

Walk Worthy / Colossians 3:1-4
July 19, 2026

Good morning Church! It's great to be back with you all. My name is Jared Rasmussen, and I serve as the Junior High Director here at Coram Deo. If we haven't met I'd love to meet you out in the lobby after this.

I want to give a huge thank you to Pastor Rob for giving me the opportunity to open God's Word with you this morning, it's an honor to be able to step in while he enjoys some great time away.

If this is your first time with us let me be the first to welcome you – we're glad you've joined us.

And if you're joining us online, welcome. I hope you're able to join us here in person real soon. It's always better together.

Well, let's continue in worship by turning in your Bibles to Colossians 3.

If you need a Bible, please get the attention of one of the ushers. They would love to get one in your hands.

During the spring semester the Junior High students and I worked through the book of Colossians. Taking it verse by verse from chapter 1 to chapter 4.

And here in chapter 3 we're at a really interesting part of the letter...Chapter 3 signifies the turning point of the epistle. In chapters 1 and 2 Paul has been presenting a heavy theological arguments against the false teachers in Colossae.

The false teachers were causing huge problems for the Colossian Christians. They were drawing people away from the free gift of grace; they were drawing people away from Christ.

So, Paul pulls out all the stops. Here in chapter 3 he turns his attention to the individual believer, to you and me, and he gives us a higher calling to walk out our faith in a worthy manner that pleases the Lord; to walk worthy.

That's where we find ourselves this morning. As Christians, we need to:

Walk Worthy of Christ

That's the main idea Paul gives us from the book of Colossians – to walk worthy of Christ.

So, go ahead and look at v.1 – *“If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory.”*

In 1918, a young woman named Helen Lemmel was given a pamphlet written by the Algerian missionary, Lilius Trotter. And as Lemmel read the pamphlet her heart was quickly stirred to write one of the most beautiful hymns of all time.

****Here's what Lilius Trotter wrote: “Turn full your soul's vision to Jesus, and look...look at Him, and a strange dimness will come over all that is apart from Him, and the Divine “attrait” by which God's saints are made...will lay hold of you. For He is worthy to have all there is to be had in the heart that He has died to win.”**

From these two sentences Lemmel wrote these lyrics, “Turn your eyes upon Jesus, Look full in His wonderful face, And the things of earth will grow strangely dim, In the light of His glory and grace.”

In order to walk worthy of Christ you first need to turn your eyes and set them on Christ. Everything and everyone pales in comparison. Everything in this world loses its attraction when you see the glory of Christ. His glory will then spur you on to walk worthy in your faith.

But how often do we as Christians turn our eyes away from Jesus. You set your eyes on earthly things hoping that it will satisfy the Christ-sized hole in your heart. You stop looking at Jesus and get lost in a world of distraction.

Friends, when you stop looking to Christ; when you stop staring at His glorious face, you stop walking worthy. The epidemic in our churches today is that men and women are calling themselves Christians, but they no longer turn their attention to Jesus Christ.

That's not how you walk worthy. If Christ is worthy to have your entire life, then He's worthy to guide and direct your walking.

Look at v.1 again – *“If then you have been raised with Christ...”* In one phrase, Paul turns our attention upward, he says, *“You have been raised with Christ...”* I love this thought.

Because you see the false teachers during Paul's time were so consumed with personal performance; and good works; and good behavior that it only took one statement from Paul to destroy their argument. And that one statement from Paul is your foundation this morning.

You walk worthy of Christ,

- **In the Work God Has Accomplished**

Here in v.1 Paul is emphasizing God's work rather than your own work. That God has accomplished everything through the gospel of His Son while your efforts; while your good works are like filthy rags thrown at His feet.

Church, the starting point for walking worthy is ground zero at the foot of the cross.

You **only** walk worthy because you've been raised to life with Christ. You only walk worthy because of what God has already accomplished in you. And now, you now identify with Him instead of your old, ugly, sinful self.

Since your life is now raised with Christ; because you have breath in your lungs; because you are no longer dead in your casket; because you are no longer dead in sin but alive in Christ...here's what you should do.

You should seek the things that are above. That's what Paul – *"If then you have been raised with Christ, seek the things that are above, where Christ is..."* Which means you should,

Constantly Strive for Godliness (v.1)

Now, this idea of seeking is a word we throw around a lot in our Christian circles.

Sometimes we need to stop and think about what it means. To seek something is to constantly pursue something at all times. It's a continuous, ongoing effort to reach something.

Paul is calling us to seek the things that are above. To seek heavenly things. More importantly, he's calling us to seek after Christ and the gift of godliness. Which means, your attention; your passions; and your plans should be entirely focused on Jesus Christ no matter what tries to distract you.

I'm a huge baseball fan. I found this story and I had to share it. Way back in 1924 Ty Cobb played Lou Gehrig. Gehrig was a rookie at the time and had a really awkward playing style. Ty Cobb looked at him and said, "Look at those piano legs – he'll never make it in this league."

Lou Gehrig went on to play 17 seasons in the MLB and played 2,130 consecutive games without a day off. He became known as the "Iron Man" of baseball. He hit nearly 500 home runs and 3000 hits before being forced into early retirement because of ALS.

Lou Gehrig persisted in baseball despite being looked down on. He was constantly striving for an earthly reward, and nobody was going to stop him. He was seeking to become one of the best baseball players of all time.

All of his time, talent, energy, efforts, and devotion were spent on baseball. He was striving for it like his life depended on it.

And if Lou Gehrig was willing to seek after a pointless earthly sport...how much more should we be willing to seek after godliness. How much more should we be willing to seek after the things that are above, where our Savior is...

Now, that may sound easy, but I tell my students all the time. Godliness doesn't happen overnight. It's going to take some holy sweat and blood because nobody is naturally godly.

Some are naturally talented at sports, music, art, research, academics, but nobody is naturally godly. Which means you have to strive for it with everything you've got. How? Two ways...

First, you strive for godliness:

- **Through Strong Devotion to God's Will.**

In our society we are extremely devoted to things. The World Cup ends today. How many crazy soccer fans have we seen stay devoted to their teams through thick and thin.

They're devoted to their teams better than some Christians are devoted to God's Will.

If you're going to constantly strive for godliness; if you're going to get up every single day and seek after Christ you need to devote yourself to God's will. That's a two-part decision because, it means you're:

- **Submitting to God's Way**

Bringing your own way in submission to His; submitting to His Lordship; picking up your cross and dying to your ways. That's why Paul ends v.1 by saying that *"Christ is seated at the right hand of God."* He has all authority. He has all power. Over you, over me, and over everything.

Submitting yourself to God's Will may look like not taking that high paying job because you'll sacrifice your family on the altar of work. Or not moving away from a healthy church even if Florida looks really glamorous.

Being devoted to God's Will means you're submitting to His Way and:

- **Staying Content with God's Plan**

Devoting yourself to God's will means that you're content with whatever he sovereignly brings *into* your life or *doesn't* bring into your life.

He might not bring that spouse. He might not give those children. He *might* bring on more suffering. But a strong devotion to God's Will means you are content with whatever he does or does not do in your life. Because godliness with contentment is great gain as Paul says in 1 Timothy.

A strong devotion to His will means you have a high understanding of God's character. That He's moving in ways that you can't comprehend but you still know it's according to His good purposes.

You strive for godliness through a strong devotion to God's will. Second:

- **By Paying Attention to God's Heart.**

The Bible tells us that our hearts are deceitful and wicked, but God's heart is abounding in compassion and steadfast love. When you start to pay attention to His heart more than yours, you'll grow in godliness.

And how do we see God's heart on full display? Through His Word. In the Scriptures, we see a God who has given us everything we need for life and godliness. He has poured out all of His feelings and emotions for you in these pages. The entire gospel is a perfect display of His heart for you!

But my question for you is this: how often do you pick it up? How often are you witnessing the goodness of God's heart? Are you paying attention to His gospel? Are you paying attention to Him by studying His Word?

To grow in godliness, you need to pay attention to God's heart through God's Word.

Remember friends, Godliness is hard work. It's going to take some holy sweat and blood. But when you strive for godliness, you walk worthy of Christ

Our next point comes from v.2, check it out – *“Set your minds on things that are above, not on things that are on earth.”*

In other words,

Fix Your Mind on Eternity (v.2)

Paul nearly repeats himself here in v.2. Verse 1 he wanted you to seek the things that are above and now in v.2 he wants you to set your mind on the things that are above.

So, why is Paul making such a big emphasis on these two things? Well, what you think about the most and what you pursue the most are the two most defining aspects about you. The things you chase after and the things you think about shows what you care about most in life.

For my dog that means a tennis ball. A tennis ball is his main priority in life. I'm convinced that he would die in order to have a tennis ball. One time he almost did.

A few years ago, I thought it would be a brilliant idea to go to the soccer field down the road and throw the tennis ball for him. And I thought, “why not grab my baseball bat and hit the ball to him.”

So, I grabbed my bat, and we went to the park. But like I said, I think my dog would DIE for one of these things. So, we get to the park, and I toss up the ball and as I'm halfway through my swing I see a brown blob fly through the air.

I make contact with said blob and quickly realize that I'm an idiot. Yes, I hit my dog in the face with the bat because he wanted the tennis ball so badly. Soon enough blood starts pouring from his mouth and my wife Erica, and I are freaking out.

And then he did one of the craziest things I've ever seen. With a blood-soaked mouth he went and grabbed the tennis ball and brought it to my feet. He was obviously not that injured. But My dog cares about a tennis ball more than anything else in his life.

Maybe we can learn a thing or two from him. Maybe we as Christians should fix our minds on eternity like my dog fixes his mind on a tennis ball. That no distraction, no person, no temptation, and no scheme of the enemy can distract us from thinking about the greatest inheritance we will ever receive, eternity with Christ.

Now for some of you, your mind is fixed on money. Working 60 hours a week to make more money and when you're not working you're thinking about the money you're losing.

For others, it's youth sports. Going to another tournament for the 14th week in a row and when you're not at a tournament you're thinking about the next one.

Or you might sit and scroll on your phone for hours and when you don't have your phone you constantly think about checking social media, thinking you're missing something.

You are missing something...you're missing the glories and beauties of eternity because you're too focused on the empty things of this earth. It's just like the hymn I mentioned at the start of our time together, "the things of earth will grow strangely dim, in the light of His glory and grace."

Church, earthly things are empty and dead when you compare them to the heavenly things of Christ and eternity.

Nobody is going to care about your earthly possessions when we stand in the city of God. Live like Abraham. Hebrews 11:10 tells us that "*he was looking forward to the city that has foundations, whose designer and builder is God.*"

His mind was so fixed on eternity that he was willing to leave every earthly thing behind in order to follow God.

Because a mind that is fixed on eternity is a life that walks worthy.

So how do you fix your mind on eternity? Two ways:
First, **Through Unceasing Prayer**

Spending time in unceasing prayer with the Lord means you are keeping an attitude of communion with Him at all times. Constantly depending on Him throughout your day and pleading with Him for strength.

It also means setting aside deliberate times throughout your day to pray. That's what it means to fix your mind on eternity. But your mind also needs to think, and that's where disciplined meditation comes in.

You fix your mind on eternity **By Disciplined Meditation**

I want you to hear me on this. I'm not talking about some enlightenment and rhythmic garbage. Disciplined, biblical meditation is thinking about the Scriptures and mulling it over in your mind. Remembering all that you read in the morning and how it applies to your life.

Biblical meditation isn't about emptying your mind, it's about filling it with the truths of Scripture. Think about a cow for a second...A cow has one stomach four chambers. Humans have one stomach and one chamber.

Cows will chew up the grass and swallow it, it goes into the first chamber, then they regurgitate it. Then what they do is chew the cud some more in order to break it down and then they swallow it again, it goes into the second chamber, and so on.

That's what you should be doing in your meditation. Chewing the grass of Scripture in the morning. Letting it sit in your soul. Then regurgitating it later in the day and

chewing on it some more. Now I know that's a really gross illustration for something so beautiful, but my Junior Highers love gross things, so if it works for them then I know it can work for you too.

Because a mind that is fixed on eternity is a life that walks worthy.

Check out v.3 – "*For you have died, and your life is hidden with Christ in God.*" In verses 3-4, Paul gives us two reasons to walk worthy of Christ.

You need to walk worthy because,
Unity with Christ Calls For It (v.3)

In v.3 Paul starts by saying that you have died. Now this death isn't referring to being dead in your trespasses and being helpless and hopeless. Instead, Paul is showing us that we've been united in Christ's death and His death has brought freedom.

Freedom from sin and it's captivity. We've been separated from sin because we've been united in Christ's death. We're now dead to sin.

****Just as Romans 6:7 tells us – "*For one who has died has been set free from sin.*"**

Meaning, your old sinful self has been put to death because you have united yourself to Jesus and His death. And now, Paul says "*your life is hidden with Christ in God.*"

To be hidden in Christ means that you are concealed and protected in Him. You're protected from the enemy and concealed from apostasy; you're safe from losing Christ. Your salvation is secure.

You cannot lose it, misplace it, or ignore it because you were united to Christ when you died with Him. To be hidden in someone is like being handcuffed to someone. Imagine being handcuffed to the President of the United States. You'd enjoy – safety, privilege, provision, and future security.

The same is true and far greater for those who are hidden in Christ.

But only those who have died are hidden. Only those who have died to sin are hidden in Christ. Some of you here today aren't dead to sin. You're still very much alive to sin and dead to Christ.

The Bible says that those who turn to God and repent will be saved. And let me tell you, when you surrender your life to Christ, your life will instantly have purpose and joy. Do it today. Do it right now!

And for those who have already done this; for those who have died with Christ, you're already united to Him *[PAUSE]* But if you refuse to strive for godliness; if you refuse to fix your mind on eternity; or if you refuse to walk worthy of Christ...you can sever that unity and bring division between you and Christ.

That's a scary place to be. Division with Christ decreases your walk, but unity with Christ increases it. You need to walk worthy because unity with Christ calls for it.

Then last,
Appearing With Christ Depends On It (v.4)

That's the second reason why you need to walk worthy – appearing with Christ depends on it. Look at verse, v.4 – *“When Christ who is your life appears, then you also will appear with him in glory.”*

In v.3 Paul says that your life is hidden in Christ and now here in v.4 Paul takes it a step further and says *“Christ, who is your life...”*

Friends, when you died with Christ your life became Christ. The single-most important part about your life is Jesus Christ. Jesus is your life. Family isn't your life. Music isn't your life. Sports aren't your life. Work isn't your life. Jesus Christ is your life.

He's the most important thing about you. But my question for you is this, do the people around you know that? Do they know that Jesus is your life?

I hope so. Because this Jesus is going to return, He's going to appear on this earth again. He's going to come back to redeem and restore everything to the way He created it to be.

This broken world and its earthly things; it's possessions and its pleasures are passing away. But Christ will appear shortly, which is why you need to walk worthy today. His appearing should give you a new perspective and new pursuit in life.

His appearing should spur you on to walk worthy. It should spark a fire within you to strive for godliness and fix your mind on eternity. To live your life on mission; to live with urgency knowing that the end is drawing near.

But if you refuse to walk out your faith in worthy manner; if you refuse to walk in step with the Lord then you risk not appearing with Christ when He appears.

If you don't walk worthy then I bet Christ is NOT your life. But why not start walking with him today? And for those of you who already walk worthy, why not reevaluate your walk today.

Remember Church, you start walking worthy when you turn your eyes upon Jesus, you look full in His wonderful face, and the things of this earth will grow strangely dim in the light of His glory and grace.

Let's pray...