

Living the New Life

TEACHING NOTES

KEY VERSES

Colossians 2:20-23
Colossians 3:1-11

KEY THEMES

Victory over sin
Living the new life


Freedom in Christ (Colossians 2:20-21)

Freedom from religion (Colossians 2:22-23)

It's not about us

These rules may seem wise because they require strong devotion, pious self-denial, and severe bodily discipline. But they provide no help in conquering a person's evil desires. – Colossians 2:23

The realities of Heaven (Colossians 3:1-2)

 Worldview alert (1 Corinthians 15:19)

 **Living the new life (Colossians 3:3-4)**

Free from the penalty of sin

Free from the controlling power of sin

Free from the presence of sin

 **The struggle (Colossians 3:5-10)**

Free to choose

And now, just as you accepted Christ Jesus as your Lord, you must continue to follow him. Let your roots grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.

– Colossians 2:6-7

 **The walk of faith (Colossians 3:5-10)**

Knowing Him

Becoming like Him

Lesson Objective:

To understand that the walk of faith is learning to know Christ, walking in the Spirit, and allowing God to make us more like Him

PERSONAL STUDY**Study 1****Prepare your heart and mind**

As you begin this time of personal study, ask God to help you focus on Him and His truth. Trust that all of the cares of your day can wait. Thank Him for giving you the freedom to stop everything else and focus on growing in Him.

Three parts of the Christian faith

We often limit what Christ's death on the cross does for us to salvation only. However, His death and resurrection also enable us to be free from the current power of sin, and eventually spend eternity with Him.

Justification – salvation

Sometimes you'll hear Christians toss around the word 'justification.' This is in reference to our salvation and how we are justified before a Holy God through Christ's death. We are truly and forever free from the penalty of sin.

Sanctification – our walk with God, growing in our faith

Sometimes people are surprised that life isn't a piece of cake after their conversion. What is one thing you expected would change immediately after you believed in Christ?

Why do you think the Christian life is often a struggle?

**Read Colossians 3:1-3**

In this passage, what action words describe the way we ought to live in Christ? And why do you think our minds are so important to the whole process?

Not only has Christ freed us from the penalty of sin, He has broken the power of sin over us through His death on the cross (see Romans 6). Just as Christ was resurrected, we can now choose to live differently because we have freedom from sin's power. The Holy Spirit lives in us to empower us to do this very thing. The lifelong struggle to choose to live differently by the power of the Holy Spirit is called 'sanctification'. Just like justification, sanctification is by faith through God's power.

Glorification – our new life in heaven, free from our sin nature

More than anything else our future will be defined by the absence of sin and the fullness of God's presence. It cannot be stressed enough that all of this is by God's grace through faith not as a result of anything we do.



Read Colossians 3:4 and Revelation 21:3-7

Colossians 3:4 is a promise from God about our eventual glorification. When Christ returns, the very presence of sin will finally be dealt with. This is yet another call to have faith in the Lord. We believe that we will be glorified just as we believe Jesus Christ is Lord. Our future is described in Revelation 21:3-7.

How do you live your life with an eternal perspective?

Prayer time

Take time to thank God for all He has done for you in the past, what He is doing in the present, and what He will do in the future. Spend some time in prayer reflecting on how you are free. Close by asking the Holy Spirit to help you orient your life.

Key verse

Put to memory Colossians 3:10. Place the provided scripture card somewhere you can see it throughout the day.

Study 2

Prepare your heart and mind

As you begin this time alone with God, ask Him to help you push away distractions and focus on Him. Thank God for this opportunity to spend time getting to know Him better by studying His Word.



Read Colossians 2:20-3:11

Before digging into a specific theme from this section of Colossians in this personal study, take a few minutes to read over the key verses for this lesson. It will be helpful to keep this entire passage in mind as you complete this personal study.



Putting on the new nature

Thinking back to what you learned in Course 1 and 2, how was a person made right with God before Christ's death on the cross?

Now how is a person made right with Christ?

Too often we are tempted to add rules and expectations to our faith. We sometimes live as though we are still trying to earn God's favor and our salvation rather than living in the reality of our freedom in Christ. Through our new life in Christ and the presence of the Holy Spirit, our lives should be different. We no longer live under the power of sin. We now live in the freedom of Christ.



Read Colossians 2:6-7

These verses say that we are to continue to follow Jesus Christ in the same way that we accepted Him as Lord. How did we accept Him?

We accepted Jesus Christ as Lord by faith through grace. So, if we continue to follow Christ in that same way, what does this verse say will happen to us?

**Read Colossians 3:10-11**

What are some practical ways you can (or already do) put on your new nature and follow Christ by faith through grace?

If we are to become like God, we have to know Him. List some things that you learned about God and who He is.

Verse 11 says, "Christ is all that matters." Do you see that truth evident in your life? Where would you like to see Christ become the central aim of your life? How could God grow you in this area of your faith?

As you walk in the Spirit, He shows you, in light of His truth, where you can grow in Him. In this life long process He renews you and you become like Him.

Key verse

Continue to work on memorizing Colossians 3:10. Attempt to write it out from memory below.

Prayer time

Spend some time in prayer to close out this personal study. Thank God for His truth that you are learning. Ask Him to continue to show you how to put on your new nature and walk in His freedom by faith.

PARENT GUIDE

Discuss

Have you ever planted a garden or seeds with your child?

Did the plant grow/die?

Was there fruit or vegetable produced from your seeds?

What does a seed need to grow? (*Possible answers: light, water, the right soil—it can't be too hard or rocky*)

Read Matthew 13:3-8 (the Parable of the Sower) with your child(ren)

Discuss

What happened to the seeds that fell on the path? (*The birds came and ate it*)

What happened to the seeds that fell on the rocky soil? (*It grew, but had no deep roots so it wilted*)

What happened to the seeds that fell on the thorny/weedy soil? (*It grew, but eventually died because the weeds choked it*)

What happened to the seeds that fell on the good soil? (*It produced a HUGE crop.*)

Make the connection

Jesus' explanation of the Parable of the Sower highlights four different responses to His Word.

The hard ground represents someone's heart that is hardened by sin. They hear but don't understand the Word. Satan plucks the message away, keeping the heart dull and preventing the Word from making an impression.

The stony ground represents a heart that delights in the Word. However, when troubles arise, their roots are not deep enough and they fall away.

The thorny ground represents a heart that receives the Word, but the cares of the world take away its attention and it never produces fruit.

The good ground portrays a heart that hears, understands, and receives the Word and allows it to accomplish results. The heart represented by the good ground is the only one of the four that bears any fruit.

ADDITIONAL STUDY

In Matthew 6:21 Jesus tells His disciples, *“wherever your treasure is, there the desires of your heart will be also.”* There are many things that vie for the devotion of our hearts, especially as Americans. We have more opportunity, more wealth, and more food available to us than almost any other people group on the planet. Jesus often warned about the deceitfulness of riches and stated that our lives do not consist of the things that we possess. So what is the cure for this magnetic pull of the world and the competition for the affections of our hearts?



Read Colossians 3:1-4 & Matthew 10:39

What are the realities of heaven?

Compare Colossians 3:3 with Matthew 10:39. What real life is this talking about?

Consider the reality and implications of sharing in all Christ's glory at His return.

Take some time to sit quietly with the Lord to reflect on the things that fill your mind and heart on a day-to-day basis.

Faith is what makes our eternity in heaven a reality in our hearts and an anchor of hope to hold on to in this life. Let us take the advice of the apostle Peter who says, *“dear friends, I warn you as ‘temporary residents and foreigners’ to keep away from worldly desires that wage war against your very souls.”* (1 Peter 2:11) Let's not be hindered by the lies of this world when our reality is future glory in God's presence forever.