

- 1 Be concise.** Please share your thoughts and answers, but be considerate so that others will have time to share their answers also. Be charitable and kind. Be willing to share with the group, but do not try to dominate the conversation. Use the time after the class to find help with any personal issues or problems you may be confronting in your life.

“Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.”

(James 1:19–20)

- 2 Be thoughtful with your answer.** Consider your words. Do not simply regurgitate what you have always heard. We have the tendency to speak in “Christianese” — words that only people who grew up on the pews would understand. Think about how your words will be heard by others. Will they understand what you are saying? Is what you are about to say going to be useful for the building up of the faith of others? Or will your words be confusing, cause hurt, or worse, damage someone’s faith? Speak without harshness or anger, but with kindness and humility.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

(Ephesians 4:29)

- 3 Rely on the scriptures for truth.** It is easy to rely upon conventional, worldly wisdom as truth. Bible study is about seeking God’s answers for our lives, not dispensing the advice of the world. We must consider that our natural answers may be the wrong answers if they are not founded on God’s word.

“For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.”

(1 Corinthians 1:25)

For you have died, and your life is hidden with Christ in God. (Colossians 3:3 ESV)

A fresh start. People will do many things to try to find a fresh start in life. Some people will move great distances. Some will start a new career. Some will go to great extremes just to try to start all over. Unfortunately, life does not have a simple “reset” button. Even with these life changes, there is something that getting a new job or moving to a new city cannot do. Change who you are. Even with all our external changes, we still carry the baggage of who we are, the past decisions we made, and the consequences we are enduring.

But Jesus has the power to change you so that you have a fresh start. Jesus offers a new self. He offers a new you. Look at some of the scriptures that describe this new life and new you that is available in Jesus.

Therefore, if anyone is in Christ, **he is a new creation**. The old has passed away; behold, the new has come. (2 Corinthians 5:17 ESV)

Cleanse out the old leaven that **you may be a new lump**, as you really are unleavened. For Christ, our Passover lamb, has been sacrificed. (1 Corinthians 5:7 ESV)

So we do not lose heart. Though our outer self is wasting away, **our inner self is being renewed** day by day. (2 Corinthians 4:16 ESV)

But that is not the way you learned Christ!— assuming that you have heard about him and were taught in him, as the truth is in Jesus, to **put off your old self**, which belongs to your former manner of life and is corrupt through deceitful desires, and to **be renewed in the spirit of your minds**, and to **put on the new self**, created after the likeness of God in true righteousness and holiness. (Ephesians 4:20–24 ESV)

You can be a completely different person in Christ. You can have a fresh start. To use the language of the scriptures you read above, you can be a new creation in Christ, a new lump of dough, and a renewed self with a renewed mind. This workbook is a study of the scriptures to help you have the new life God has promised to those who belong to Jesus. The apostle Paul’s letter to the Colossians will be the basis for this study. Open your heart to the scriptures and be ready for change.

COLOSSIANS 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.
- 2 Set your minds on things that are above, not on things that are on earth.
- 3 For you have died, and your life is hidden with Christ in God.
- 4 When Christ, who is your life, appears, then you also will appear with him in glory. (ESV)



Before starting at the beginning of this paragraph, start with verse 3.

1. "For you have died:" What does this mean in terms of what our lives look like?

2. Why is this such wonderful news?

3. "Your life is hidden with Christ in God:" What does this mean? What do our lives look like?

4. Rewrite verse 3 in your own words, in a way that makes sense to you and how it looks in your life.

5. Read verse 4. Explain what it means that "Christ who is your life." What does this look like?

6. Read verses 1-2. What are the changes in life we must begin to make now that shows our lives are hidden with Christ in God? Explain what these two things each mean. How can we do this?

7. What is the promised reward for turning our lives over to Jesus (verse 4)? What does this mean?

SUMMARY APPLICATIONS:

1. Where does this new life begin? Where must we start?

COLOSSIANS 3

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- 2 Set your minds on things that are above, not on things that are on earth.
- 3 For you have died, and your life is hidden with Christ in God.
- 4 When Christ who is your life appears, then you also will appear with him in glory.
- 5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. (ESV)



Read the text above. In the last lesson you studied verses 1-4. Now spend time examining verse 5.

1. Explain the phrase, "Put to death what is earthly in you." What are we looking to root out of our lives? How do we do this?

2. The first four sins are directed to a sexual concerns:
Sexual immorality (porneia): any kind of sexual activity not with your husband
Impurity: moral uncleanness, lewdness - a word that has an even wider reference than "sexual immorality"
Passion or lust: uncontrolled desire, sexual passion
Evil desire: impure desire

What dangers and temptations do women have today toward these sexual concerns listed above?
For singles:

For married:

3. What boundaries can be put into place to help prevent impurity and immorality?

4. To the singles, what steps can you take to stay sexually pure till marriage?

5. To the married, what steps can you take to stay emotionally connected to your husband and sexually fulfilled in marriage?

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- 3 For you have died, and your life is hidden with Christ in God.
- 4 When Christ who is your life appears, then you also will appear with him in glory.
- 5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.
- 6 On account of these the wrath of God is coming.
- 7 In these you too once walked, when you were living in them. (ESV)



1. Covetousness is not a word we commonly use today. The word means, "a desire for riches; the desire to have more" and many translations render this word as "greed" (NASB, HCSB, NIV, NRSV, NLT, NET). How can we identify if we are covetous/greedy? What evidence should we look for in our lives and hearts?

2. Read the excellent woman in Proverbs below and then answer the question:
The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life. She seeks wool and flax, and works with willing hands. She is like the ships of the merchant; she brings her food from afar. She rises while it is yet night and provides food for her household and portions for her maidens. She considers a field and buys it; with the fruit of her hands she plants a vineyard. (Proverbs 31:11–16 ESV)

Why does she work (either in the home or in the market)?

3. Why is covetousness/greed (the desire for more) called idolatry? Why is this idolatry before God?

4. How can we learn to be satisfied and content with what we have, and even less than what we have? Do we really need what we think we need?

5. What are the consequences of allowing greed to remain in our hearts?

COLOSSIANS 3

- 8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.
9 Do not lie to one another, seeing that you have put off the old self with its practices
10 and have put on the new self, which is being renewed in knowledge after the image of its creator.
11 Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all. (Colossians 3:8–11 ESV)



1. Notice that the above sins are about the tongue. Consider the above command along with the following scripture.

So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell. (James 3:5–6 ESV)

How do we destroy friendships through anger, wrath, malice, slander, obscene talk, and lying?

How do we destroy our marriage through anger, wrath, malice, slander, obscene talk, and lying?

How do we destroy our family relationships through anger, wrath, malice, slander, obscene talk, and lying?

In talking about the new self, thinking about how many times it was our tongue that caused our problems.

2. Read Luke 6:45.

The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks. (Luke 6:45 ESV)

What causes us to sin with our tongue? Explain.

After reading the above passage, can we really say that “someone made us angry?” Discuss.

3. Add the following scriptures into your study.

If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person’s religion is worthless. (James 1:26 ESV)

Can we control anger? Can we control our tongue? What are practical ways we can do this?

COLOSSIANS 3

12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,

13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. (Colossians 3:12–13 ESV)



The new you requires not only that we stop certain activities and behaviors, as we have seen in the past lessons, but also to begin to practice certain behaviors.

1. Before we begin talking about what to “put on” in our lives, what does Paul say to first focus on? How does this help? Explain.
2. First, we are to put on “compassionate hearts” and “kindness.” What will these characteristics look like in our lives? How can we practice this in the home to our husbands and children, as well as with our friends, physical family, and spiritual family?
3. Second, we are to put on “humility” and “meekness.” How do we practice humility with others? How do we practice meekness (meekness is actions and emotions under control)?
4. Third, we are to put on “patience” and “bear with one another.” What will these characteristics look like in our lives? How can we practice this in the home to our husbands and children, as well as with out friends, physical family, and spiritual family?
5. Finally, we are to forgive others as the Lord has forgiven us. Explain the terms and the way the Lord has forgiven us. Then apply this to how we are called to forgive each other. How important is this attitude in marriage and in the church?

COLOSSIANS 3

14 And above all these put on love, which binds everything together in perfect harmony.

15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.

16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. (ESV)



1. How is love “above all these?” Why is love above compassionate hearts, kindness, humility, meekness, patience, and forgiveness? What does it mean to love others?
2. Jesus said that ones who make peace are blessed because they will be called children of God (Matthew 5:9). In Colossians 3:15 Paul commands the peace of Christ to be the rule over our hearts. What are some practical ways that we can be the makers of peace in our various relationships (marriage, family, friends, work, church)?
3. How is letting “the word of Christ dwell in us richly” a key to putting on the new self? How can we let the word of Christ dwell in us richly? What are some practical ways to do this?
4. What is the rule for the new self (verse 16)? What does this look like in our lives? What changes must we make in our lives so that we are “doing everything in the name of the Lord Jesus?”
5. What should we give thanks for? How is this putting on the new self?

COLOSSIANS 4

- 2 Continue steadfastly in prayer, being watchful in it with thanksgiving.
- 3 At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison—
- 4 that I may make it clear, which is how I ought to speak.
- 5 Walk in wisdom toward outsiders, making the best use of the time.
- 6 Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person. (ESV)



1. How often must we pray? How do we do this?

2. What is one of the most important things we can pray for? How can we improve at this?

3. How can we walk in wisdom toward outsiders (4:5)? What does this look like? What should our lives look like?

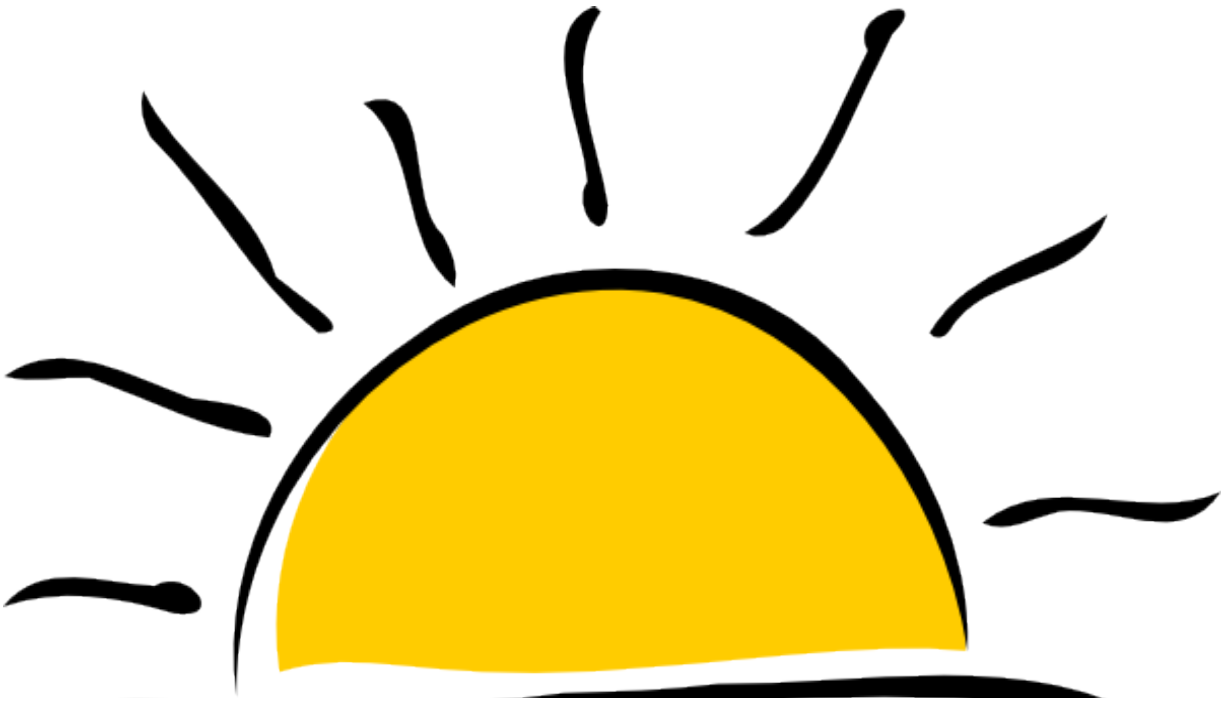
4. What does it mean to “make the best use of the time?” What will this look like in how we use our time?

5. In Colossians 3 we learned how we are not to speak (with anger, wrath, malice, slander, lies). What qualities does Paul say our speech must possess? What does this look like? How will this look in marriage? How will this look at work? How will this look with the church?

SUMMARY: Think about all you have learned in these nine lessons. If we will practice what we have learned, your life will be transformed into a “new you,” transforming into the image of Christ.

A NEW YOU

For you have died, and your life is hidden with Christ in God. (Colossians 3:3)



SELF-STUDY WORKBOOK

by: Brent Kercheville