



COLOSSIANS 2:8-15

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

Our focus this first week is Colossians 2:8-10... Complete IN HIM!

1. Introduction and Warmup

- To introduce you to the passage for this month, begin by watching the **Colossians 2 Intro Video** on our YouTube channel, Established Footsteps Ministry
- Warmup by reading Colossians 2:8-15 in at least 3 Bible translations.
- Warmup by copying Colossians 2:8-10 in the NASB version.

*Various translations can be accessed at www.biblegateway.com

2. Memorize

Memorize Colossians 2:9-10. Start now and add on sections throughout the week. For extra challenge, add in verse 8 as well.

*Helpful tips for memorizing are available on our website www.establishedfootsteps.com

3. “Captive” or “Captivated”

In verse 8, Paul instructs the believers to **“See to it that no one takes you captive by philosophy and empty deception...”** and he mentions two ways that can happen... **“according to the traditions of men”** and **“according to the elementary principles of this world.”** So...

- First... take time to consider each part of your soul (mind, will and emotions) alongside these instructions. Ask the Holy Spirit to reveal any ways in these regards that you have allowed your soul to be taken captive, and as He does, ask Him to set you free. Journal your thoughts.
- Second... in the latter part of verse 8, Paul writes, **“rather than according to Christ.”** implying that the Truths of Christ should be what **“captive”** us. So, consider the Truths about Christ that captivate you, and then journal your thoughts about how those Truths affect each part of your soul.
- Third... people, including ourselves, will either be held captive by worldly philosophies and empty deception or captivated by the Truths of Christ. Consider people in your life who are held captive. Pray for them specifically.

4. “In Him” Verse 9... Fullness of Deity

Verse 9 is a powerful declaration about Christ that should build strength of faith into the expression of our souls! In verse 9 we are told that the fullness of God was revealed in the person of Christ. In the second part of Exercise #3 of your workout, you began to consider Truths about Christ that specifically captivate you. Now take your thoughts even wider by asking the Holy Spirit to assist you in making a full list of all the ways Christ revealed the glory of God.

*Take note, your list will never be full, because our minds are too small to contain the fullness of such knowledge, but as you take time and give energy to this exercise, ask the Holy Spirit to captivate you by revealing even more about Jesus than you have beheld before.

5. “In Him” Verse 10... Complete

One of the most common of ways that the enemy takes us captive in empty deception is by convincing us that we are lacking, missing out, not good enough and more. It is a philosophy of being incomplete. And yet, verse 10 tells us that **“in Him”** we are exactly the opposite. Keeping in mind what was shared in the intro video about how Christ completed us by rebirthing our spirit, consider also the other effects that verse 9 implies into your life, ways that He makes you complete. Journal your thoughts and journal a prayer asking the Lord to captivate you according to the Truth of verse 10.

6. Use the Scripture Prayer Image to begin a conversation with God about Colossians 2:10...

