

## **Weekly Study of Sunday's Message.**

**Sunday June 21, 2020 "Getting back into fit: What will you go back to after all of this is over?"  
"Taking off the old and putting on the new".**

### **I Intro.**

Welcome to the weekly devotional that gives you some specific things to work through from the message this Sunday. Whether you were able to join us in person or through the live stream, this devotional is free-standing and you can still use it to help you dig deeper into your own spiritual walk. Take as long as you need to dive into this material and feel free to share it.

Well, we were back. And those of you who came and worshipped with us physically, it was great to see you. I was just so nice to have real faces again. And to those of you who continued to join us online, for whatever reason, we see you and you are right there with us also. We know many of you will continue to join us virtually, and we are so glad you do. If you have any needs or prayer concerns please feel free to contact us and we will connect with you.

### **II Sunday.**

In addition to being back physically, we also were back into our look into Colossians. We know there wasn't a devotional last Sunday when Angela Barnett preached. We had some technical difficulties across the board. It's just a part of doing what we do. You can still watch that video on both our Facebook page and our YouTube channel.

Sunday, was the third chapter of Colossians, and the challenge to cast off our old ill-fitting clothes of both personal beliefs and practices that don't serve us well. And in addition the beliefs and values in our society that don't reflect the nature and teachings of Jesus. In light of our current conversations about race, we need to examine our old beliefs and values surrounding perceived heritage as much as we need to examine practices and habits in our life that are outdated and don't honor God.

**How would you define or describe old or outdated beliefs, both personally held ones and those you see in our society?**

**How do you evaluate or begin to have conversations about addressing these outdated values and beliefs we tend to hold onto?**

The scripture Sunday was from Colossians chapter 3. Go ahead and read that and we'll talk about taking off the old and putting on the new.

**What jumped out to you about this passage?**

**What and how did it speak to our tendencies to hold onto things that are not good for us?**

This passage was basically broken into two parts. The first identifying and removing the old. And then recognizing what the new is, this way to live from God, and covering ourselves with this life.

So, let's talk about the old first. Paul was saying we all have personal practices, habits, beliefs and values that drive a lesser, less healthy version of ourselves. Not only are those harmful personal

behaviors, but they are also things from our culture that cause us to hold onto these harmful habits. And as our relationship with God grows, and he does this work of maturing us, we need to constantly be aware of where and how we can change to grow our better self. And Paul said it begins with identifying the old, harmful behaviors within us. And he gives us a few examples. Now obviously this list in Colossians 3 is not exhaustive, and the church tends to focus on the specific list rather than the principle. But we can easily understand the truth Paul is laying down here. There are unhealthy things in our life we don't notice or see as unhealthy, and as our relationship with God grows we grow bold and honest enough to continually name those things and do the work of getting rid of them.

**So, let's do the safe things first. Look back at your life and what habits, practices, behaviors did you once engage in, saw they weren't good or healthy, and have 'discarded' them?**

**What led you to do the work of getting rid of those "old clothes"?**

**What did it take, and how difficult was it?**

And just so you know, we're going to ask you to do some work now to see what else are you wearing that is "*old and ill-fitting*" and you need to get rid of. So, start thinking about those things now.

Then Paul talks about putting on these new garments, a designer label from God, that was intentionally designed with who we are in mind, and are reflective of the life we were created for. Paul mentions; compassion, kindness, humility, quiet strength, even-tempered, discipline and others as these better, more fitting outer expressions of who we were created to be. And for most of us, the actual person we want to become. Again these are not an exhaustive list, we all have things we need to put on to replace those old rags we threw away, but they're a great place to start.

There is this process of going through and identifying the old, separating the two, actually and actively getting rid of the old, both personal and in our society, and then cultivating a life maintaining the new.

**So, what 'new clothes' do you need to work on adding to your wardrobe?**

### **III Challenge.**

Okay, we warned you a little earlier in the study that we would be asking what "old ill-fitting" garments, (i.e. beliefs, values, habits, practices), are you still wearing that neither reflect the life of Jesus or the actual you that you want to become.

**So, what old garments do you need to clean out of your closet and throw away?**

**What new better fitting, designed for you, garments do you need to not only put in your closet but also wear?**

In order to go into this new reality, and be the person the God created each of us to be, and we want to be, we have to be willing to do the work, and clean out our closet, throw away those old behaviors, practices, and habits, and adorn ourselves in the designer label fashions God made for us. This kind of life will prepare us for the new reality we'll be moving into.