

Colossians – Week 10 – The New Man – Bible Study Helps

Title: The New Man - Living Out Your Identity in Christ

Sermon Summary: This sermon focuses on the practical application of living as a new creature in Christ, emphasizing that salvation fundamentally transforms believers into new people who must daily "put off" the old sinful nature and "put on" Christ's character. The sermon challenges the congregation to understand that Christian living is not about self-improvement or rule-following, but about surrendering to Christ and allowing Him to live through them. The message stresses that believers represent Christ in every aspect of life—at work, home, and in all relationships—and that people should see Jesus when they observe Christians. The sermon emphasizes that transformation is impossible in human strength but achievable through yielding to the Holy Spirit and saturating life with God's Word.

Key Points:

- Believers are new creatures in Christ with a fundamentally changed identity as sons and daughters of God
- Christians must daily "put off" the old man (sinful behaviors and attitudes) and "put on" the new man (Christ's character)
- Living the Christian life is impossible in the flesh; it requires complete surrender to Christ and dependence on the Holy Spirit
- Jesus Christ is Lord, and believers no longer live for themselves but as representatives of Him
- Specific character qualities to put on include: mercy, kindness, humility, meekness, long-suffering, forbearance, and forgiveness – and above all charity
- Unforgiveness destroys relationships and testimonies; believers must forgive as Christ forgave them
- The peace of God should rule in believers' hearts and homes
- The Word of Christ must dwell richly (abundantly and overflowing) in believers through reading, memorizing, teaching, and singing Scripture
- Every action and word should be done in the name of Jesus Christ with thanksgiving
- The world needs to see Christ in believers, not just a better version of themselves

Scripture Reference:

- Colossians 3:1-17 (primary passage)
- Ephesians 4:17-32 (parallel passage)
- Romans 12:1-2 (renewing the mind)
- 1 Corinthians 13 (charity/love)
- Philippians 2 (humility of Christ)
- Matthew 11 (Jesus' meekness)
- Deuteronomy 6 (filling life with God's Word)

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Stories:

- The "Undercover Boss" television show analogy: comparing a CEO going undercover to discover how employees treat customers to Jesus observing how Christians represent Him to the world
- Personal testimony about putting a Bible on a work desk after salvation, using it as a declaration of faith rather than religious showmanship
- Illustration about car headlights being cleaned to shine brighter, comparing it to removing the flesh that masks Christ's light in believers
- Story about going to get back work done and discovering tender/sensitive areas, relating to having tender mercies toward others
- Example of family breakfast table conflicts over the sound of cereal chewing, illustrating lack of long-suffering and forbearance
- Reference to the book of Judges and its cycle of sin, bondage, deliverance, and peace, with the refrain "every man did what was right in his own eyes"
- Parable reference to the unforgiving servant who was forgiven much but refused to forgive others
- Illustration of Jesus feeding the 5,000 when disciples wanted a vacation, demonstrating Christ's compassion
- Example of yielding on the highway when merging traffic comes, illustrating meekness and willingness to yield rights

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Discipleship Questions

If someone followed you around with a clipboard all day, would they see Jesus Christ in your words, actions, and attitudes, or would they see your flesh?

What specific parts of your 'old man' still control you today—fear, anger, pride, insecurity—and how can you practically put these off and put on Christ each morning?

How does understanding that you represent Jesus Christ everywhere you go change the way you interact with coworkers, family members, and strangers?

In what ways have you been trying to improve yourself in the flesh rather than surrendering to let Christ live through you?

Why is it impossible to truly live the Christian life through self-improvement, and what does it mean practically to let God live through you instead?

How does forgiving someone who doesn't deserve it—just as Christ forgave you when you didn't deserve it—transform both your heart and your testimony?

What would change in your home, workplace, or church if the peace of God truly ruled in your heart instead of anxiety, stress, or anger?

How can filling your mind with Scripture through reading, memorizing, and singing God's Word protect you from the chaos and darkness of the world?

In what areas of your life are you living as though you are your own lord rather than acknowledging that Jesus Christ is Lord of everything you do?

What does it mean that Christ is your life, and how should this truth reshape your priorities, relationships, and daily decisions?

Small Group Guide:

"The New Man" (Colossians 3:1-17)

Opening Prayer

Begin by asking God to help your group understand what it means to put on Christ daily and to live as new creatures for His glory.

Ice Breaker

Question: If someone followed you around with a clipboard all day yesterday, what characteristics would they have observed? Would they have seen Jesus Christ?

Key Takeaways

1. Your New Identity in Christ

- When you trusted Christ, you became a new creature (2 Corinthians 5:17)
- You have a new nature—the old man is dead, and Christ now lives in you
- Your identity is no longer based on race, background, or status, but on being "in Christ"

2. Daily Renewal Required

- It's not enough to stop sinful behaviors; we must actively "put on" Christ
- This isn't self-improvement—it's Christ living through us
- We cannot do this in the flesh; we must surrender to the Holy Spirit daily

3. Character of the New Man

The sermon outlined specific virtues to "put on" daily:

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- **Bowels of mercies** (deep compassion)
- **Kindness** (grace and gentleness)
- **Humbleness of mind** (seeing others as more important)
- **Meekness** (strength under control)
- **Long-suffering** (patience with people)
- **Forbearing** (putting up with others)
- **Forgiveness** (letting it go, just as Christ forgave you)
- **Charity** (sacrificial, unconditional love that holds everything together)

Discussion Questions

Understanding the Text

1. **Read Colossians 3:1-4.** What does it mean that "Christ is our life"? How should this truth change our daily priorities?
2. **Read verses 5-9.** Why does Paul use such strong language ("mortify," "put to death") regarding our old sinful patterns? What sins does he specifically mention?
3. **Read verses 10-11.** What does it mean that we are "renewed in knowledge after the image of Him that created him"? How does this relate to God's original plan in Genesis?

Personal Reflection

4. The sermon used the "Undercover Boss" illustration. If Jesus walked through your workplace, home, or school, what would He find? Would He see His character being displayed?
5. Which of the character qualities listed in verses 12-14 (mercy, kindness, humility, meekness, long suffering, forbearance, forgiveness, charity) do you find most challenging? Why?
6. The sermon said, "The world doesn't need to experience a better you. It needs to experience Christ in you." How does this change your perspective on personal growth and sanctification?

Digging Deeper

7. **Verse 13** commands us to forgive "even as Christ forgave you." Why is unforgiveness so destructive? What debts are you carrying that God is calling you to release?
8. **Verse 15** says to "let the peace of God rule in your hearts." What does it look like practically to let God's peace be the umpire or referee of your decisions?
9. **Verse 16** emphasizes letting "the Word of Christ dwell in you richly." How saturated is your life with Scripture? What would change if God's Word filled your mind more abundantly?
10. **Verse 17** says, "Whatsoever ye do in word or deed, do all in the name of the Lord Jesus." Is this even possible? How do we live this way in practical, everyday moments?

Practical Application

This Week's Challenge

Choose **ONE** of the following to focus on this week:

Option 1: Morning Surrender

- Each morning this week, before you do anything else, pray: "Lord, I put off the old man today. Help me put on Christ. I surrender my will, my words, my actions to You."
- Journal about what changes when you start your day this way.

Option 2: Forgiveness Action

- Identify one person you need to forgive (even if they don't deserve it, just as Christ forgave you).
- Pray daily for that person and ask God to help you release the debt.
- If appropriate, reach out to reconcile.

Option 3: Scripture Saturation

- Memorize Colossians 3:12-14.
- Write these verses on note cards and place them where you'll see them daily.
- When you're tempted to respond in the flesh, recite these verses.

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Option 4: Word Inventory

- Pay attention to your words this week (verse 8 mentions anger, wrath, malice, filthy communication, lying).
- Each evening, reflect: Did my words today represent Christ? Where did I fail? Where did God give victory?

Family/Household Application

- Discuss with your family: "What would our home look like if the peace of God ruled here?" (v. 15)
- Start a practice of singing hymns or spiritual songs together
- Place Scripture verses around your home as reminders

Accountability Questions

1. Did you start your day by consciously putting on Christ?
2. What situation this week tested your patience, forgiveness, or kindness?
3. How did you respond—in the flesh or in the Spirit?
4. What Scripture did you meditate on this week?

Key Quotes to Remember

- "It is impossible in the flesh to accomplish what Jesus Christ is asking. Jesus Christ's goal is not to make a better you. People need to see Christ in you."
 - "Dead men have no rights. The day you got saved, you gave up your rights. He is Lord of all."
 - "We are not here for us. We're here for Him."
 - "Sanctification is not self-improvement or rehabilitation. It's Christ formed in us. It's transformation."
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Closing Reflection

Read Galatians 2:20 together: *"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me."*

Final Question: What is one specific way you will allow Christ to live through you this week?

Closing Prayer

Pray together:

- Thank God for making you a new creature in Christ
 - Confess areas where you've been living in the flesh rather than the Spirit
 - Ask for His power to put on Christ daily
 - Pray for one another's specific struggles and commitments
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Next Week's Preparation

Read Colossians 3:18-4:1 in preparation for the next study on Christian relationships in the home and workplace.

5-Day Devotional: Putting On The New Man

Day 1: Your New Identity in Christ

Reading: Colossians 3:1-4; 2 Corinthians 5:17

Devotional: When you trusted Christ, everything changed. You became a new creation—not an improved version of yourself, but genuinely new. Your old identity died with Christ; your new life is hidden with Him in God. This isn't about self-improvement or trying harder; it's about recognizing who you already are in Jesus. Today, before your feet hit the floor, remind yourself: "I am God's child. Christ is my life." The world will try to define you by your past, your performance, or your possessions, but God defines you by His Son. You don't live to become God's child; you live because you are His child. Let this truth transform how you see yourself and how you approach this day.

Reflection: What old identities or labels do you still cling to that Christ has already removed?

Day 2: Killing the Old Man

Reading: Colossians 3:5-9; Romans 6:11-14

Devotional: God doesn't ask us to manage our sin—He commands us to kill it. "Mortify" means to put to death. Sexual immorality, greed, anger, lying—these aren't small issues to God, even when we call them "little sins." The old man with his deeds must be stripped off daily like filthy garments. This isn't legalism; it's love responding to love. Jesus purchased you with His blood, and these sins destroy what He's building in you. You cannot accomplish this in your flesh. Surrender these areas to God each morning: "Lord, I can't kill this on my own. I give You my mind, my eyes, my hands. Live through me today." Victory comes through surrender, not striving. Dead men have no rights—and that's the path to freedom.

Reflection: What specific sin keeps resurfacing that you need to surrender to God's power today?

Day 3: Clothing Yourself with Christ

Reading: Colossians 3:10-14; Ephesians 4:22-24

Devotional: Every morning presents a choice: Will you put on Christ or live in the flesh? God calls you to clothe yourself with bowels of mercies, kindness, humility, meekness, long suffering, forgiveness, forbearance, and charity. These aren't suggestions—they're the uniform of every Christian. Notice these qualities describe Jesus perfectly. He's not asking you to fake these virtues or manufacture them through willpower. He's asking you to yield to the Holy Spirit already living in you. When someone irritates you today, that's your opportunity to put on patience. When someone wrongs you, that's when you put on forgiveness—not because they deserve it, but because Christ forgave you. People don't need to see a better you; they need to see Christ in you.

Reflection: Which of these character qualities do you most resist putting on? Why?

Day 4: Let God's Peace Rule and the Word Dwell

Reading: Colossians 3:15-17; Psalm 119:9-16

Devotional: Two commands shape the Christian life: let God's peace rule your heart, and let God's Word dwell in you richly. When anxiety, fear, or stress knock on your door, the peace of God should answer. But peace doesn't rule automatically—you must "let" it by surrendering control to Jesus. Similarly, God's Word won't accidentally fill your life; you must intentionally saturate your mind with Scripture. Read it, memorize it, sing it, teach it, think about it constantly. A mind filled with God's Word responds differently to crisis. A heart ruled by God's peace doesn't panic when circumstances scream. This isn't about religious duty—it's about filling your house (your temple) with the presence of God through His Word until it overflows into everything you do.

Reflection: How much time does God's Word actually occupy in your daily thoughts compared to news, social media, or entertainment?

Day 5: Doing Everything for Jesus

Reading: Colossians 3:17; 1 Corinthians 10:31

Devotional: "And whatsoever ye do in word or deed, do all in the name of the Lord Jesus." All means all. Your work, parenting, conversations, recreation—everything becomes an act of worship when done for Christ's glory. This transforms the mundane into the sacred. You're not just changing diapers; you're representing Jesus to your children. You're not just working a job; you're demonstrating Christ's excellence to coworkers. Every interaction is an opportunity for people to see Jesus. The question isn't whether people are watching—they always are. The question is: Who do they see? If someone followed you with a clipboard today, would they encounter Christ? This is why you exist—to be His representative, His ambassador, living proof that Jesus changes everything. Give Him your whole day, and watch Him transform ordinary moments into eternal impact.

Reflection: In what specific area of your life have you been living for yourself rather than representing Christ?

Final Thought: The Christian life is impossible in the flesh but gloriously possible in the Spirit. Stop trying to be a better you. Instead, surrender daily to Jesus and let Him live through you. That's when the world sees what they truly need—Christ in you, the hope of glory.