



THE BOOK OF  
**COLOSSIANS**

**Participants' Handouts**

### Session Big Idea

In light of Jesus's grace, faithfulness, and the outpour of His love through the Spirit, we should allow the Spirit to mature us in faithfulness back to Christ.

### Things to Look for in the Video

What is the central message of Colossians?

Who wrote Colossians? Why did he write it? Whom did he write to?

What does it mean to live a life worthy of God?

### Bible Study Notes Colossians 1:1-14

Notes

### Personal Reflection & Application

How has the gospel helped you mature as a believer?  
How has the Spirit played a role in your maturity?

What's one thing you could do this week to remind yourself of the gospel story?

### Live it Out

Select at least one activity below to complete before next week.

**Pray:** When you pray this week, thank God for delivering you from sin and death. Pray for His Spirit to show you what it means to live a life that reflects the salvation you've received as you study Colossians.

**Memorize:** Commit Colossians 1:13-14 to memory this week. Write it on a notecard or create a background for your phone with the verse. Recite it to yourself to remind you of what God has done for you.

**Write:** Take ten minutes to write out the gospel story as simply as possible. Reflect on ways you might have added or taken away from it and ask God to refresh the gospel message in you this week.

**Act:** As an expression of gratitude to God, choose one way to show someone God's love this week. Help your spouse with something on their to-do list, send a friend flowers, or mow the neighbor's lawn. As you do, pray for the person you're serving.

**Thank:** Send a thank you text, note, or email to the people in your life who led you to Jesus. Tell them how God used them in your life to grow closer to Him.

### Session Big Idea

Since Jesus is supreme over all things—creation, authorities, the Church. Through Christ, we are reconciled to God, we can stand firm in our faith, rooted in the hope of the gospel and Christ’s supremacy.

### Things to Look for in the Video

What is Jesus supreme over?

How does Jesus’s supremacy and the sufficiency of Jesus relate to our worth and purpose?

### Bible Study Notes: Colossians 1:15–23

Notes

### Personal Reflection & Application

What do you think it means to live a life that reflects Jesus’s sacrifice and supremacy, practically speaking?

In what areas of your life do you need to remember Jesus’s supremacy? What’s one way you could trust Him with that area this week?

### Live it Out

Select at least one activity below to complete before next week.

**Pray:** Ask God to reveal the areas of your life that need to submit to Jesus’s authority. Pray that the Spirit would guide you in surrendering those things to Jesus.

**List:** Read back through Colossians 1:1–23 and list all the attributes of Christ mentioned in these verses. Take a few minutes to reflect on who Jesus is and revisit the list throughout the week.

**Share:** Write out your testimony this week. Focus on what life was like before you knew Christ and how He’s changed your life since. Share your story with someone this week.

**Create:** Make something to remind yourself that Jesus is supreme over all creation. Display your creation so you can see it and remember this passage throughout the week.

**Worship:** Choose a praise song that exalts Jesus. Listen to that song in the margins of your life this week to remind you of His supremacy over all things.

**SESSION BIG IDEA**

The mystery of God—the gospel—proclaims the good news of salvation through Jesus, roots us in the future hope of His return and coming glory, and compels us toward spiritual maturity in Christ.

**Things to Look for in the Video**

**What’s the significance of both Jews and Gentiles being a part of God’s family?**

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**What’s the mystery of God Paul talks about in these verses?**

[Dotted box for notes]

**What’s the difference between Christ and us and Christ in us?**

[Dotted box for notes]

**Bible Study Notes: Colossians 1:24–2:5**

*Notes*

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**Personal Reflection & Application**

**What are some practical ways you could pursue growth in your faith?**

[Dotted box for notes]

**How could you remind yourself this week that Christ is in you?**

[Dotted box for notes]

**Live it Out**

**Select at least one activity below to complete before next week.**

**Pray:** Ask God to transform the way you think about following Him. Pray the truth that Christ is in you would settle into your heart and mind this week.

**Write:** Make two columns on a sheet of paper. On one side, write what it’s like to live with the Christ-and-me mentality Louie talked about. On the other side, write what it means that Christ is in you. Reflect on those differences this week.

**Ask:** Talk to someone you consider a mature Christian this week. Ask them what God has used to mature them as they’ve followed Christ. Take a moment to pray for them and their walk with Jesus.

**Study:** Read John 15 this week and take note of the attributes of Christ that appear in the text. As you study, pray God would grow you in the characteristics of Jesus.

**Encourage:** Share the truths discussed in this section of Colossians with another Christian this week. Encourage them that Christ is in them by talking about the mystery of God.

### Session Big Idea

Since Jesus brought us from death to life and triumphed over every authority, we can now live rooted in Christ, unswayed by a false gospel, and abundant in faith.

### Things to Look for in the Video

What are the four words Louie uses to outline this section of Colossians?

### Bible Study Notes: Colossians 2:6-15

*Notes*

### Personal Reflection & Application

What's one thing you could do this week to deepen your foundation in Jesus and His gospel?

### Live it Out

Select at least one activity below to complete before next week.

**Pray:** Pray God would deepen your foundation in Him and the gospel this week. Ask Him to refresh the gospel message in you.

**Give Thanks:** Verse 7 of this passage talks about overflowing with gratitude. Write down one thing you're thankful for every day this week and praise God for how He's moved in your life.

**Study:** Deepen your understanding of the gospel by studying the first eight chapters of Romans. Take your time and write out your thoughts as you go.

**Create:** Make something this week that reflects the truth that you've been brought from death to life. Place your creation somewhere you'll see it to remind yourself that you're alive in Christ.

**Memorize:** Memorize Colossians 2:6-7 this week. Write it down and place it somewhere you'll see it throughout your day.

### Session Big Idea

Since our sinful selves died with Christ, we're freed from human rules and we now walk in the way of the Spirit, which is the only true way to shed our old selves and avoid falling back into the patterns of the world.

### Things to Look for in the Video

Is following Jesus only about doing things for Him? Why not?

What's the significance of the illustration about the two kids mowing the lawn?

### Bible Study Notes: Colossians 2:16–23

Notes

### Personal Reflection & Application

How could you live in a way that reflects you've died to the things of this world this week? What worldly standards of spiritual success do you need to let go of?

What could you do this week to remain connected to Jesus?

### Live it Out

Select at least one activity below to complete before next week.

**Pray:** Pray for God to reveal the ways you've been submitting to the rules of this world rather than to Christ this week. As He shows you, confess sin and pray for Him to teach you to remain connected to Jesus.

**List:** Make a list of all the things you think are necessary for being a "good Christian." Take some time to investigate Scripture to see what's true about your list (Ephesians is a good place to start) and pray God renews your perception of salvation.

**Confess:** Sit down with a trusted Christian friend this week. Reread this section of Colossians and confess how you've been submitting to the rules of the world rather than to Christ. Pray for each other.

**Reflect:** Choose a worship song that talks about the gospel story. Listen to it this week to remind yourself to remain connected to Christ.

**Connect:** Set aside time this week to connect with Jesus. Fill your time with Him with prayer, Scripture reading, and reflection.

### Session Big Idea

Since we're alive in Christ, we can take off the old self and put on the new self, which affects our mindset, our actions toward each other, and how we engage in corporate worship.

### Things to Look for in the Video

What three words summarize this section of Colossians?

What does it mean to take off the old self and put on the new self?

How can we do all things in the name of Jesus? How does that truth apply to all areas of life?

### Bible Study Notes: Colossians 3:1-17

Notes

### Personal Reflection & Application

What do you think it would look like for you to do everything in Jesus's name this week?

What's one practical way you could take off the old self and put on the new self this week?

### Live it Out

Select at least one activity below to complete before next week.

**Pray:** Pray through the characteristics of the old and new self this week. Ask God to show you what you need to put to death and what you need to put on and ask Him for the strength to obey.

**Memorize:** Commit Colossians 3:1-3 to memory this week. Use these verses to remind yourself to keep your mind on Christ and not on the things of this world.

**Reflect:** Every time you get dressed or change clothes this week, reflect on what it means to take off the old self and put on the new self. Pray God would continue to remind you that you have been made new in Christ.

**Worship:** The next time you're in corporate worship or listen to a worship song, pause to consider the words you're singing. Let the truths of the song settle in as you praise God for who He is and what He's done.

**Thank:** Make a list of things you're grateful to God for. Consider going back through your story of coming to know Jesus and making note of the things God's done for you. Take a few minutes to thank Him for how He's brought you from death to life.

### Session Big Idea

Just as Jesus enables us to be reconciled to the Father, He also empowers us to have God-honoring relationships with those closest to us.

### Things to Look for in the Video

**What was the cultural context of the Colossian church?**

**Is God more interested in changing us or our circumstances? Why?**

**How can we specifically honor God in our marriages, families, and workplace?**

### Bible Study Notes: Colossians 3:18–4:1

*Notes*

### Personal Reflection & Application

**What would it look like to focus on working for Jesus in all areas of your life?**

**What could you do this week to honor God in your relationships and circumstances?**

### Live it Out

**Select at least one activity below to complete before next week.**

**Pray:** Pray about your specific situation in life this week—your relationships, job, school, neighborhood, family. Ask God to teach you how to honor Him in all that you do.

**Serve:** Pick one person to serve this week. Choose two to three intentional actions you could do to lovingly put that person above yourself.

**Work:** Whether you're employed or not, take a moment at the beginning of each day to remind yourself that you're working for God. Come up with a way to creatively remind yourself of that truth throughout the day—phone reminders, a sticky note, or a verse as your computer wallpaper.

**Thank:** Thank your parents, or someone who has acted like a parent to you, this week.

**Memorize:** Memorize Colossians 3:23–24 this week. Use it to remind yourself that you work for the Lord throughout the day.



### Session Big Idea

Those with a complete view of Jesus as their foundation live lives of prayer and faithfulness, which results in holy actions toward both the family of God and unbelievers.

### Things to Look for in the Video

What's unique about Paul's request for prayer?

What can we learn from Tychicus and Mark?

### Bible Study Notes: Colossians 4:2-18

*Notes*

### Personal Reflection & Application

Looking back on the book of Colossians, what's one thing you want to remember from this study? How could you apply it to your life this week?

### Live it Out

Select at least one activity below to complete before next week.

**Pray:** Pray that God would build you up in faithfulness this week. Ask Him for opportunities to obey Him by praying for other Christians, being a witness to nonbelievers, and comforting others.

**Read:** We see in Colossians 4:16 that this letter was read aloud to the believers in Colossae. Carve out time to read the entire book of Colossians out loud to yourself or listen to the audio version. Write down what you learn through that process.

**Welcome:** Welcome another Christian into your home this week. Consider how you could use the time you spend together to serve them.

**Witness:** Tell someone about what you learned in this study of Colossians. Encourage another believers in the truths from this book or tell a nonbeliever about Jesus.

**Thank:** Thank a Christian who has been influential in your walk with Jesus this week. Ask how you can be praying for them and take a moment to pray for them.