



SCRIPTURE GUIDE



PUT ON THEN, AS GOD'S CHOSEN ONES, HOLY
AND BELOVED, COMPASSIONATE HEARTS,
KINDNESS, HUMILITY, MEEKNESS, AND
PATIENCE.

COLOSSIANS 3:12



CITIZENS CHURCH



BEGIN YOUR TIME WITH SILENCE AND PRAYER

Invite the Holy Spirit to lead and guide your time with the Lord. Quiet your mind and spend a few minutes in silence.

READ THE FOLLOWING PRAYER

Father, how I marvel that You have chosen me! You have lavished me in grace and chosen me in Christ before the foundation of the world. As I set my mind on things above, Your Spirit within me will help me to put on compassion, kindness, humility, gentleness and patience with my family and friends. Create in me a pure heart, O God, and renew a steadfast spirit within me. Help me to remember who I already am in Christ. Restore to me the joy of Your salvation, and grant me a willing spirit, to sustain me. I want the life I now live to be lived by faith in Jesus Christ, who loved me and gave Himself for me. I need You and praise You in Christ's name. Amen.

BRIEFLY REFLECT

We are changed by the Spirit of God from the inside out, made visible as love for God and others. What does this change look like? Putting to death what belongs to our old nature and conforming to the image of Jesus—internally, in our hearts, and externally, in our love for God and others.

What does it mean to love someone? What does it mean to have joy or be patient? Take a few moments to think through the fruit of the Spirit found in Galatians 5:22–23.

KNOW THE CONTEXT

Having laid the theological foundation in Colossians 3:1–4, Paul now directs our attention to personal application because of our new identity in Christ. Because you have been raised with Christ, put sin to death. Because you are God's chosen, holy, dearly loved ones, put on His character. Christ has set you free from sin and your old self! Therefore, set your mind on Him, and put off sin and get rid of vices. We are now to "put on" virtues that match our new self which God is conforming to the image of His Son.

READ COLOSSIANS 3:12

¹² Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience.

DIVE INTO SCRIPTURE

- Notice the word “then” in verse 12. This word lets us know that the previous verses are the context for verse 12. What is the practical application in verse 12 for the truth found in verse 11?
- Read 1 Chronicles 16:13. How is the relationship with God described? Is it any different now according to Colossians 3:12?
- How can we “put on” a heart? Why do you think it refers to the heart instead of behavior?
- Contrast the list of five virtues in verse 12 to the list of vices in verses 8–9. What do you notice? Which list takes more effort for you?
- Think about one of your favorite stories in the Bible. Can you give a biblical example of someone who displayed one of these vices? How about some who did (or didn’t) display one of these virtues?
- Which of these heart areas do you desire to grow in? Like putting on your favorite shirt to wear, which one needs your deliberate decision?
- Why do you think Paul doesn’t explicitly list “love” here?
- Why do you think it is necessary to put on these virtues if we have put on the new self?
- Paul describes the Colossian Christians as “God’s chosen, holy and beloved.” Of these three adjectives, which do you have the hardest time believing about yourself? Why?

BE ENCOURAGED

You are being conformed to the image of Jesus Christ. You are set apart for God, chosen by Him before the foundation of the world, to be holy and blameless in Christ. (Pause and let this truth sink in.) As you reflect on the meaning of each word below, ask God to conform your heart to His. Ask the Spirit for conviction where needed. Praise God for His faithfulness to complete His work in you, His chosen one, holy and beloved.

COMPASSIONATE HEARTS | KINDNESS | HUMILITY | MEEKNESS | PATIENCE

PRACTICE WISDOM IN THE WEEK AHEAD

Is there a particular relationship in which your old self seems to always surface? What are some practical steps you can take to be compassionate, kind, humble, meek and patient with that person this week? Find a time each day—maybe as you eat lunch—to assess your focus on putting on these virtues. Set your mind on things above, and ask Christ for His help to conform your heart to His. He is the One we rely upon for change!

CONSIDER READING THESE ADDITIONAL PRACTICES

SCRIPTURE

WORSHIP

CONVERSATION

LITURGY

