



Colossians: *Christ the Builder* Kelli Wommack “FIT CHECK” November 19, 2023

Key Verses: Colossians 3:1-17

Key Thought: As with the social media trend of assessing one's outfit, we ought to assess whether we are “dressing ourselves” in the old humanity or the new humanity of Christ.

Points to Consider:

- Popularized on TikTok, a “fit check” refers to when a person reviews their outfit, volunteering for an assessment by others. → Similarly, Paul leads us to do a “fit check,” to assess how we are “dressing ourselves” (i.e., whether we are walking in Christ).
- **Five Tips for Passing the Ultimate Fit Check:**
 1. **1-4: Shift your mindset.** The verb translated “set your mind on” is a present active imperative— a command that requires ongoing obedience. We must decide to make the heavenly hope of the gospel more influential on our thinking than more immediate, earthly concerns.
 2. **5-7: Burn your old clothes.** The verb translated “put to death” is an aorist active imperative— a command that Paul obliges us to complete. ← [Kelli took off a coat which had these vices printed on the inside. She underscored the difference between hanging up the coat for later and discarding— or burning— the coat.] These are vices of the old humanity.
 3. **8-11: Put off those things, too.** Paul seems to raise the bar with this second list of vices, which might reflect more ubiquitous struggles.
 4. **12-14: Put on your new wardrobe.** The theological movement is justification to sanctification; that is, who we are in Christ impacts the manner in which we live. → These are virtues of the new humanity.
 5. **15-17: Mirror Jesus in your fit check.** Our goal is to image Christ with the whole of our lives. → Doing so is only possible in the power of the Holy Spirit, who enables us both to “put off” the old humanity and to “put on” the new humanity in Christ.

Discussion Prompts:

- Do a “fit check” on yourself, based on Paul's lists of vices and virtues. Where do you see signs of the old humanity, and where do you see signs of the new humanity in Christ?
- According to Paul, how does a shift of mindset enable one to walk in Christ?
- Pray for yourselves, asking for the Holy Spirit's empowerment to walk in Christ.