

MTC 1 2016

Going through Colossians

- I wonder if you've noticed that we've been looking at Colossians in some of our sessions.
- So far we've looked at chapter 1:1 to 2:5
- In chapter 1:1-13, we looked at the gospel and the Christian witness
- In chapter 1:15-20, we looked at the doctrine of God
- This morning on chapter 1:21-2:5, we looked at faithful Bible teaching.
- I wonder however if you've been bringing these things together, thinking about how they shape the letter and highlight Paul's purpose in writing to the church in Colosse.
- I think that the section we will be looking at today will bring together all that we have seen so far and help us understand **why** Paul has to bring together the gospel and testimony of the Colossians, the Christ-centered doctrine of God and the basics of faithful Bible teaching.

What are spiritual disciplines?

- What do you think of when you hear the words 'spiritual disciplines'?
- How do you feel about this topic (honestly)?
- Spiritual disciplines are practices found in Scripture that **promote spiritual growth**.
- This is the context in which we will look at Colossians 2:6-3:17
- Turn into 3's or 4's and look at Colossians 2:6-15 and have a go looking at the questions in your booklets. (15 minutes)

What is Christian spirituality?

- Feedback
- It is centered on Christ and His work on the Cross.
- What then does it mean for our effort? How does it compare to Christ's work on the cross?

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- What then is the place of spiritual disciplines?
- Turn back to your 3's and 4's and look at Colossians 2:16-23 (10 minutes)

What is false spirituality?

- Feedback
- What focuses on human effort as paramount to spiritual growth.
- What do you think is the appeal of such spirituality?
- Why doesn't it 'stop the indulgence of the flesh'?
- What is able to stop the indulgence of the flesh?
- Turn back into your 3's and 4's again and look at the last segment of our passage today Colossians 3:1-17 (15 minutes)

Spiritual Disciplines

- Feedback
- What is the difference between what Paul told them not to do (2:16-23) and what he now tells them to do (3:1-17)?
- The difference is that the first were man-centered works aimed mostly on the flesh. The latter begins with Christ-centered thinking that then drives behavior.
- How does this picture of Christian spirituality compare with common contemporary ideas about spirituality?

Other resources:

- <https://watumishivaneno.wordpress.com/2013/04/26/spiritual-disciplines-stairs-or-windows/>
- <https://www.crossway.org/HabitsofGrace/>