life this term — and where do you most want God to keep working?

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**Close in prayer**





DEO GLORIA



Glorify God -  
Making God's glory known

COMMUNITY



Creating community -  
Serving the community

CHURCH



A loving family of God  
in Rockingham

WORD-BASED



The Bible is the  
foundation of truth

CHRIST-CENTRED



Jesus is the centre  
of our faith

SPIRIT INSPIRED



God's Spirit inspires us  
to live and proclaim  
His truth

DISCIPLE-MAKING



Journeyming together,  
following Jesus in obedience