

# Colossians 3: Risen with Christ

# Exercise

In the last 48 hours, to what degree have you felt?

- Unfulfilled or discontent
- Angry or frustrated
- Anxious of the opinions of others or stressed about your image
  
- Compassionate or patient
- Kind and openhearted
- Joyful or loving



Rarely and  
Faintly



Often and  
Strongly



Frequently and  
Intensely

# Refresher

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- **Spoiling our understanding of Jesus's Teachings** by being overly academic or studious
  - *"Beware lest any man spoil you" – 2v8*
- **Passing judgement on each other** using ritual, routine, and ceremony
  - *"Let no man therefore judge you" – 2v16*
- **Attempting to earn our reward** through works, relying on discipline and aggressive self-denial
  - *"Let no man beguile you of your reward" – 2v18*

# Refresher

- **Spoiling our understanding of Jesus** by being overly academic or studious

“These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.” – 2v23

➤ *“Let no man therefore judge you” – 2v16*

- **Attempting to earn our reward** through works, relying on discipline and aggressive self-denial

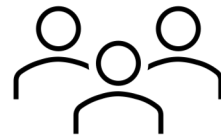
➤ *“Let no man beguile you of your reward” – 2v18*

# Paul's advice to stop indulging the flesh...



## **Mortify Your Members**

Key Phrase - Transformation



## **The New Self**

Key phrase – who we are



## **The Body of Love**

Key phrase – how it looks

Therefore, if you have been raised with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. **Keep thinking about things above, not things on the earth**, for you have died and your life is hidden with Christ in God. When Christ (who is your life) appears, then you too will be revealed in glory with him.

- Col 3:1-4

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V5 For we never came with words of flattery, as you know, nor with a pretext for greed—God is witness. **Nor did we seek glory from people**, whether from you or from others, though we could have made demands as apostles of Christ....

V12 We exhorted each one of you and encouraged you and charged you to walk in a manner worthy of God, **who calls you into his own kingdom and glory.**

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1 Thess 2:5





# Options for Handling Sin

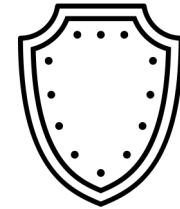
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**Avoiding**



**Suppressing**



**Hiding**

[**Mortify your members** which (KJV)] belong to the earth: sexual immorality, impurity, shameful passion, evil desire, and [Covetousness] which is idolatry.

Col 3:5 (NET)



[Mortify your members which (KJV)] belong to the earth: **sexual immorality, impurity, shameful passion, evil desire, and greed which is idolatry.**

Col 3:5 (NET)



“You have heard that it was said, ‘You shall not commit adultery.’ But I say to you that everyone who looks at a woman with **lustful intent** has already committed adultery with her in his heart. If your right eye causes you to sin, tear it out and throw it away. **For it is better that you lose one of your members than that your whole body be thrown into hell.** And if your right hand causes you to sin, cut it off and throw it away. **For it is better that you lose one of your members than that your whole body go into hell.**

Matt 5:27-30

# Transformation Language in Colossians 3

V5 – Put to Death


V7 – You once walked

V8 – Put them all away

V9 – Put off the Old Self

V10 – Put on the New Self

**V10 – Renewed/Renovated in knowledge after the image of the creator**



Then Jesus told his disciples, “If anyone would come after me, let him deny himself and:

1. take up his cross
2. and follow me.

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Matt 16:24

...you have put off the old self with its practices and have put on **the new self**, which is being **renewed[/renovated/transformed]** in knowledge after the image of its creator.

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Col 3:9-10



...you have put off the old self with its practices and have put on the new self, which is being renewed[/renovated/transformed] **in knowledge after the image of its creator.**

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Col 3:9-10

## Old Self

## New Self

Impurity

**Holiness**

Greed and Ambition

**Humility**

Anger

**Heart of Mercy, Longsuffering**

Grudges

**Forgiveness**

Slander/Hurtful Speech

**Kindness, gentleness**

Lies

**Lie not**

And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; being strengthened with all power, according to his glorious might, for all endurance and patience with joy;

Col 1:9-11

Let the peace of Christ be in control in your heart (for you were in fact called as one body to this peace), and **be thankful.**

But **godliness with contentment is great gain**. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment let us be therewith content. But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. For the love of money is the root of all evil: which while **some coveted after, they have erred from the faith, and pierced themselves through with many sorrows.**

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1 Tim 6:6-10

...for I have learned in whatever situation I am to **be content**. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I **can do all things through [Christ] who strengthens me**.

Put on therefore, as the elect of God, holy and beloved, **bowels** of mercies, kindness, humbleness of mind, meekness, longsuffering;

Col 3:12

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# The Gut and the Brain

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The servant therefore fell down, and worshipped him, saying, Lord, have patience with me, and I will pay thee all. Then the lord of that servant was **moved with compassion**, and loosed him, and forgave him the debt.

Matt 18:26-27

# Exercise

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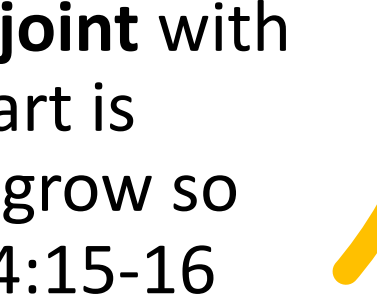
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Intensely

Let the word of Christ **dwell in you** richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with **thankfulness in your hearts** to God. And whatever you do, in word or deed, do everything **in the name of the Lord Jesus**, giving thanks to God the Father through him.

## Body of Love

And above all these put on love, which **binds** everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. Col 3:14-15

Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every **joint** with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love. Eph 4:15-16



# Examples in our Personal Lives

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1a) Wives

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1b) Husbands

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2a) Children

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2b) Fathers

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3a) Slaves

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3b) Masters

# Key Takeaways

- Make the most of your 'Environments', they are only useful if they are changing you
- Deal with what lies under the surface, questions your true motives and desires in life
- Determine what are idols in your life and work to put Christ back in the center
- Continue to reflect on your last 48 hours, what behaviours am I demonstrating, what are my involuntary reactions
- How are my relationships, can I learn from what I see around me: love, submission, obedience, patience, God-pleasing not people pleasing, fairness and justice

# The Peace of God and Christ

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. **Let not your hearts be troubled,** neither let them be afraid.

- John 14:27

I have said these things to you, that in me you may have peace. In the world you will have tribulation. **But take heart;** I have overcome the world.

- John 16:33