



COLOSSIANS 3:1-17 WEEK 3

Each week this month we are working out our souls in a section of these verses that call us to live in the glory of the resurrection of Jesus!

Verses 12-14 will be our focus in week.

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

1. Same but Different - READ Colossians 3:1-17 in three different versions

You can use hard copy Bibles or view varied translations at www.biblegateway.com. At this site, simply type in Colossians 3:1-17 on the search bar, choose from the many different versions, and then press enter. As you read:

- Make note of the similarities you find
- Make note of the differences you find
- Copy verses 12-14 in the version which resonates most in your soul

2. Your choice Memorization – Pick verse 12, 13 or 14 and memorize it this week

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

3. Privilege Soul Planks

In past workouts we have talked about the benefit of "Soul Planks"... moments of a continued focus on our souls... and as we focus... being intentional to raise ourselves upwards towards God's Truth. So, as we begin with verse 12 this week, take some time to Soul Plank in the Truths of its first phrase, "**Therefore, as God's chosen people, holy and dearly loved...**" We are so privileged to be **chosen, holy and dearly loved**. Before you move on to the other exercises, SOUL PLANK in these privileges... asking God to touch your mind, your will and your emotions with their Truth. Journal your thoughts.

4. Let's Go Shopping! (This "shopping" experience may take several days... don't rush!)

Last week we looked at the three command verbs of verses 5-11 against a backdrop of "clothing" (If you need a reminder, see the video "Three Verbs"). So, now that we have cleaned out our soul closets, it's time to go shopping, because as holy and dearly loved children of God, we have the privilege of wearing amazing resurrection clothes!

- Verse 12 gives clear instruction about some of the clothes that a well-dressed resurrected believer should wear. Take inventory and see what you may need to add to your spiritual wardrobe. Journal your thoughts.
- Verse 13 gives clear instruction about the overall "style" of a resurrected believer. Does this verse describe your spiritual style? If so, journal about how it is displayed in your life. If not, journal about what you may need to adjust in your style?
- Verse 14 gives clear instruction about what kind of "belt" we should wear at all times. Do you wear this belt every day? Why or why not? Journal your thoughts.

5. Remember when...

It has been said, "**When you look good, you feel good!**" Perhaps this is the reason why... that as this chapter speaks to the resurrection of our soul, verses 12-14 follow up verses 5-11 with a theme of our spiritual clothing. The point being, that many times, the death we are experiencing in our emotions, has a lot to do with our infested, out of style, poor choice spiritual attire. I believe God gives us these instructions, because He knows when we look good, we feel good! If we will set our MINDS on things above (verse 2) and use our WILL to clean out our spiritual closets (verses 5-11) and then clothe ourselves with resurrected clothing (verses 12-14), our emotions will often rise up from the grave! So... remember a time when you knew you looked good. Maybe it was a certain season of your life or a special event. Journal about the emotions you remember feeling at the time. Allow your thoughts to lead into the next prayer exercise.

6. Pray the Scripture

Use this week's Scripture Prayer Image to talk with God about your spiritual wardrobe and how it affects your emotions.

