

Friday (continued)

How does thankfulness free you up to be satisfied?

How will you live this out in your life today?

Make a list of the things you have to be thankful for today!

Thank God for the things on your list! Thank Him for His continued goodness in your life.

Saturday

Today, finish the devotions you didn't get to this week. Read Colossians 3:18–25 to get ready for this weekend's message. Please remember to keep the services in prayer.



PART 4

...FROM SELF-DESTRUCTIVE PATTERNS

FEBRUARY 25 & 26, 2012 • RENÉ SCHLAEPFER

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other... *Colossians 3:1–9a*

Yes, but how?

Studies have shown self-destructive behavior is often rooted in:

- _____
- _____
- _____
- _____



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So how do I change my life?

1. _____
... you have taken off your old self with its practices and have put on the **new self**, which is **being renewed** in knowledge in the image of its Creator. *Colossians 3:9b–10*
Here there is no Greek or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but **Christ is all, and is in all**. Therefore, as God's **chosen** people, **holy** and **dearly loved**. . . *Colossians 3:11–12a*
2. _____
... clothe yourselves with **compassion, kindness, humility, gentleness** and **patience**. **Bear with** each other and **forgive** whatever grievances you may have against one another. **Forgive as the Lord forgave you**. *Colossians 3:12a–13*
And over all these virtues put on **love**, which binds them all together in perfect unity. Let the **peace** of Christ rule in your hearts, since as members of one body you were called to peace. *Colossians 3:14–15a*
3. _____
And be **thankful**. . . sing. . . with **gratitude** in your hearts to God. Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, **giving thanks** to God the Father through him. *Colossians 3:15, 16b, 17*
4. _____
Let the word of Christ dwell in you richly as you **teach** and admonish one another with all wisdom, and as you **sing** psalms, hymns and spiritual songs with gratitude in your hearts to God. *Colossians 3:16*

Daily Meditations

Monday

Read Colossians 3:5–10, and a parallel passage, Ephesians 2:3–5. Why are you told to put away the practices in these verses?

Where do you get the strength to stop these sins?

How have you seen growth in your own life in these areas in the past year?

Thank God today for strengthening you to change the practices of your old life. Ask Him for perseverance to put on the "new self".

Tuesday

Read Ephesians 1:3–14 and Colossians 3:9–12. According to these verses, what is your identity in Christ?

How can this impact your life on a daily basis?

How would this change the way you approached both resisting sin and handling a fall?

Thank God today for the riches He has lavished on you as His child. Spend time thinking about your true identity in Christ!

Wednesday

Read Ephesians 4:31, Colossians 3:13–15, and Titus 3:2–5. What negative impact can holding on to bitterness or resentment have on your life?

What do these verses say about resentment?

In what situations in your life can you apply these verses? How can you refuse resentment right now?

Thank God today for how He has forgiven you, and ask Him to help you see this as you forgive others.

Thursday

Read Psalm 119:11, 105 and Colossians 3:16 and 2 Timothy 3:16–17. What do you learn about God's word, the Bible, in these verses?

What are the benefits of allowing the word to "dwell in you richly" that you have seen in your life?

How can you allow this more?

Thank God today for giving you His word to teach and encourage you.

Friday

Read Psalm 106:1, Ephesians 5:19–20, and Colossians 3:15–17. How can refocusing on thankfulness totally change your life?



Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.
Colossians 3:12

continued