

# 7: Put Off, Put On

*Accompanies the 2/21/21 Sermon*

## BIG IDEA

The call to *Die to Self* is more than a call to avoid old habits and behaviors; it is a call to put on something new. By taking up the Word of God and embracing community with the people of God we find that the old life passes away and a new life of freedom in Christ can finally emerge.

## GETTING STARTED

Use the following questions to break the ice and begin your group discussion together:

- *Share with the group something that you struggle getting motivated to do but you are always grateful you did after its done? (exercise, mopping the floors, etc.)*
- *Why do you think it's so hard to desire to do those simple things that we know are ultimately good for us? How does this translate to the Christian life... what are some things that are hard to do as a Christian even though you know its good for you?*

## SEARCH THE SCRIPTURES

Read the following Scriptures together and then use the questions below (or any you wish to add) to discuss the text and explore its meaning.



Have someone in your group **read Colossians 3:1-17**.

- What is Paul's main point? Summarize it in your own words.



**The CONTEXT of Colossians:**

*Colossians was written by Paul to the church in Colossae to address false teachings that had come into the church threatening to pull believers back into a life of works and reliance on traditions. Certain teachers had come in suggesting that by following certain rules and traditions you would be freed from the desires of the flesh and be able to live a perfect life. Paul argues instead that it is only through*

*obedience to God's Word and the help of His Spirit that we will ever be able to please God and embrace the freedom in Christ.*

- In verse 5 Paul calls us to *"put to death what is earthly (sinful) in you."* What do you think it means to *"put to death"* a sinful desire or tendency in us?
  
- Three times in this passage Paul calls us to *"put on"* godliness or godly attributes (see verses 9, 12 & 14). Practically speaking, what does it look like to *"put on"* a godly attribute or activity (i.e. *"love"* in verse 14)?
  
- What things does Paul point us to in order to help us *"put to death"* the earthly and *"put on"* the godly in our lives?

## **GETTING PRACTICAL**

Discuss the following questions together as a group, giving particular thought to how we are called to live based on what the Scriptures have said.

1. Scripture's call to *"put to death"* the old life can seem quite harsh in contrast to a world that constantly preaches: *"Do whatever makes you happy."* Why do you think God chose such stark language regarding our sin?
  
2. Most Christians generally know that they *should* walk away from their old habits and hang-ups... and yet doing so is a struggle. Why is it so hard to put off the old life? What are some of the things that make it tough for you?
  
3. Practically speaking, what are some of the things or habits you have had to *"put to death"* as you seek to daily live for Christ?