



COLOSSIANS 3:1-17 WEEK 4

All month we've been working out our souls in a section of these verses that call us to live in the glory of the resurrection of Jesus!
We'll finish out with verses 15-17 this week.

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

1. Read Out Loud to Yourself & Copy

- Read Colossians 3:1-17 "Out Loud" 3x this week, inserting your name in the verses as if God were speaking directly to you. *Example from verse 1, "Since then you have been raised with Christ (insert name), set your mind on things above..."
- Copy verses 15-17

2. Memorize Colossians 3:16 / Extra challenge, add verse 17 too

Make sure to review the other verses you have already memorized from verse 17.

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

3. Resistance Training Intro Video

In a physical workout, resistance training has great value and the same is also true for spiritual training. This week our workout will include resistance training, but before moving onto these exercises, make sure to watch the **Resistance Training Intro Video** that we will post on Tuesday.

4. Resistance Training – Peace and Thankfulness

Work your way through the following questions recording your thoughts in your journal. Don't rush...

Peace

- In what ways do I resist God's peace? Could it be worry, shame, anxious thoughts, legalism, negative conversations, negative self-talk, bitterness, unbelief, reasoning, pride, control or anything else?
- How can I do some resistance training... pushing those things out of the way so I can LET God's peace rule me?

Thankfulness

- In what ways do I resist being thankful? Could it be selfishness, envy, comparison, lack of trust, greed, pride, negative conversations, complaining or anything else?
- How can I do some resistance training... pulling down those things so I can LET God's peace rule me?

5. Resistance Training – The Word

Work your way through the following questions, recording your thoughts in your journal. Don't rush...

- In what ways do I resist God's Word richly dwelling in my life and relationships with others? Could it be busyness, idolatry, pride, valuing others words more, lack of understanding, laziness, fear or anything else?
- How can I do some resistance training... pressing against those things so God's Word will richly dwell in me?

6. Pray the Scripture

As you use the final Scripture Prayer Image for this passage, focus on the word "**everything**"... giving the Lord freedom to speak into everything in your life so that He can call it to rise up into His Life!

