



COLOSSIANS 3:1-17 WEEK 1

Each week we will work out our souls in a section of these verses that call us to live in the glory of the resurrection of Jesus!

Verses 1-4 will be our focus in week 1.

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS) IN THE FOLLOWING EXERCISES THIS WEEK

1. READ Colossians 3:1-17 three times this week & COPY Colossians 3:1-4

2. Memorize Colossians 3:1-2 / Extra Challenge, memorize verses 3-4 as well.

*Remember that memorization takes daily attention. Additional tips for memorizing Scripture are available on our website under Women's Ministry/Resources/Memorization Projects

3. Foundational Understanding... WATCH & COMPLETE

In a physical workout, having a foundational understanding of form and proper use of equipment is so important. This is also true for spiritual workouts. Each week we offer a video encouragement/teaching as a suggested addition to your workout. But this week we will post a video teaching and accompanying worksheet that is to be included in your workout. The video and worksheet will be shared on Tuesday. Make sure to include watching the video and completing the worksheet in your workout this week as you get started in this passage. These foundational understandings will have a big impact on your workouts in these verses all month long!

4. Set Your Heart

The NIV version of verse 1 says, *"Since then you have been raised with Christ, **set your hearts on things above...**"*

The NASB version of verse 1 says, *"If then you have been raised up with Christ, **keep seeking the things above...**"*

One specifically names the heart, the other implies it... because as shared in the teaching, your heart is the center of your whole being, the connecting point of your Spirit, Soul and Body. This verse is calling us to live in the glory of the resurrection and it starts with the heart! The overall expression and seeking of your life expresses what is flowing out of your heart. The Greek verb in verse 1 that translates *"set your hearts"* and *"keep seeking"* basically means to aim for, to strive for, to seek order to find. With these understandings, ponder and answer the following questions:

- What word or phrase would I use to describe the overall expression of what my life is seeking and striving for?
- Is this seeking pointing toward things above?
 - If the answer is yes... what can I do to make sure that my heart keeps seeking in that direction?
 - If the answer is no... what would the Holy Spirit have me do to reset the direction of my heart?

5. Set Your Mind

As shared in the teaching, your mind is a part of your soul that is the center of your thoughts. The Bible clearly teaches that this part of our soul has an incredibly powerful impact on the way we live. Perhaps this is why verse 2 is so direct in its instruction for living a resurrected life. The Greek verb in verse 2 that translates *"set your mind"* basically means to direct one's mind to a thing. With these understandings, imagine the resurrected Jesus sorting through the thoughts in your mind and ponder and answer the following questions:

- Which thoughts in my mind are set on things above?
- Which thoughts are not?
- What would the Holy Spirit have me to do to set these thoughts heavenward?
- What are some tools, habits, practices, boundaries etc. that I could use to better set my mind on things above?

6. Pray

Use this week's Scripture Prayer Image to start a conversation with God about setting your heart/mind on things above.

