



## COLOSSIANS 1:1-12 WEEK 4

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

Our focus this week is Colossians 1:11... Praying to be strengthened with His power

#### 1. Warm up... READ, DISCERN & COPY

- **READ** Colossians 1:1-12 in at least 3 Bible translations. (Biblegateway.com is a great resource for this)
- **DISCERN** any wording differences you see in verse 11 amongst the three versions. Notate them in your journal.
- **COPY** Colossians 1:11 in the translation that speaks to you the most.

#### 2. Memorize

Memorize Colossians 1:11... working on this throughout the week, starting with one section and then adding on. Make sure to continue reviewing verses 9-10 as well, and once you learn verse 11, put them all together.

\*Helpful tips for memorization are available on our website [www.establishedfootsteps.com](http://www.establishedfootsteps.com)

#### **\*Read before you complete the next three exercises\***

Verse 11 continues the prayer of Colossians 1 praying to be, *“strengthened with all power”* and it then continues to pray into experiencing 3 expressions of that power. The following exercises for our souls focus on each of those 3 expressions.

#### 3. *“strengthened with all power... according to His glorious riches”*

Often, if we pray for His power, we can have a tendency to still be thinking *‘according to ourselves’* instead of *“according to His glorious riches”* and therefore our thoughts limit us before we even get the prayer out of our mouths. But the Bible instructs us to renew our minds, in other words we have to train our minds to think with new thoughts according to the mind of Christ. This prayer is praying into being strengthened with ALL power in our lives according to His glorious riches. Wow, that is a new thought! So, let’s do some training in that prayer for our minds by completing the following in your journal:

- Make a list of at least 15 expressions of God’s rich power (examples: Creating the world from nothing, Parting the ocean)
- Pick the 3 from your list that wow you the most and write them out in a new list that you entitle *“Power Riches List”*
- Write out 3 areas in your life where you need to be *“strengthened with all power according to His glorious riches”*
- Make a commitment to pray verse 11 over those 3 areas of need each day, inserting your *“Power Riches List”* into your prayer. (Example: God strengthen me with all of Your power to control my anger, according to the same rich power you used when You created the world, parted the ocean and turned water into wine.) I believe this kind of specific naming and speaking forth of His rich power will begin to renew our minds to actually believe for the power we are praying for.

#### 4. *“strengthened with all power... for the attaining of all steadfastness and patience”*

Perhaps one of our greatest needs for God’s power is the need for steadfastness and patience. Sometimes we don’t realize how powerless we might be for these things until we are in circumstances that require them. So, stop and think about some areas where you need steadfastness and patience, being mindful that steadfastness has its focus on steadily persevering and patience has its focus on waiting in faith and peace. Once you have identified some of these areas where you are in need, write them down in your journal, followed by a prayer for His power to provide them.

#### 4. *“strengthened with all power... joyously”*

I love how this word is tacked on right at the end of verse 11... because we don’t want to grit our way through the asking and receiving of His power, but we want to ask for it and receive it with joy! So, check your joy by journaling about the following:

- Are you asking for His power with the joy of hope that you will receive it? Why or why not?
- Are you tapping into His power so that you can have perseverance and patience with joy? Why or why not?
- Write out a prayer in regard to these things.

6. Use the **Scripture Prayer Image** to help you specifically pray into Colossians 1:11 and experiencing the 3 expressions of His power.