

Clothed in the new self

Colossians 3:1-17

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What is to be put off and put on in this passage, and what does it say love does?

2. What does it show me about people — and about myself?

Which of the things to be put off is still hanging on you in this community?

3. What will I obey this week? (a concrete step, with a day)

What will you put on this week in its place, in one concrete situation?

4. Who will I tell?

Who do you need to forgive, as the Lord forgave you — and when will you go?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Father, you tell us to put on compassion, kindness, humility and patience, and to let love hold it all together. Clothe us in that, and let our community wear it.



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