



## COLOSSIANS 2:8-15 WEEK 4

### ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)

### IN THE FOLLOWING EXERCISES THIS WEEK

Our focus this first week is Colossians 2:14-15... Victorious in Him

#### 1. Introduction and Warmup

Read and Copy Colossians 2:14-15 in at least 3 Bible translations. Note the differences and answer the following:

- Do the variations in how these verses are expressed raise questions for me? If so, pray and ask God to bring clarity.
- Do the variations of expression help me understand and take in the Truth of these verses in a greater way? How so?

\*Various translations can be accessed at [www.biblegateway.com](http://www.biblegateway.com)

#### 2. Memorize

Memorize Colossians 2:14. Start now and add on sections throughout the week. As you progress, add in the verses you memorized from Weeks 1-3. For extra challenge, memorize verse 15 as well.

\*Helpful tips for memorizing are available on our website [www.establishedfootsteps.com](http://www.establishedfootsteps.com)

#### 3. The nitty-gritty of Jesus' gift of forgiveness

We are often aware of the forgiveness of Jesus, it is a common theme in Christian conversation and teaching, and it should be, as our forgiveness is written of often in Scripture. In fact, Colossians 2:13 finished out in this way, ***“having forgiven us all our transgressions”***... Verse 14 though, continues on with that same thought, expounding on the nitty-gritty of Jesus' forgiveness in each of our lives. The Truths of verse 14 are not as often discussed, but they should be, because we need these Truths in every part of our soul. So, first, watch ***“The Nitty Gritty of Jesus' Forgiveness”*** video on our YouTube Channel, Established Footsteps Ministry. After watching, carefully complete the following in your journal. And... don't rush!

- Knowing the story of your life and what you have experienced, list the ***“decrees”*** that may have been on the ***“certificate of debt”*** for your life.
- Considering each decree on your list, workout your soul in these questions, writing your answers in your journal:
  - ? In my mind, do I think of this decree as having been ***“taken out of the way by Jesus and nailed to His cross”*** or do I think of it as still having authority over me?
  - ? In my emotions, do I feel as if this decree has been ***“taken out of the way by Jesus and nailed to His cross”*** or do I feel like it still having authority over me?
  - ? In my will, do I act as if this decree has been ***“taken out of the way by Jesus and nailed to His cross”*** or do I act as if it is still having authority over me?
- After working through each decree, ask the Holy Spirit about any adjustments He would have you workout in your soul, based on the Truth of verse 14.

#### 4. Celebration of Victory / Prayers for Victories to Come

READ Colossians 2:8-15 out loud, with special emphasis on verse 15.

- Based on #3, for all the victories already experience in your soul, write out a prayer of celebration in your journal.
- For all the victories yet to come, write out a prayer for help based on the Truths you have discovered in these verses.

#### 5. Worship Response

One of the best ways to thank God for the incredible gift of Jesus is worship! So, using the ***“In Him Color Sheet”*** turn on some Christmas Worship Music and color... nurturing a heart of thanksgiving toward the Lord for all that you have received and experience in the gift of Jesus. As you do, be intentional to recall the different things the Lord has revealed to you each week as you have meditated on this passage. (Find the sheet on the December Soul Pilates page at [www.establishedfootsteps.com](http://www.establishedfootsteps.com))

#### 6. Use the Scripture Prayer Image to begin a conversation with God about Colossians 2:14-15.

