



This guide is an invitation to follow Jesus with greater purpose and hope. It will help you to explore the scriptures and challenge you to live out your faith. Each week we'd love for you to think about how you relate: **Up** (with God), **In** (with church) and **Out** (with neighbors).

**Weekly Questions:**

- How is God getting my attention? For help, think about these areas:
- How are you living up with God?
- How are you living in community with other followers of Jesus?
- How are you living out on mission with your neighbors?
- What are you going to do about it?

**Habits of a Church on Mission**  
Colossians 3:5-14

- **Burying the Old.** Paul uses strong language, telling us to "put to death" behaviors like anger, malice, and slander. To make room for the presence of God, we often have to "bury" the attitudes that keep us isolated or reactive. What are some specific behaviors, habits, or practices you need to bury this week to keep your heart from becoming hardened? How does stripping off the old self create more space for you to be truly present with those you love?
- **The wardrobe of grace.** Once the old is buried, we are called to "clothe ourselves" with compassion, kindness, humility, gentleness, and patience. These aren't just personality traits; they are the "uniform" of someone living in the presence of Jesus. Which of these garments (compassion, kindness, humility, etc.) feels the most difficult for you to put on right now? Why? How can choosing to wear one of these change the atmosphere of your home, work, family, or relationships this week?
- **The bind of love.** Paul writes that over all these virtues, we should put on love, which "binds them all together in perfect unity." Love is the glue that makes our presence meaningful rather than just polite. We often look to put people in neat categories of good or bad, right or wrong. How does the bind of love disrupt our tendency to judge others? Who is someone in your life that needs meaningful presence rather than your opinions or judgment?
- **Forgiving as Christ forgave.** A major part of being present is dealing with the friction of relationships. We are told to "bear with each other and forgive one another." Is there a frozen relationship in your life that needs the warmth of forgiveness? How does the reality of Christ's presence with us—even when we are at our worst—empower us to be present with others who have hurt us?

**Practice: Presence over Noise**

This week, look for a moment when you feel "overwhelmed" or "anxious." Instead of reaching for a distraction (a screen, a snack, or a "thief" of joy), take a breath and ask God: *"What do I need to bury right now, and what do I need to put on so I can be present?"*