

Live

Colossians 3:1-10

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 does Paul say to set our minds on, and what does he say to put off?

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

What part of your old self still clings to you?

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

What is one thing you will put off this week as you live the new life?

4. Who will I tell?

Who could you invite to pursue this new life with you?

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

God, since I have been raised with Christ, help me set my heart on things above and put off my old self.

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