

## PREPARATION

- Familiarize yourself with this Study Guide.
- You can watch the sermon online [HERE](#).
- Spend some time in prayer before your group gathers.
- You **always** have the option to use some or all the questions and/or prepare your own questions.

**Welcome:** *Icebreaker – Share with your group about your favorite **clothing outfit**.*

**Study Context:** This week’s main text comes from Paul’s letter to the Colossians. The church at Colossae was struggling with other religious philosophies that were drawing the church away from the core truths of the gospel. Paul dispels those truths (Col. 2) and challenges the church in the midst of the world of philosophies, in the struggles of the flesh, and with the Devil prowling like a lion, to put off the old self and put on the new self in light of the gospel truths!



## What’s Going on This Week

This week, Pastor Danny Strange brought us into the eleventh week of our series titled *A Church that Pleases God*. Pastor Danny directed our attention to *Colossians 3:1-14* as we talk about how we are called to **grow** in our relationship with Jesus Christ. Pastor Danny compares our spiritual growth to the “diet and exercise” we are called to. As you engage with this study guide, recognize that the power for spiritual transformation stems from the Gospel of Jesus Christ.

**“A discipline is something you can do that enables you to do what you cannot do. A spiritual discipline is an activity you can do that invites the Spirit of God to apply the Gospel to your life.” – Pastor Danny Strange Quoting from Dallas Willard**



## GROUP MEETING (60 – 90 minutes)

### Worship (10 – 15 minutes)

Take time with your group and prepare your hearts as you enter into the presence of God for this meeting.

<b>Option 1: Worship Music</b> Have someone share their favorite song. You can find it online, play it, and even sing along with your group! Have them explain why the lyrics have impacted them!	<b>Option 2: Celebrate (Put On)</b> Before you start, spend some time celebrating how the Lord is moving. Plan how you would like to celebrate beforehand and with your group enjoy the life God has given you!	<b>Option 3: Silence (Put Off)</b> Before your group starts, spend some time preparing your heart to meet with the Lord. As you engage in this practice, share what comes to your mind whether good or bad.
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### Word #1: Identify *Where* God Wants to Transform You (15 – 25 minutes)

*Primary Texts: Colossians 3:1-17; Romans 7:14 - 8:11*– Spiritual transformation comes when we learn to put off the old self and embrace the new self to which God is calling us. Even though everything in our flesh fights against this spiritual transformation we find power through the gospel of Jesus that says we are dead to sin and alive to God! **As you review the list of qualities that we are called to “put off” (vs. 1-11) which one stands out to you the most in this season and why? Which positive quality or virtue that we are called to “put on” (vs. 12-17) stands out to you the most in your season of life and why?**

**Host Tip:** This is a great passage to let speak into the group members! Allow the scriptures to speak into everyone’s situation and be there to listen and love as they engage with the text!

### Word #2: Commit to Spiritual Disciplines in Your Life (15 – 25 minutes)

Here is a list of spiritual disciplines that call us to “Put Off” the old self and “Put On” the new as well as a supporting verse that you can memorize. **Putting Off:** Solitude (Luke 5:15-16); Silence (Psalm 46:10); Fasting (Matthew 6:16-18); Frugality (1 Timothy 6:6-10, 17-19); Chastity (1 Corinthians 6:18-20); Secrecy (Matthew 6:6); Sacrifice (Romans 12:1-2) / **Putting On:** Study (2 Timothy 3:16-17); Worship (Psalm 150); Celebration (1 Corinthians 10:31); Service (1 Peter 4:9-11); Prayer (Philippians 4:6); Fellowship (Hebrews 10:24-25); Confession (James 5:16); Submission (Philippians 2:3-8). **When it comes to what you want to put off, how might you begin leaning into these “putting off” spiritual disciplines and how might you be able to commit to engaging with these disciplines as a group? When it comes to what you want to put on, how might you begin leaning into these “putting on” spiritual disciplines and how might you be able to commit to engaging with these disciplines as a group?**

**Host Tip:** Provide the list of disciplines and brainstorm some creative ways that your group can band together and engage in them as you go through your daily life!



# Spiritual Transformation (April 24<sup>th</sup>, 2022)

## Witness (20 – 25 minutes)

- **Pray for the Unfolding Events in the [Russia – Ukrainian crisis](#).**
- Pray that the Holy Spirit would show you what you need to put off and put on!
- Pray that the Holy Spirit would give you the strength to engage with spiritual disciplines this week!
- Pray for any individual prayer request that comes up in your group.
- **Pray for the entire group and how they may be able to participate in future group meetings.**
- **Pray for an interaction with someone who you can invite into your next group meeting!**
- **Pray for God's hand in the multiplication and revival of your group!**

Stay up to date with our Prayer Ministry by signing up to be an intercessor online at [3Crosses.org/pray](https://3Crosses.org/pray)!

## Throughout the Week

- **Prepare for Next Week:** *Spiritual Gifts - Primary Texts: 1 Corinthians 12* — God gives people as gifts to our church and gives people gifts to use in our church. For this church to build itself up, we all need to steward the portion of grace God has given to each of us. Where do you fit?
- **Follow up between group members:** Have each member of the group pick one other group member to follow up with about how they are growing in their faith as they learn to keep in step with wherever the Holy Spirit is leading them.
- **Join relief efforts locally and around the world:** Looking to contribute to what is going on both locally and around the world? Visit our website and volunteer in our [neighborhood resource center](#) or help sponsor an [indigenous missionary](#)!
- **Life Groups 2022:** For more information about joining a group, hosting a group, or general inquiries, contact AJ at [avanegas@3crosses.org](mailto:avanegas@3crosses.org) or Carmela at [carmela@3crosses.org](mailto:carmela@3crosses.org)