



Morningside Church

Sermon Discussion Guide

Title: Extreme Makeover – Spiritual Edition

Date: July 21, 2024

Scripture Text: Colossians 3:12-17

Notes:

Chapter 3 of Colossians focuses on the practical application of what the Christian life looks like. [Col. 3:1-4](#) describe where the Christian’s focus should be, “on the things above” and “not on the things that are on the earth”. The things above relate to eternal things, and the things of earth, temporary and temporal. In [3:5-9](#) the Apostle Paul gives us literal examples of what it looks like to focus on the things of this world, which include actions and attitudes which are contrary to God. [Vss. 10-11](#) describe the Christian who removes his ‘old self’, what he did before salvation, and puts on the ‘new self’. Today’s passage gives us a picture of what the new self looks like. Three aspects of change are addressed, ultimately resulting in an ‘extreme makeover’!

I. Why God Expects Change (Colossians 3:12a)

“After commanding believers to “put away” worldly behaviors, Paul offered a series of positive commands to *put on* or to “clothe yourselves” ([Rom 13:14](#)) with behavior fitted for God’s people” (Blum). Believers are described in three ways: chosen, holy, and beloved. These three characteristics are not present in non-believers. It is only through the redemptive work of Christ that believers are viewed by God in this way. As God’s chosen, holy, and beloved people, we must transition to living more and more like Him. God expects there to be change. It is only through becoming more like Him that we will experience the abundant life.

- What does it mean to be “chosen of God”?
 - How does being chosen by God reflect your importance to Him?
- How does holiness distinguish the Christian from the non-Christian?
 - How should recognizing our holiness from God influence how we live?
- How would you describe someone who is beloved by God?
 - How can you being beloved of God help you show others His love?

Change for the Christian from the life before Christ to the new life in Him is a natural transition, if obedience is a priority. Change on the outside is evidence of the change on the inside.



Morningside Church

Sermon Discussion Guide

Notes:

II. What God Expects to Change ([Colossians 3:12b-14](#))

Paul starts to list items that help us understand what the new self looks like. Similar to the items describing the old self, these items include actions, attitudes and interpersonal interactions. Unlike the old self, these encourage and build up others. For a church to be effective for Jesus, its members must be growing in these new self characteristics.

- How would you describe the person who effectively practices these elements of the new self?
- What effect would it have on the church if its members intentionally practiced these new self elements?
- How can practicing these items impact a lost person?
- How well would you say you are practicing the items listed in these verses?
- What is hindering you effectively living and growing in these items?
- What do you need to do to remove these hindrances?

Many times, we try and step out in obedience to Jesus, but we stumble and fail. As you step out in living these new self characteristics, seek out help from the Holy Spirit. It is only through His equipping that we can effectively obey.

III. How God Expects Us to Change ([Colossians 3:15-17](#))

By the *peace* of Christ, the *word* of Christ, and the *name* of Christ, we are able to live victoriously, in thankful obedience to Him. [1 Cor. 10:31](#) states: “Therefore, whether you eat or drink, or whatever you do, do all things for the glory of God.” It is through our obedience that He is glorified. This is how we can demonstrate the new self.

- We are to let the peace of Christ rule in our hearts. A lack of peace could mean we have sin in our life. What do we need to do to experience Christ’s peace again?
- What is the word of Christ?
- What does it look like for it to richly dwell with you?
- In [vs 15](#) and [vs 17](#) thankfulness is mentioned. Why is thankfulness so important for the new self?
- How easy is it for you to be thankful?
- How can being thankful help the new self grow more and more like Christ?

Remember “to clothe yourselves with compassion, kindness, humility, gentleness and patience” ([3:12](#)). Above all these “put on love, which binds God’s people together in perfect unity” ([3:14](#)).