

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

**Sunday June 7, 2020 "Getting back into fit: What will you go back to after all of this is over?"  
"What is true, and setting realistic goals".**

### **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 watch the live stream service or not, 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.

So, how is everyone doing? We're not even counting time anymore for. It's just been endless. We are still plugging along. Taking care of things behind the scenes. As we announced, we're also putting a strategy and protocols in place for when we do reopen. We don't have a date to announce yet, but we'll keep you posted. And when we do, you can trust that we are doing everything we can to provide the safest place to gather. But until then, if there is ANYTHING you need, prayer, ideas or suggestions you have, please pass them our way. We feel just as isolated as you, and we want to maintain that connection with each of you.

### **II Sunday.**

We started a new series Sunday. And it's our attempt to help us to figure out what it will look like to get back to a life growing a 'better' us. During this shelter in place, most of us didn't learn how to play a musical instrument, a new craft, another language, or anything like that. The most we probably did was clean out a few closets and plant some flowers. Those of you who are more ambitious and harder working probably got some bigger projects finished. And just know...we're super jealous. But, we can still do some serious work on us, who we are, and as we move more and more into this new reality we can be an increasingly better version of ourselves.

So, that's why we're starting this series called; ***"Getting back into fit: What will you go back to after all of this is over?"***. It's our attempt to do a study of a book in the scriptures, but also give us some very practical application, as our world continues to open back up. The problem is this new world will look radically different than the one before the COVID outbreak. And it will be continually changing with the possibility of having to return to restrictions in the fall. So we're discovering, and learning to adapt to a world that we have little control over. It can be a frightening and disorienting thing.

But, we do have control over who we are, how we will handle all of this, and who we want to become. And that will be the purpose of our dive into the New Testament letter of Colossians, and using it to answer the question of what it would look like and what we can do to ***"Get Back to Fit"***.

So, as always some starter questions.

**How have you experienced this time of physical distancing? Has it been easy or difficult for you?**

**What did you learn about yourself during this time? (I hope you learned at least one thing.)**

**What would you like to improve about yourself as we move into this gradual opening? (Again, I hope you want to improve at least one thing?)**

Since we are going through the letter to the Colossians in June, we will be doing a chapter a week. You can read all of chapter 1, (it's really not that long), but our main jumping off point will be just verses **15-23**. And know up front, we will hit the primary teaching of these verses. But our main emphasis will be the purpose of why Paul wrote this, rather than the actual content itself. So go ahead and read these verses.

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

Our main point will be Paul's work to help the readers to condense and simplify what was a complicated overly complex religion to just one main point. And in these verses he did it as a song.

**So, how did you read this as a call to simplicity?**

Kal addressed the primary point of this passage, and that was the centrality of Christ. What we need to remember, and practice in our daily life is Jesus is central. So that's where we start. But then Kal talked about Paul's purpose for writing this, and that's where we will address the theme; ***"Getting back into fit: What will you go back to after all of this is over?"***

So, unpacking the "why?" of this passage, the three memorable points are.

**1. Small.** In order to get to the place, the life we want to live, we have to take small achievable steps. There can be a tendency to want to make that gain all in one shot. And we end up not only not achieving it, but also just being frustrated because we set ourselves up to fail.

**The obvious question is; what one step can you take to add something to your life that will align/center you, and move you in this direction?**

**2. Simple.** The second truth is, not only does that early movement in the direction you want your life to go has to be something small, it also has to make sense and we have to be able to wrap our minds around it. Paul was addressing the church at Colossi and their drift into over complicating things. And in doing this, not only were they twisting what it meant to follow Jesus, but they were discouraging others from joining because it was just so convoluted. And that often sets us up for failure.

**So, what are some things you know to be true, that would make your life better, that are easy to follow that you need to move from knowledge to action?**

**3. Sustainable.** Lastly, the secret sauce, so to speak, is sustainability. Are these smaller and simpler steps something you can maintain over the long haul. Just like exercising and eating right, people are drawn to the quick and intense fix. Which can be kept up for a short burst. But to be able to keep doing that same thing over a long period of time is a much different lifestyle. That's why Paul just made it about following Jesus, and we have to work this understanding into this "getting back to fit".

**What small and simple things could you work into your regular life that would move you in the direction you want to go?**

**III Challenge.**

This new life...whatever, is coming...whether we're ready or not. And so it would be in our best interest to do ALL WE CAN to at least begin the work of being the best us we can.