**Small Group Bible Study**

Tethered Week 2

# **Colossians 3:1–7, 10**

**Main Theme:** Comparison keeps us tethered to the wrong things. True freedom comes when we set our hearts and minds on Christ, finding contentment and identity in Him rather than in what we see in others.

**Opening Prayer**

Lord, thank You for creating each of us uniquely and for calling us into relationship with You. Help us release the need to compare our stories to others and instead fix our eyes on You. Teach us to live free, focused, and content in Your love. Amen.

**Icebreaker**

When was the first time you remember comparing yourself to someone else? How did it make you feel, and what did you learn from it?

## **Sermon Recap**

Pastor Hattie reminded us that comparison has a subtle but powerful pull on our hearts, especially in a world driven by technology and social media. While sharing moments online can be a gift, it can also shift our attention away from Christ and toward what others have.

Paul’s challenge in Colossians 3 is to *set our hearts and minds on things above*. When we compare ourselves to others, we begin to measure our worth by the wrong standards. But when we look to Jesus, our identity, contentment, and purpose become secure.

**Scripture Study**

### **Section 1: A New Focus**

**Read:** Colossians 3:1–3

**Discussion Questions:**

1. What does it mean to “set your hearts on things above”?
2. How does focusing on Jesus change the way you see your circumstances or achievements?
3. What do you think Paul meant when he said, “your life is hidden with Christ in God”?

**Reflection:** When we fix our attention on Christ, we stop chasing validation from others. Setting our minds on things above doesn’t mean ignoring this world; it means learning to see it through God’s perspective.

### **Section 2: Letting Go of the Old Self**

**Read:** Colossians 3:5–7

1. Why do you think Paul used such strong language when he said to “put to death” our earthly nature?
2. What are some “earthly things” that can pull your focus away from Christ?
3. How might comparison become a form of idolatry in your life?

**Reflection:** Comparison often leads to envy, discontentment, and striving for more. Paul’s words remind us that these things belong to our old life. Jesus invites us to something better freedom from measuring our worth by worldly standards.

**Section 3: Becoming Who You Were Created to Be**

R**ead:** Colossians 3:10 and Ephesians 2:10

1. According to these verses, what does it mean to be “made new” in Christ?
2. How can you embrace your identity as God’s handiwork instead of comparing your life to others?
3. What good works might God be preparing for you that are unique to your story?

Your identity is not something you earn or achieve. It’s something you receive. You are God’s handiwork, His masterpiece, created with purpose and meaning. Comparison distracts you from that truth.

**Sermon Recap Questions**

1. What stood out to you most from Pastor Hattie’s message?
2. Why do you think comparison is such an easy trap to fall into in our culture today?
How does technology (social media, online content, etc.) fuel comparison in your own life?
3. Which of Pastor Hattie’s points challenged you the most: comparison and culture, comparison and contentment, or comparison and identity?
4. What truth from Colossians 3 can help you “untether” your heart from comparison this week?

**Application**

1. This week, practice gratitude daily. Write down three things each day that you’re thankful for.
2. Take a “scroll break.” Step away from social media for a day and reflect on how it affects your peace and focus.
3. Spend time reading Scripture in a *physical Bible* instead of an app. Notice how that simple act changes your focus.
4. Ask yourself: “What has God uniquely called me to do that comparison keeps me from pursuing?”

**Closing Prayer**

Jesus, thank You that my worth isn’t defined by what I see on a screen or by what others think. Help me to find joy in the life You’ve given me and to celebrate what You’re doing in others without comparing myself to them. Teach me to set my heart on You every day. Amen.

**Helpful Tools & Resources**

* **Book:** *Comparison Trap* by Sandra Stanley
* **App:** *Pause* by John Eldredge (guided pauses for stillness and prayer)
* **Practice:** Create “Sacred Screen-Free Spaces” at home — like the dinner table or bedroom — to help you refocus on what truly matters.
* **Verse to Memorize:** *“Set your minds on things above, not on earthly things.”* – Colossians 3:2