

Colossians – Week 9 – A New Life – Bible Study Helps

Title: A New Life in Christ: Putting Off the Old Man and Living for Jesus

Sermon Summary: This sermon from Colossians 3 transitions from doctrinal teaching to practical Christian living, emphasizing that believers who have been raised with Christ must actively put to death their sinful nature and set their affection on heavenly things. The sermon challenges the congregation to understand that salvation brings radical transformation—not just positional change but practical lifestyle change. It stresses that Christians are dead to sin and alive in Christ, meaning they have both the power and responsibility to mortify (kill) sinful desires and behaviors. The message confronts modern temptations including sexual immorality, pornography, covetousness, anger, and deception, calling believers to implement practical accountability measures and remove sources of temptation from their lives. The sermon emphasizes that Christ must be our life—the center of everything we do—and that true Christian ethics flow from love for Jesus Christ rather than mere rule-keeping.

Key Points:

- Believers must set their affection on things above where Christ sits at the right hand of God, not on earthly things
- Our identity has fundamentally changed through salvation—the old man is dead and buried with Christ
- Christ must be our life, the center and priority of everything we do, not just a part of our lives
- Christians are commanded to "mortify" (actively put to death) sinful members: fornication, uncleanness, evil concupiscence (desires), covetousness, anger, wrath, malice, lying
- Sexual immorality begins in the mind and must be killed at the root, not merely suppressed
- Practical steps include removing apps, establishing accountability, changing routines, and eliminating access to temptation
- The flesh cannot be rehabilitated—it must be killed; there is no middle ground
- This is spiritual warfare requiring daily battle, not instant perfection
- Mortifying sin is not punishment but freedom from bondage
- Christians can choose not to sin because the power of sin has been broken through Christ

Scripture Reference:

- Colossians 3:1-11 (primary passage)
- Romans 6:6, 11 (old man crucified with Christ, dead to sin)
- 2 Corinthians 5:17 (new creature, old things passed away)
- Galatians 2:20 (crucified with Christ, yet I live)
- Ephesians 2:5-6 (quickened together with Christ)
- Philippians 3:20 (our conversation/citizenship is in heaven)
- James 5:16 (confess faults to one another)

Stories:

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- A personal testimony of being saved while working 70-80 hours per week, experiencing complete priority change when his boss offered more money but he no longer cared about it
- Story of sitting at a men's Bible study table after salvation, initially thinking other men didn't struggle with sin anymore, then realizing everyone still battles with temptation and flesh
- Illustration of crabgrass in the church parking lot as a metaphor for sin—weeds must be pulled out by the roots, not just suppressed
- Whack-a-mole analogy from the fair to illustrate how Christians must actively strike down sinful desires as soon as they appear
- Reference to King David's sin beginning when he was walking on the rooftop at night instead of being in battle where he should have been

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Discipleship Questions

The sermon emphasizes that 'Christ is our life' - what practical steps can you take this week to make Jesus Christ the central priority in every area of your daily routine rather than just a part of your life?

Paul writes that believers are 'dead to sin' and have 'put off the old man,' yet we still struggle with temptation. How do you reconcile the theological truth of your new identity in Christ with the ongoing battle against sinful desires?

The message challenges us to 'mortify' or kill sinful members and behaviors rather than simply suppress them. What is the difference between suppressing sin and truly putting it to death, and why does God call us to the latter?

How has the accessibility of technology and social media created unique battlefields for sexual immorality, covetousness, and uncleanness that previous generations didn't face, and what radical steps might God be calling you to take?

The sermon states that 'dead people have no rights' in reference to our old self. How does this truth challenge the modern Christian tendency to claim personal rights and live a self-centered life?

Colossians 3:2 instructs us to 'set your affection on things above, not on things on the earth.' What specific earthly things have captured your affection that compete with your devotion to Christ, and how can you reorient your heart?

The sermon lists fornication, uncleanness, evil concupiscence, and covetousness as sins that bring God's wrath. Why do you think many Christians minimize these sins or fail to see them as serious threats to their spiritual life?

What role does accountability play in mortifying sin, and who in your life could serve as a trusted saint to help you fight specific battles you're facing?

The message emphasizes that mortification is not punishment but freedom. How does viewing the battle against sin as a path to freedom rather than restriction change your motivation to obey God's commands?

If someone examined your entertainment choices, spending habits, relationships, and daily routines, would they conclude that Jesus Christ is your life, or would they see other priorities competing for first place in your heart?

Small Group Guide: A New Life in Christ

Based on Colossians 3:1-11

Opening Prayer & Ice Breaker

Ice Breaker Question: What is one thing that completely changed in your life when you became a Christian (or if you're exploring faith, what do you think should change)?

Sermon Recap (5 minutes)

This message focuses on the practical application of our new identity in Christ. Because we have been raised with Christ, we must:

1. Set our affection on things above
 2. Put to death (mortify) sinful behaviors and desires
 3. Recognize that Christ is our life, not the things of this world
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Discussion Questions

Section 1: New Priorities (Colossians 3:1-4)

Question 1: The sermon stated that "Christ who is our life" means He should be the center of everything we do. On a scale of 1-10, how well does your daily schedule reflect that Christ is your life? What gets in the way?

Question 2: What does it practically look like to "seek those things which are above" in your Monday-through-Saturday life? Share specific examples.

Question 3: The sermon mentioned that our priorities change when we're saved. What are some priorities you had before knowing Christ that have changed? What priorities still need to change?

Section 2: The Old Man - What Must Die (Colossians 3:5-9)

Question 4: The word "mortify" means to actively put to death, not just suppress. Why is there a difference between suppressing sin and killing it? Which approach have you been taking?

Question 5: The sermon listed several specific sins:

- Fornication (sexual immorality)
- Uncleaness (impurity of mind and habits)
- Inordinate affection (wrong desires)
- Evil concupiscence (lust)
- Covetousness (greedy desires/idolatry)
- Anger, wrath, malice
- Filthy communication
- Lying

Which of these areas is most challenging in our current culture? Why?

Question 6: The sermon said, "It's not a struggle. It's a sin." How does calling sin what it actually is (rather than softening it with other terms) help us deal with it biblically?

Section 3: The Warfare - Practical Application

Question 7: Review the seven practical steps from the sermon:

1. Identify your particular battlefield
2. Confess that sin to God as sin
3. Remove the fuel source
4. Replace the habit
5. Bring a trusted saint into the battle
6. Attack early
7. Expect war, not instant perfection

Which of these seven steps do you find most difficult? Which one do you need to implement this week?

Question 8: The sermon emphasized that smartphones, social media, entertainment, and technology can be major sources of temptation. Be honest: What apps, shows, or online habits might need to be "mortified" (killed) in your life?

Question 9: The sermon mentioned accountability with a trusted friend or spouse. Do you have someone in your life who can ask you hard questions about your walk with Christ? If not, how can you develop that kind of relationship?

Key Takeaways

✓ **Our identity has changed** - We are risen with Christ; the old man is dead.

✓ **Christ must be our life** - Not sports, entertainment, relationships, or possessions, but Jesus Christ alone.

✓ **Mortification is active, not passive** - We must aggressively put sin to death, not just try to manage it.

✓ **Sin must be called sin** - Not "struggles," "addictions," or "how I was born," but sin that needs to be confessed and forsaken.

✓ **This is freedom, not punishment** - God's commands protect us from what destroys us.

Personal Reflection & Application

Take 5-10 minutes for individual reflection:

1. Honest Assessment: What specific sin or sinful pattern has the Holy Spirit brought to your attention today?

2. Confession: Write a prayer confessing this to God. Remember: "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).

3. Action Plan: What is one concrete step you will take this week to "mortify" (kill) this sin?

- What will you remove? (app, subscription, habit, relationship)
- What will you replace it with? (Bible reading, prayer, service, fellowship)
- Who will you ask to hold you accountable?

Group Accountability & Prayer

Pair Up or Small Groups of 3:

- Share (as you're comfortable) one area where you need to "mortify" sin this week
- Commit to praying for each other daily
- Set up a check-in (text, call, or coffee) within the next 3-5 days

Group Prayer Focus:

- Pray for honesty to identify sin in our lives
 - Pray for courage to remove what causes us to stumble
 - Pray for the Holy Spirit's power to live in victory over sin
 - Pray for those who may not yet know Christ as Savior
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Challenge for the Week

Daily Challenge: Each morning this week, read Colossians 3:1-11 and pray:

"Lord Jesus, You are my life. Show me today what needs to die so that I can live more fully for You. Give me the courage to kill what kills me. Amen."

Practical Challenge: Implement at least ONE of the seven steps from the sermon this week. Report back to your accountability partner.

Closing Thought

"This is not punishment. It's freedom. It's about killing what kills you and hurts you and those around you. It's about removing what destroys your joy. It's about starving what separates you from the presence and power of Jesus Christ."

Resources for Further Study

- Romans 6:1-14 (Dead to sin, alive to God)
- Galatians 2:20 (Crucified with Christ)
- Ephesians 4:17-32 (Put off the old man, put on the new)
- James 5:16 (Confess your faults to one another)

5-Day Devotional: Living the New Life in Christ

Day 1: Setting Your Affection on Things Above

Reading: Colossians 3:1-4

Devotional: "If ye then be risen with Christ, seek those things which are above." This isn't merely a suggestion—it's the natural overflow of genuine salvation. When Christ transforms you, your priorities shift dramatically. The things that once consumed you lose their grip. Your affections move from earthly pursuits to heavenly realities. Jesus Christ becomes your life—not just part of your life, but the very center of everything. This means He cares about every detail: your work, relationships, entertainment, and daily decisions. Today, pause and honestly evaluate: Is Christ truly your life? Does everything revolve around Him, or have other things captured your heart? Remember, you don't have to live for temporary things anymore. You've been given eternal purposes.

Day 2: Dead to Sin, Alive to God

Reading: Romans 6:1-14

Devotional: The liberating truth of Romans 6:11 changes everything: "Reckon ye also yourselves to be dead indeed unto sin, but alive unto God." Before salvation, you had to sin—it was your nature. But now, crucified and raised with Christ, sin no longer has dominion over you. You have the power to say no. This isn't about suppressing desires through willpower; it's about recognizing that the old man is dead. Your identity has fundamentally changed. When temptation comes, remember: you're not that person anymore. The chains are broken. You don't have to give in. This is freedom, not restriction. Today, when faced with temptation, declare the truth: "I am dead to that sin and alive to Christ."

Day 3: Mortifying the Deeds of the Flesh

Reading: Colossians 3:5-7

Devotional: "Mortify therefore your members which are upon the earth." The Holy Spirit uses surgical language here—this is about killing, not managing. God's plan isn't rehabilitation of your flesh but execution. Sexual immorality, impurity, covetousness, anger—these aren't struggles to tolerate but sins to destroy. The world we live in bombards us daily with temptations through devices, entertainment, and relationships. The Spirit's command is clear: remove the fuel source. Delete the apps. Change your routines. Cut off access to what destroys you. This isn't punishment—it's freedom. Why would you continue feeding what's killing you? Today, identify one specific area where sin has gained ground. Don't just suppress it—starve it, remove it, kill it decisively.

Day 4: The Battle for Your Mind

Reading: 2 Corinthians 10:3-6

Devotional: Your mind is the battlefield where spiritual warfare rages daily. Every imagination, thought, and desire either draws you toward Christ or away from Him. The enemy has perfected his strategy over millennia, knowing that sin never starts with the body—it begins in your thoughts. Fantasies become actions. Mental impurity becomes physical immorality. But you have divine weapons to "cast down imaginations, and every high thing that exalteth itself against the knowledge of God." This requires vigilance. What are you putting into your mind through screens, conversations, and entertainment? What you consume mentally will eventually manifest in your life. Replace lustful scrolling with Scripture. Exchange covetous thoughts with gratitude. Bring every thought captive to Christ. The battle is real, but victory is possible.

Day 5: Walking in Accountability and Freedom

Reading: James 5:16; Galatians 6:1-2

Devotional: "Confess your faults one to another, and pray one for another, that ye may be healed." You weren't designed to fight alone. Pride tells you to hide your struggles, but wisdom brings trusted believers into your battle. True Christian community means vulnerability—admitting "I have a problem" and inviting accountability. This isn't about gossip or judgment but genuine help. Find someone who will check your devices, ask hard questions, and pray fervently for you. Expect this to be warfare, not instant perfection. Temptation is easiest to kill when it's small, so attack early and attack together. Remember: this journey toward holiness isn't about earning God's love—you already have it. It's about removing everything that hinders your fellowship with Him and steals your joy. Today is the best day to start.