Week 5 (Week of October 25) — Colossians: Complete in Christ

If you haven't yet: Please share introductions and read through the Group Life Participation at New Cov Document to learn about the purpose of groups, practices for healthy groups, and our seasonal structure.

Start Here (Ice Breaker Question):

What is something you've worked hard to improve or achieve, only to realize that it didn't bring the fulfillment you expected?

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1. Made New, Forgiven, and Free: Read Colossians 2:9–15 together

1. What do these verses tell us about what Jesus has done for us? What words or phrases stand out to you?
2. Paul describes us as being made alive with Christ, forgiven, and freed from the debt of our sin. Why is it important to recognize that Jesus has done for us what we could never do for ourselves?
3. If you have trusted in Jesus, you have been made new and forgiven. What do you remember specifically about when you first trusted Jesus? How might remembering what Christ has done change the way you view yourself, your past, or your struggles today?

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2. Don't Add to Jesus: Read Colossians 2:16–19 together

1. Paul warns the Colossians not to let others judge them based on religious practices or spiritual experiences. Are there some comparable experiences that you have had? Why might people be tempted to measure their faith—or someone else's—by outward behaviors or practices?
2. How do you distinguish between practicing something that helps you grow in your faith with believing a practice makes you more acceptable to God?
3. The central message of this passage is that we are complete in Christ and don't need to add to what He has done. That said, what does it look like to draw closer to that truth?

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3. Living from the Inside Out: Read Colossians 2:20–23 together

1. Paul says that rules and restrictions may appear wise but cannot truly change what is happening inside us. What advice would you give someone about addressing the heart (things on the inside) before trying to modify certain behavior on the outside?
2. If you are complete in Christ, you have nothing to prove and nothing to hide. How might this truth change the way you live out your faith confidently without feeling the need to prove yourself or simply blend in?
3. Are there any individuals currently on your heart that you would like to help to know Jesus?

Pray Together

Consider praying for one another in light of Colossians 2:9–23:

- For a deeper understanding of what Jesus has already done for us
- For freedom from guilt, shame, and the pressure to prove ourselves
- For wisdom to recognize when good practices become ways of measuring our worth
- For Christ to continue changing us from the inside out
- For confidence and opportunities to share our faith naturally with others

NEXT MEETING: When and where will we meet?

As a way to share responsibility for our group, who will champion these areas of our group?

- Rotation of people to facilitate group discussion (who will facilitate next meeting?)
- Prayer requests
- Food or snacks
- Group service project
- Manage our group calendar
- Plan for childcare
- Other?

(Optional) Additional Discussion

Is there something from your past that you still struggle to believe Jesus has forgiven? What would it mean to live in the freedom He has given you?

Have you ever felt pressure to act a certain way so others would see you as a good Christian? How can we encourage one another without creating that kind of pressure?

What are some good things in life that can become things we depend on for our sense of worth, identity, or fulfillment?

What is one way you could live out your faith more confidently this week without feeling the need to force it or draw attention to yourself?

What is one thing from Colossians 2:9–23 that you want to remember or practice this week?