

# Putting Off (Colossians 3:1-11)

1. What are some of the strategies that people adopt to try to change their behaviour?

*Read Colossians 2:20-3:11*

2. What did we learn in 2:20-23 about the capacity of religion and spirituality apart from Christ to bring real transformation?
3. What is the hidden reality we are reminded of in 3:1-4? How does the hiddenness of this reality need to shape our behaviour?
4. What will it mean in our patterns of daily life to set our hearts on where Christ reigns? How do we actually do that?
5. How does Paul expect that this mindset will help us in “restraining sensual indulgence”? What type of behaviours do we need to put off? Why?
6. How is the encouragement to be who you are so different from the motivation of religion and spirituality? Where does the power come from to transform our lives and conquer sin?
7. What does verse 10 tell us about the extent to which we expect to do this perfectly? How should we think about ourselves when we fail and fall short?
8. Pray together that we might truly know who we are in Christ and live out our true identity in him.