

Choosing Each Day: God or Self?

Colossians 3:12-17 calls believers to live out their identity in Christ through intentional, Christ-centered actions. As God's chosen, holy, and beloved people, we are "to put" a new character: heartfelt compassion, kindness, humility, gentleness, and patience. This transformation is not optional—it's a daily choice, like clothing oneself in new garments.

Forgiveness is central to this new life. We are to "accept one another and forgive one another" just as Christ has forgiven us. This is not a one-time act but a continual posture, rooted in the grace we've received. Above all, we are to "put on love", described as the perfect bond of unity. Love is the unifying force that holds all virtues together in harmony.

The peace of Christ is to "rule in your hearts" not as a passive feeling, but as the decisive guide for decisions, relationships, and responses. This peace comes from being called into one body, the Church, and it calls us to be thankful.

The word of Christ must "dwell richly" among us, shaping our lives through teaching, admonishing, and worship-singing psalms, hymns, and spiritual songs with gratitude. This isn't just about music; it's about allowing Scripture to shape our thoughts and hearts.

Finally, "whatever you do, in word or in deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him. This verse brings the entire passage to a close: every action, big or small, is to be done in Christ's authority and for His glory.

Take a moment to ask yourself: What am I wearing today—my old self, or the new self in Christ? Let this passage challenge you to intentionally clothe yourself in compassion, forgiveness, love, and gratitude.

Be completely humble and gentle, be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.

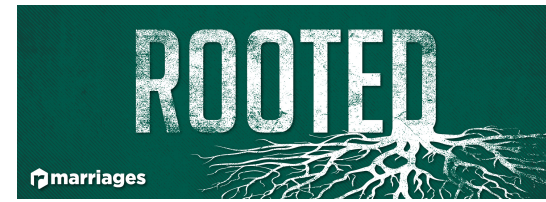
Ephesians 4:2-3

We would like to wish everyone at Rock Marriages a very Happy Easter! Service times below:

- Thursday, April 2nd at 7p*
- Good Friday, April 3rd at 7p*
- Saturday, April 4th at 7p*
- Easter Sunday, April 5th at 9a & 11a*

Remember no Rock Marriages gathering on April 2nd, see you on April 9th!

STUDY
COMPANION
WEEK TWELVE



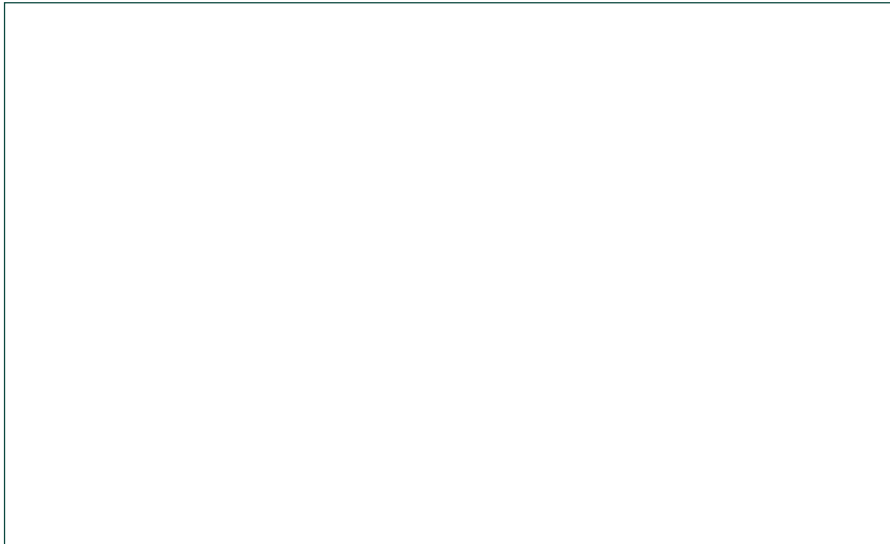
"PUT ON WHAT
MATTERS"

MESSAGE NOTES & VERSES

WHAT STEPS CAN YOU TAKE THIS WEEK TO
APPLY WHAT YOU LEARNED AS A COUPLE?



OUR PRAYERS



THIS WEEK'S MEMORY VERSE:

*"and to put on the new self, created after the likeness of God in true
righteousness and holiness."
Ephesians 4:24*

NOTES

