



LEADER'S NOTES

Colossians: Rescued. Redeemed. Rooted.

Week 11 - Salt and Light

QUESTION 1

Question one allows your group to interact with our scripture for the week. Enjoy!

QUESTION 2

Question two specifically addresses verse two. The first question is, what does it mean to dedicate yourself to prayer? Good answers here might include intentionally setting aside time to pray every day and maintaining prayer throughout the day. You might also mention that when a crisis occurs, the first thing you think to do is pray. Staying alert in prayer means that we are attentive to how God might communicate with us while we are praying. He might guide us to do something specific or warn us about upcoming issues or temptations.

I'm including here some benefits of gratitude:

Mental and emotional benefits

- Improved mood: Gratitude can increase neurotransmitters like serotonin and dopamine, which improves overall mood.
- Increased resilience: It helps you cope with stress and adversity by allowing you to focus on the positive aspects of life.
- Reduced stress and anxiety: Focusing on what you're thankful for can diminish feelings of envy and resentment.
- Stronger self-esteem: Practicing gratitude can bolster feelings of self-worth.

Physical health benefits

- Lower blood pressure: Studies show gratitude is associated with lower blood pressure and a healthier heart rate.
- Better sleep: Grateful individuals report sleeping more soundly.
- Reduced stress: Gratitude can lower stress levels and promote relaxation.
- Stronger immunity: It can help strengthen your immune system.
- Healthier behaviors: Those who practice gratitude are more likely to exercise, eat healthier meals, and see their doctors for regular checkups.

QUESTION 3

I think question three should basically lead itself. Maybe just read the question and then answer for yourself. I don't think you need any extra help on this one.

QUESTION 4

Question four discussion: What does it mean to be wise toward those who are not following Christ? Here are a few possible answers:

- Be wise in your actions: live strategically and with discretion in your relationships with nonbelievers. Discuss with them the benefits of knowing Christ, even sharing how, because you trust God, you have peace and purpose. Your wise conduct can serve as a witness and may prompt others to ask why you live the way you do.
- Make the most of every opportunity: be intentional and use your time wisely to build positive relationships. When opportunities arise, share what it means to you to know Jesus Christ.
- Speak with grace and wisdom: Let your words be courteous, respectful, and appropriate. This guides you in responding with the right answer for each person.
- Be a reflection of Christ: Your actions and words should portray a positive image of Christ and demonstrate a welcoming attitude toward everyone.

To have a conversation that is "**always full of grace, seasoned with salt**" means to speak with both kindness and wisdom, ensuring your words are both appealing and impactful. "**Grace**" refers to speaking with kindness, love, and edification, while "**seasoned with salt**" means adding a savory, witty, and wise element that makes your message clear and memorable. The goal is to know how to respond appropriately to every person and situation, adding value and making truth more digestible and accessible.