



Morningside Church

Sermon Discussion Guide

Title: Walk in Christ

Date: September 20, 2026

Scripture Text: Colossians 2:6-7

Notes:

When a baby is born, he is heavily dependent on others for nourishment and care. As he grows older, there is an expectation that he will become more independent and will mature, where eventually, they can have children of their own that they can help grow and mature. This is a similar dynamic in the Christian life. As time passes, the new Christian is dependent on other Christians for discipleship. There is an expectation that they will mature spiritually, getting to the point eventually that they can disciple others. For us to mature, we must intentionally become more like Jesus. This not only promotes the maturing process but helps protect us from the distractions of the world. Let's look at how we spiritually grow in our maturity by our '*walk in Christ*'.

I. You Have to Stand Before You Can Walk

[Col. 2:6a](#) states "Therefore, as you received Christ Jesus the Lord...". Paul's addressing Christians. We can't walk in Christ if we have not received Him. Through His redemptive work on the cross, He offers us the free gift of salvation. We can *receive* it, by grace through faith ([Eph. 2:8](#)). As a result, we stand on the foundation of Jesus Christ.

- What are examples of things people "stand on" for their perceived security, freedom, comfort, identity, etc.?
- How will these fall short?
- Paul is addressing his readers assuming they are Christians. How might someone 'get the cart before the horse' and try to live the Christian life without truly accepting Christ as their personal Lord and Savior?
- Using [Col. 1:15-20](#), what are elements that encourage and motivate you to 'stand on Christ'.

"Paul's practical concern was that believers would grow in spiritual maturity. The basis of their conduct is Christ's lordship ([1:15-20](#)) and indwelling ([1:27](#)). The command to **continue to live** [walk] **in him** is followed by expressions of what this involved: (1) being **rooted** (firmness); (2) **built up**; (3) **established in the faith** (a legal term meaning "confirmed"); and (4) **overflowing with gratitude** [abounding in thanksgiving]" (Blum).

We've looked at why it's important to *stand* as a Christian, and it's important to make sure you're standing on the right foundation. But next we'll see why we can't stop there. We must learn to *walk*, moving forward so we are not so susceptible to the distractions of sin.



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II. Walking Requires Steps

“Believers can avoid the deception of [verse 8](#) not by just maintaining a solid front but by moving forward with steady progress. When we stop going forward, we stall; when we stall, we can fall. We **received Christ Jesus as Lord**. Now we are to **continue to live** [walk] with him as our Lord. Step by step, day by day, we are to conduct our affairs in conscious submission to the lordship of Jesus Christ. Life is a journey, and we are not expected to sprint through it. We are just to make steady progress.

Steady progress is possible when we are grounded or **rooted**. Christians are not to be tumbleweeds with no roots, blown about by every wind of doctrine. We avoid this when we are firmly rooted in Jesus Christ. Roots don’t exist for themselves: they exist to give the plant strength and help the plant grow. We are to be **rooted** and then **built up** and **strengthened** [established]. We are to grow. How are we to grow? We are to grow **in the faith [we] were taught**. We have no need to seek secret or “higher” knowledge. We are to grow in knowledge of the truth already revealed in Christ. Finally, Paul wants us **overflowing** [abounding] **with thankfulness**. This comes when we recognize that we are complete in Christ, that we have every opportunity to grow spiritually in him. A thankful believer is not easily led away from Christ. A discontented, grumbling, whiny believer, however, will be easy prey for false teachers who are more than willing to offer ‘just what you’ve been missing.’” (Anders)

- Paul uses examples from a plant and a building. It is the foundational elements of roots and building frame that feed and support a plant/building. Describe how being rooted and built up in Christ will support our walk in Him.
- What are practical ways to be ‘rooted’ and ‘built up’?
- How can others in your church family help you be rooted/built up?
- What is the value in including other believers in your spiritual maturing process?
- When does your spiritual maturing end/complete?
- Describe what it means when Paul states “established in the faith, just as you were taught”? What have we been taught?
- What role does the reading, studying, meditating on and memorizing of scripture play in our spiritual maturing?
- Paul ends [v. 7](#) with the statement “abounding in thanksgiving”. How do you express your thanksgiving to God?
- In [Phil. 4:6](#), we are told “do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”. Why is thanksgiving such a foundational component in the Christian walk?
- How can we be thankful when our circumstances are not what we feel they should be?

How would you rate your walk in Christ? What will you do today to make it better?