



## **OFF THE RAILS – GROUP DISCUSSION QUESTIONS**

### **GET STARTED**

Have you ever shown up somewhere wearing the wrong clothing (i.e. too formal, too casual, costume, etc.)? Share a story. How does it feel to be over or under dressed for something? What do your clothes potentially communicate about yourself to others?

### **TAKE IT IN**

What encouraged and/or challenged you from the sermon this week? Why?

### **TALK IT OVER**

**Read Colossians 3:1-4**

- Paul uses a clothing illustration. He says that since we're alive in Christ, we can take off the old self and put on the new self. This taking off and putting on affects our mindset and actions towards others. **What do you think it means to set your mind on things that are above? What does it mean to think about earthly things?**
- Paul points to the hope we have in Jesus and that, one day, when He returns, we will be with Him in His glory. **How could focusing on the future glory of Christ help you keep your mind on Him today? What other things help keep your heart and mind focused on God?**

**Read Colossians 3:5-7**

- Take a look at the list in verse 5. Describe or define in your own words what each word means: sexual immorality, impurity, lust, evil desires, greed, and idolatry. **What observations can you see between the desires behind these behaviors? What does it look like to put to death the old self and its habits? Why is it important for Christians to address and repent of sin?**

**Read Colossians 3:8**

- We get angry when we don't get what we want, which means that at the root of an angry person is a hurt person. This person (many times ourselves) is angry because something

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has been taken from them. Now, there is something that is owed, a debt that needs to be paid, and this can cause anger. **How have you handled anger in constructive or destructive ways? What happens when you don't deal with anger?**

- Forgiveness is the key to getting rid of anger. In other words, it's a shift in desires to put on a new self. **How does forgiveness bring healing to anger? What keeps us from forgiving others? How does it change your perspective when you focus on how God has forgiven you?**

## **Read Colossians 3:9-11**

- All of these sins listed in this passage have relational consequences. **How do the things we desire impact the ways we interact with people?**
- In verse 10, we learn that our new selves are being renewed in knowledge in the image of our creator. **How have you experienced the renewing of your mind as a Christian? In what ways are you more like Jesus than when you first believed?**
- When Jesus becomes the center of your life, your life can't stay the same. Everything you are (identity, thoughts, actions, etc.) begins to change and aligns with God's Kingdom. **How does this truth impact all aspects of your life (marriage, family, friends, career, finances, etc.)?**
- Taking off the old self and putting on the new is not reliant on our own effort. It is a lifelong Spirit-empowered process covered and in response to the grace of God through Jesus. **Where are you struggling to take off the old self or put on the new self? As a group, how can we encourage one another?**

## **LIVE IT OUT**

This week, review Colossians 3:5,8. Ask God to show you one thing He wants you to take off from the old self and one thing He wants to put on your new self. As a reminder, think about this every time you change clothes. Allow this simple act to help you reflect and focus on the things above and that you have been made new in Christ.

### **Further Study:**

Read *The Fruitful Life* by Jerry Bridges



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**Memorize:**

*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God.*

**Colossians 3:1 (NIV)**