BREAKING THE ICE:

- When you think about the new year ahead, what do you think about? Are you excited? Anxious? Fearful? Hopeful?

GO TO THE SOURCE: Read Col 1:1-2, 10

DIG A LITTLE DEEPER: *Download the “Faithlife Study Bible” App for our series through the Book of Colossians

Who's Who?

- Who Wrote the Book of Colossians?
- Who did the author write it to?
- Where was the author when it was written?
  - STUDY NOTE: Look it up in the Faith Life Study Bible App
- What was going on in Colossae when it was written?
  - STUDY NOTE: Look it up in the Article “Introduction to Colossians” in the Faith Life Study Bible App Col 1:1

The Purpose of the Letter

- Read 1:10 again- What does Paul say his purpose is in this letter in this verse?
STUDY NOTE: He gives 4 purposes in this verse: 1) Live a life worthy of the Lord, 2) Please Him, 3) Bear fruit in every good work, and 4) grow in knowledge of God.

- Where does the battle for our lives begin each day?
  - STUDY NOTE: There are several answers to that question but the one we want to focus on is: “in our minds.” Long before someone commits a sinful act they have a line of sinful thoughts that lead to the action.

- If we get our minds right, do you think we will accomplish the 4 purposes Paul lays out in verse 10?

Get your mind right

- What are some typical struggles people have with their thought life?
  - STUDY NOTE: Anxiety, lust, bitterness, depression, self image, catastrophizing, negative filtering, etc.

- Have you ever struggled with any of these things? If your comfortable share with the group what struggles you have had.

- Read the following verse: Phil 4:6a, Prov 6:5, Heb 12:15, Phil 4:4, Phil 4:8. What do these verses teach us about God’s desires for our thought life?

- Read 2 Cor 10:5 what does the end of that verse teach us about our thought life?

- Does your thoughts drive your emotions or do your emotions drive your thoughts?
  - STUDY NOTE: Often people’s emotions drive their thoughts and that is usually bad. This is why anxiety, bitterness and the rest are so hard to change. For example we feel anxious so we think about what is not right or what might happen, which leads to greater feelings of anxiety which leads to more thinking and down the rabbit hole we go.

- Do you think controlling your thoughts like 2 Cor 10:5 talks about would change your unhelpful feelings?

MAKE IT COUNT:

- Start this year by memorizing 2 Cor 10:5
- Whenever unhelpful thoughts come to mind make them obedient to Jesus.