

242 Guide - Small Group Discussion Guide

This weekly guide has been created as a tool to help you study individually and/or in a small group and live what you are learning from the Bible and weekend services here at RiverGlen.

In Acts 2:42 we are told that the people in the first church were living out what they were learning from the apostles' teaching. **The purpose of this guide is to equip you to put into practice what you learn.**



Week 3: Finding Life

Big Idea: "Jesus offers a new lifestyle."

This is our third week in a 4 week journey through the book Colossians. Entitled "Losing My Religion" we are learning how to lose religion and embrace a relationship with Jesus. Colossians was written by Paul while he was imprisoned in Rome to confront and encourage the Colossians. Apparently the young church was mixing Christianity and other religions and trying to do things to get right with God. Paul teaches that Jesus Christ alone is supreme and sufficient. Jesus, not religion, is our bridge to God and what gives us eternal hope and comfort.

Ice Breaker: Share what were some popular brands or styles that you enjoyed when you were younger? (Think hairstyles, makeup, clothes, etc.!)

THE FABRIC OF OUR LIVES Going through an old yearbook or photo album is always fun. It takes us back in time and reminds us of clothes and hairstyles that once looked good on us. We were stylish then. But what once was fashionable doesn't look so good anymore. It fell out of style. So we laugh at our big hair, funny glasses, strange shirts, and silly shoes. "Why did I wear that?" we may ask. Life in general is the same way. There are attitudes and behaviors from the past that once seemed like a good way of doing things, but not so much anymore. Ways of thinking often change in culture as time goes on. And even our own personal ways of thinking change as we grow older. Sometimes we may find ourselves asking, "Why did I ever do that?"

1. When you look at old photos of yourself, what do feel or say?
 - a. **Embarrassed.** "Put those pictures away. I looked ridiculous!"
 - b. **Proud.** "Look how cool I was: smooth and stylish!"
 - c. **Analytical.** "I was going through a phase."
 - d. **Hopeful.** "I can't wait for that style to come back!"
 - e. **Other:**_____.
2. What are some ways of thinking in our culture that you have seen "go out of style?"
3. What kinds of things cause certain ways of thinking to "go out of style?"

Read Colossians 3:1-8

PUTTING YOURSELF OUT OF STYLE Paul, the author of Colossians, points to a new way of approaching life, a new life “style” that Jesus offers. While this passage may seem very religious, full of “do’s” and “don’ts,” it actually presents an interesting picture of the many things in life that seem “stylish.” It reminds us of how we often shop for self-fulfilling pleasures in life. But these things are like expensive clothes that wear out very quickly. These “expensive” lifestyles end up being cheap things that leave us vain and empty. They are expensive because they disrupt and hurt all aspects of life: relationships, jobs, personal goals, faith, etc.

4. Look back at the passage. What do you think are the “things right in front of you” to which Paul refers?
5. Share about an attitude or action from your past that you chose to “make out of style?”
6. As a Christ follower, how can you “be alert to what is going on around Christ?”

Read Colossians 3:9-17

CHRIST-BRAND APPAREL What we wear tells a lot about who we are. Likewise, so do the actions that we wear. So Paul tells us to have an eye for the right kind of “fashion.” He tells us to get a new style of behavior—a Christ-brand style.

7. What are those cheap fashions of life “right in front of you” that hinder you from the lifestyle of Christ? Or, what things must God make “out of style” in your life?
8. How does God want to clothe you with the lifestyle of Christ? In other words, which of the characteristics mentioned (compassion, kindness, humility, quiet strength, discipline, even-temperament) do you need to “wear” more?

Just as you pick an outfit to wear for each day of the week, take a moment to plan your spiritual wardrobe this week. Each day choose to wear and practice a different characteristic of Christ as mentioned above (i.e., compassion, kindness, humility, quiet strength, discipline, even-temperament, selflessness, forgiveness, thankfulness, harmony, encouragement, worship, love, etc.). At the end of each day, briefly journal about your experience.

Plan your wardrobe below:

Sunday – Monday – Tuesday –
Wednesday – Thursday – Friday –
Saturday –

Reflection & Prayer

Lord we thank you for sending Jesus to take our guilt & shame away & allowing us to be His friends. Help us this week to simply accept the price that Jesus paid for our “baggage” & to live as His Follower in gratitude. Amen.