



COLOSSIANS 2:8-15 WEEK 2

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

Our focus this first week is Colossians 2:11... Bringing forth LIFE

1. Introduction and Warmup

- Our focus verse this week might sound a little awkward, but it is rich! To help you understand, read the sheet entitled **“The Circumcision of Christ”** before you get started.
- Read Colossians 2:11 in at least 3 Bible translations.
- Copy Colossians 2:11 in the version that resonates with you the most.

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

2. Memorize

Memorize Colossians 2:11. Start now and add on sections throughout the week. As you make progress, make sure to add in the verses you memorized from Week 1. *Helpful tips for memorizing are available on our website www.establishedfootsteps.com

3. “In Him”

This month we are searching out the value of the gift of Jesus... all that we find **“in Him”** as described in the 8 verses overall. This week our focus is verse 11 which begins, **“and in Him you were also circumcised...”** So let’s pause and consider the privilege of having the circumcision of Christ. Journal a prayer of thanksgiving as you consider the following...

- Consider what life would be like without His work of circumcision in your soul?
- Consider the value of Life that He has already brought forth in your mind, will and emotions.

4. How?

We understand how a baby boy is circumcised... but spiritual circumcision may seem more difficult to understand. How does it take place? Verse 11 tells us it is **“a circumcision made without hands”** and that it is a **“removal of the body of the flesh by the circumcision of Christ”**. When Christ’s flesh was **“circumcised”** on the cross, He provided us the privilege of experiencing true LIFE instead of just existing day by day according to our flesh. But God is very creative in HOW He works this circumcision process out in our lives. So, reflect on some of the ways that God has already done this work in your life and how He may be currently doing so...

- What are some fleshly things that God has already cut away and removed from your life? How did He do it?
- What is something that God is currently circumcising in your life?
- What is something that you know God wants to remove, but you are being resistant? How can you respond differently today?

5. Distinguishing Mark

In the Old Testament, as God was building the nation of Israel, He gave the mark of circumcision to Abraham as a way to distinguish His children from the other nations. It became their distinguishing mark. As we experience the circumcision of Christ, it should also mark us, distinguishing us from others around us who are living according to the flesh. So how has the circumcision of Christ distinguished you? Journal your thoughts.

6. Use the Scripture Prayer Image to begin a conversation with God about Colossians 2:11