

*Colossians*



At the Center of it All

Christian meditation

Colossians 3:1-4

<sup>1</sup>If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. <sup>2</sup>Set your minds on things that are above, not on things that are on earth. <sup>3</sup>For you have died, and your life is hidden with Christ in God. <sup>4</sup>When

# OUTLINE

1. Commands
2. Motivations
3. Comparisons
4. Application

1. Commands

*... 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. (Col 1:1b,2)*

*seek?*

*SEEK - investigate ... get to the bottom of the matter... KEEP seeking*

Hebrews 10:

<sup>11</sup>And every priest stands daily at his service, offering repeatedly the same sacrifices, which can never take away sins. <sup>12</sup>But when Christ had offered for all time a single sacrifice for sins, he sat down at the right hand of God, <sup>13</sup>waiting from that time until

## 1. Commands

... 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. (Col 1:1b,2)

*set?*

But he turned and said to Peter, “Get behind me, Satan! You are a hindrance to me. For you are not setting your mind on the things of God, but on the things of man.”

-  
Matthew 16:23



# OUTLINE

1. Commands
2. **Motivations**

# Motivations

1. You are **hidden** in Christ through His death.

*Col 3:3 For you have died, and your life is hidden with Christ in God.*

2. You are **whole** with Christ through His resurrection

*Col 3: 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.*

3. You are **heading home** to Christ from now to his appearance.

*Col 3: 4 When Christ who is your life appears, then you also will appear with him in glory.*

# Motivations

1. You are **hidden** in Christ through His death. *Col 3:3 For you have died, and your life is hidden with Christ in God.*

*Cross-reference*

*Romans 6:5-7 “For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his” .We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin.*

## Motivations

2. You are whole with Christ through His resurrection *Col 3: 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.*

*Cross-reference*

*2 Cor 11:2 For I feel a divine jealousy for you, since I  
betrothed you to one husband, to present you as a pure  
virgin to Christ.*

## Motivations

3. You are heading home to Christ from now to his appearance.

*Col 3: 4 When Christ who is your life appears, then you also will appear with him in glory.*

*Cross-reference*

*2 Cor 11:2 For I feel a divine jealousy for you, since I betrothed you to one husband, to present you as a pure virgin to Christ.*

# OUTLINE

1. Commands
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3. **Comparisons**

## *Mindfulness meditation?*

*“Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. It combines meditation with the practice of mindfulness, which can be defined as a mental state that involves being fully focused on “the now” so you*

# What does the world start to get right about meditation?

1. *That we have the ability to choose what we we want to think about.*
2. *We need to slow down, put off negative thoughts and put on positive ones.*
3. *This takes time, effort, practice.*



## Colossians 3:1-4

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## Mindfulness meditation?

“Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. It combines meditation with the practice of mindfulness, which can be defined as a mental state that involves being fully focused on "the now" so you can acknowledge and accept your thoughts, feelings, and sensations without judgment.”

# OUTLINE

1. Commands
2. Motivations
3. Comparisons
4. **Application**

Seek / Set Christ!

(Christian meditation)

Life

You go somewhere...

(mindful meditation)

Go to yourself?

Seek / Set Christ!



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graph TD; A[Seek / Set Christ!] --> B[1. Your life is hidden with Christ through his death  
2. You are whole with Christ through his resurrection  
3. You and I heading home to experience our truest life!]; B --> C[Face the world with Jesus]; D[Go to yourself?] --> E[1. You are the source / solution  
2. You live in the here and now  
3. Your acceptance and righteousness is self created.]; F[ ] --- G[ ]; G --> D;
```

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world with  
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---

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*Romans 8:1 There is therefore now no condemnation for those who are in Christ Jesus.*

*2 Cor 5:21 For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.*