

**WEEK  
FOUR**

The word "FOUR" is written in a bold, dark blue, sans-serif font. The letter "O" is stylized with three thin, curved lines extending downwards and outwards from its base, resembling roots or a stylized tail.

WEEK FOUR

# message NOTES

## ROOTED ABOVE

Colossians 3:1-17

### MESSAGE THEME:

Rooted Deeper in Transformation

Our new identity produces a  
new way of living.

## Colossians 3:1-17 ESV

*1 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.*

*2 Set your minds on things that are above, not on things that are on earth.*

*3 For you have died, and your life is hidden with Christ in God.*

*4 When Christ who is your life appears, then you also will appear with him in glory.*

*5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.*

*6 On account of these the wrath of God is coming.*

*7 In these you too once walked, when you were living in them.*

*8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.*

*9 Do not lie to one another, seeing that you have put off the old self with its practices*

*10 and have put on the new self, which is being renewed in knowledge after the image of its creator.*

*11 Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.*

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

*13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.*

*14 And above all these put on love, which binds everything together in perfect harmony.*

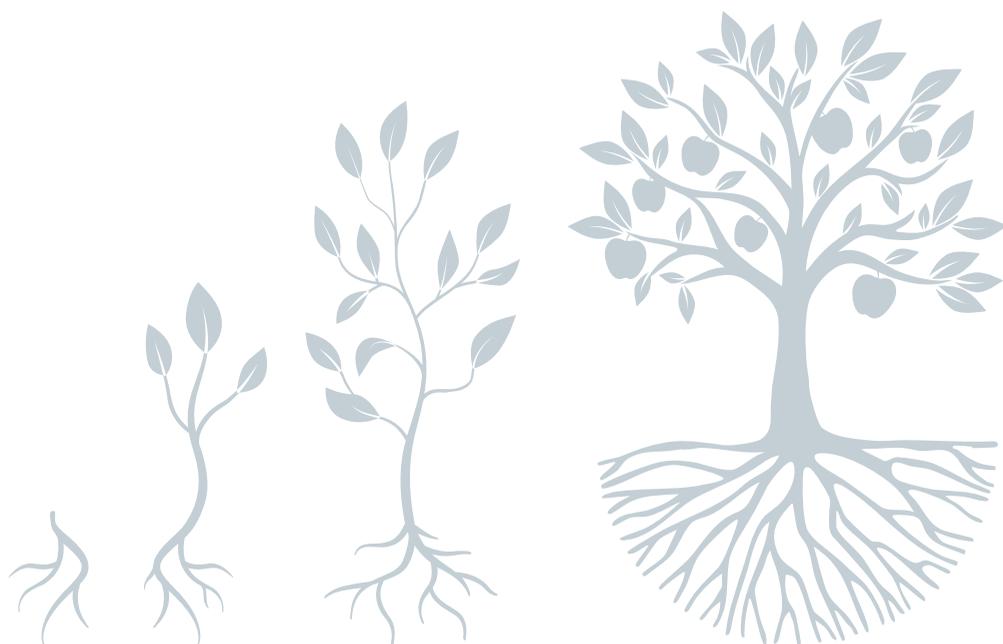
*15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.*

*16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.*

*17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.*







## WEEK FOUR: SMALL GROUP DISCUSSION GUIDE

# ROOTED ABOVE

READ TOGETHER:

Colossians 3:1-17

MESSAGE THEME:

*Rooted Deeper in Transformation*

### CATCH UP

Watch the message, get the digital small group guide and report life change at [thepointva.com/rooted](http://thepointva.com/rooted)

### SUMMARY:

In Colossians 3:1-17, Paul shifts from reminding believers who they are in Christ to showing how that identity reshapes the way they live. Because believers have been raised with Christ, they are called to set their hearts and minds on things above—not as an escape from life, but as a new way of engaging it.

Transformation flows from identity, not effort. Paul describes both what must be put off and what must be put on, emphasizing that true change happens when Christ becomes central in our hearts, thoughts, and relationships. This passage shows that a life rooted above produces visible fruit below—marked by love, peace, gratitude, and unity.

### ICEBREAKER:

What's one habit you tried to change that turned out to be harder than you expected?

# ROOTED ABOVE

READ TOGETHER:

MESSAGE THEME:

Colossians 3:1-17 *Rooted Deeper in Transformation*

## DISCUSSION QUESTIONS:

1. Paul begins this chapter by reminding believers that they have been raised with Christ. How does starting with identity change the way we think about personal transformation?

2. What do you think it means practically to “set your minds on things above” in everyday life?

3. Paul talks about putting to death what belongs to our old nature. Why is naming what needs to change an important part of growth?

4. Transformation often involves both letting go and putting on something new. Which of these feels harder for you—letting go of old patterns or building new ones?

5. Paul lists qualities like compassion, kindness, humility, and patience. Which of these do you most desire to grow in right now?

6. How does gratitude play a role in lasting transformation, according to this passage?

7. Paul emphasizes unity and love within the community. Why is transformation difficult to sustain in isolation?

# ROOTED ABOVE

READ TOGETHER:

MESSAGE THEME:

Colossians 3:1-17 *Rooted Deeper in Transformation*

8. How does allowing “the peace of Christ” to rule your heart reshape how you respond to conflict or stress?

9. In what ways can focusing only on behavior change miss the deeper work God wants to do in the heart?

10. How does anchoring your life “above” actually bring freedom and purpose to life here and now?

## APPLICATION:

1. What is one area of your life where God may be inviting deeper transformation—not just behavior change, but heart change?

2. What intentional practice this week could help you set your mind more consistently on Christ?

# Closing Prayer:

Jesus, thank You for giving us new life  
in You. Help us set our hearts and  
minds on what matters most.  
Transform us from the inside out, and  
let our lives reflect Your love, peace,  
and grace in every area.  
Amen.



# daily *DEVOTIONALS*

**WEEK 4 - ROOTED ABOVE**  
Colossians 3:1-17

The gospel doesn't just  
change our eternity—  
it transforms our  
everyday.

## DAY ONE: MONDAY, FEBRUARY 16, 2026

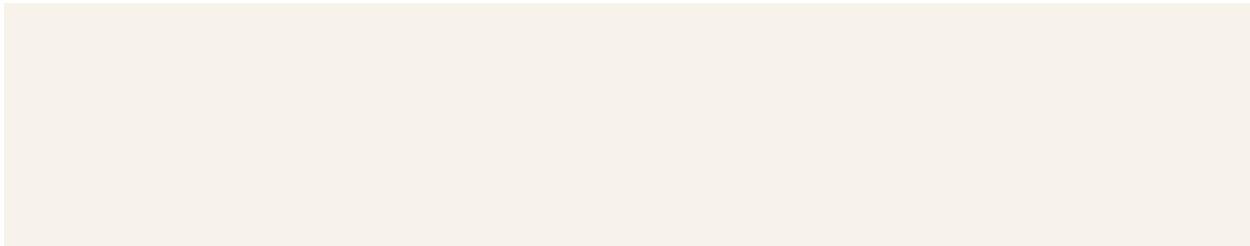
### READING COLOSSIANS 3:1-4

Paul begins this section with “If then you have been raised with Christ...” It’s a transition into the ethical response to all we’ve seen in chapters 1 and 2. Since you’ve been raised with Him, your priorities and perspective must change.

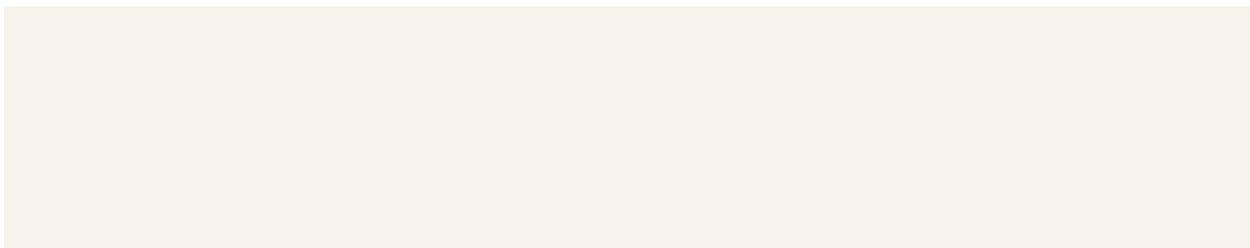
To “seek the things that are above” is not escapism—it’s a command to focus on what’s eternal and essential. Christ is your life. You are hidden in Him now, and one day, you’ll appear with Him in glory.

#### REFLECT + RESPOND

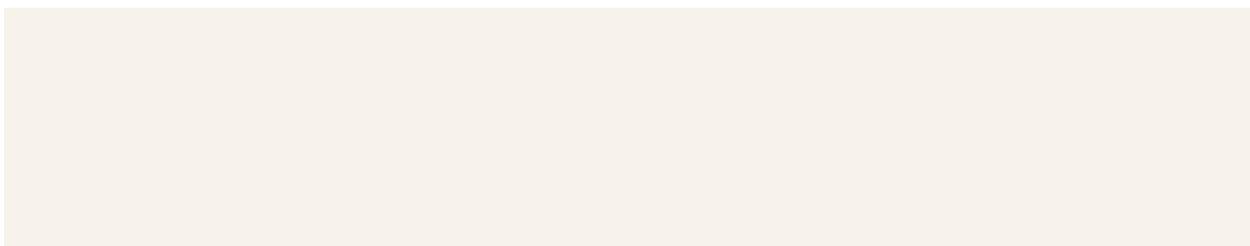
What are you currently “seeking” most passionately in life?



How does your identity being hidden with Christ shape your decisions this week?



Write a prayer asking God to help you fix your eyes on things above.



## DAY TWO: TUESDAY, FEBRUARY 17, 2026

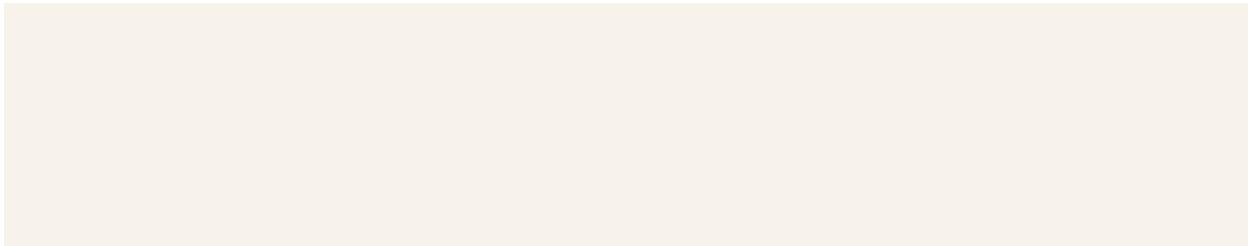
### READING COLOSSIANS 3:5-7

Here, Paul gets practical: put to death what is earthly in you. The first five sins listed are all sexual in nature—cravings that corrupt and destroy. Paul isn't vague—he's specific and pastoral.

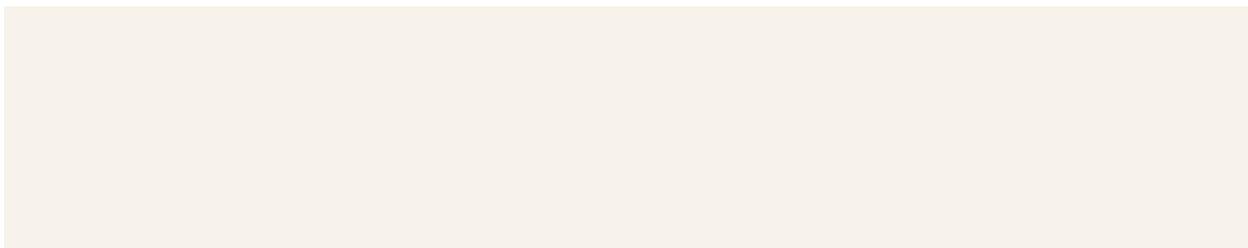
These are not just personal preferences to be managed; they are spiritual threats to be eliminated. God's wrath comes because of such things, and the call is to remember: this was who you were, not who you are now.

### REFLECT + RESPOND

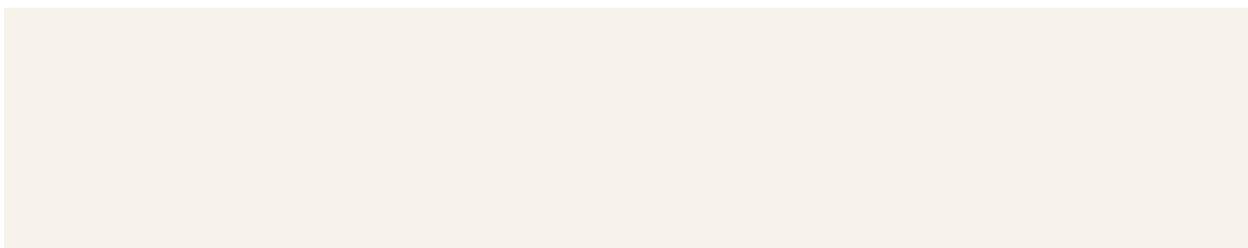
What "earthly" desires do you need to bring into the light and surrender today?



Why do you think Paul starts with sexual sin in this list?



What's one concrete step you can take toward purity this week?



## DAY THREE: WEDNESDAY, FEBRUARY 18, 2026

### READING COLOSSIANS 3:8-11

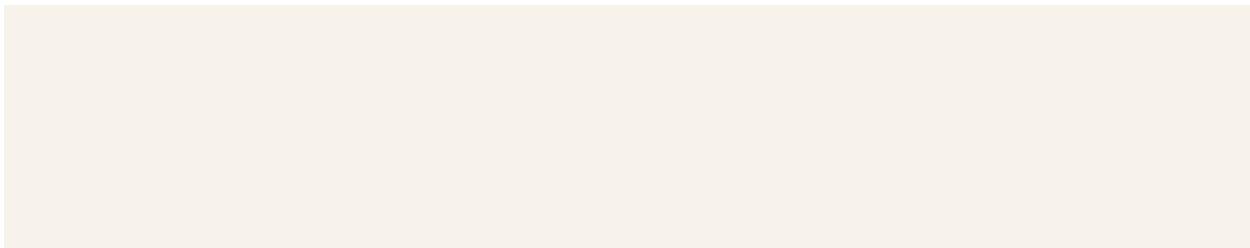
Paul now turns to sins of speech and relationship—anger, slander, lies. These break down the body of Christ and are inconsistent with the new self we’ve been given.

The gospel doesn’t just forgive—it transforms. Verse 10 says we are “being renewed”—present tense, passive voice. It’s an ongoing work of God, and it’s restoring us into His image.

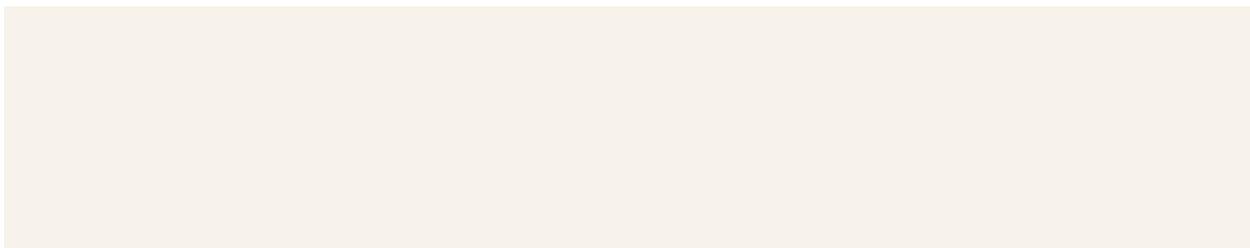
Verse 11 paints a beautiful vision of a new humanity: no ethnic, social, or religious barrier stands in Christ. He is all and in all.

### REFLECT + RESPOND

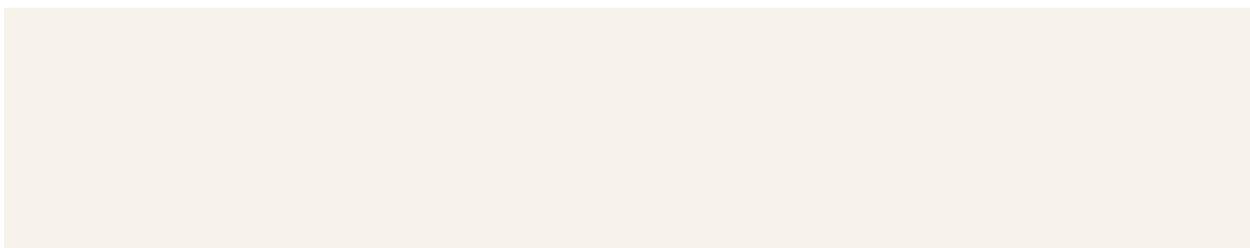
Which of these relationship-breaking patterns is most tempting for you?



What helps you remember that you are being renewed day by day?



Who might you need to speak words of grace and truth to this week?



## DAY FOUR: THURSDAY, FEBRUARY 19, 2026

### READING COLOSSIANS 3:12-14

This passage shifts from what to put off to what to put on. Paul uses baptismal language—this list was likely part of early church baptism preparation.

We are God’s chosen ones, holy and beloved. These virtues—compassion, kindness, humility, patience—are the character of Christ. Forgiveness is expected, because grievances are inevitable.

And above all, we are to put on love—the binding force that holds everything together.

### REFLECT + RESPOND

Which of these “garments” do you most need to put on today?

Why is love the virtue that binds them all together?

What would change in your relationships if you wore these every day?

## DAY FIVE: FRIDAY, FEBRUARY 20, 2026

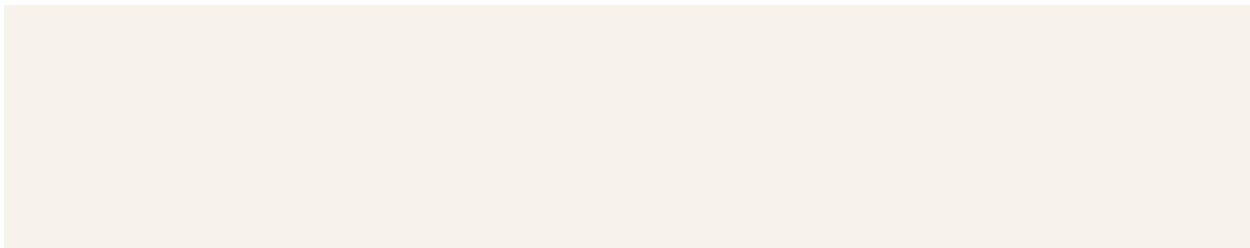
### READING COLOSSIANS 3:15-17

Let the peace of Christ rule. Let the word of Christ dwell. Do everything in the name of Christ. These verses form a beautiful picture of what the rooted life looks like.

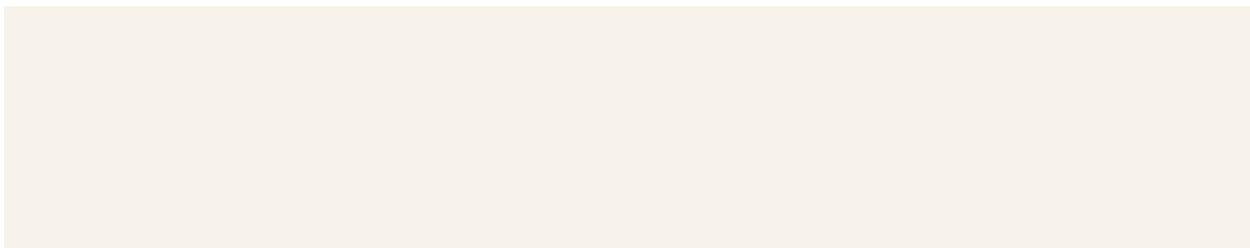
The gathered community is meant to be filled with worship, wisdom, gratitude, and mutual encouragement. Teaching, singing, and daily living are all expressions of life under Christ's lordship.

### REFLECT + RESPOND

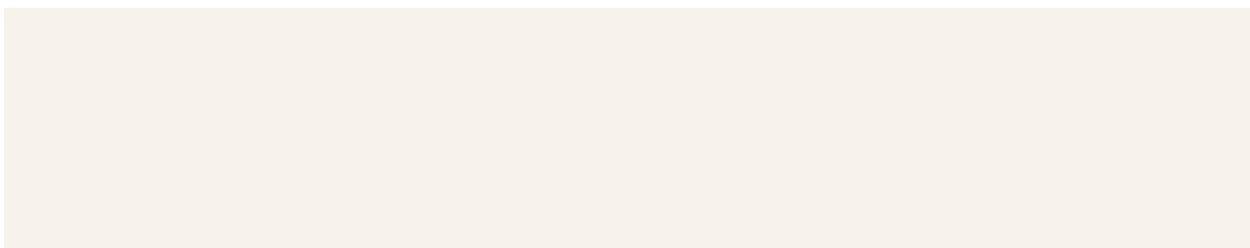
How can you let Christ's peace "rule" in your heart today?



What would it look like for the word of Christ to dwell in you more deeply?



Reflect on how your daily tasks—big or small—can be done "in the name of Jesus."



## DAY SIX: SATURDAY, FEBRUARY 21, 2026

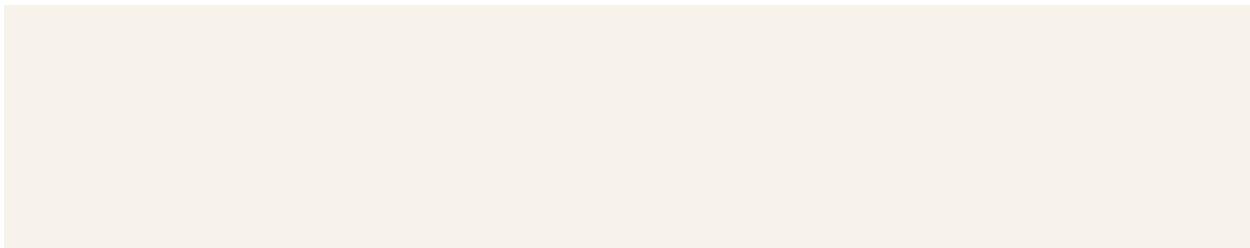
### READING COLOSSIANS 3:1-17

You've walked through the power of being raised with Christ, putting off old ways, and putting on the character of Jesus. The Christian life is not behavior modification—it's spiritual transformation rooted in a new identity.

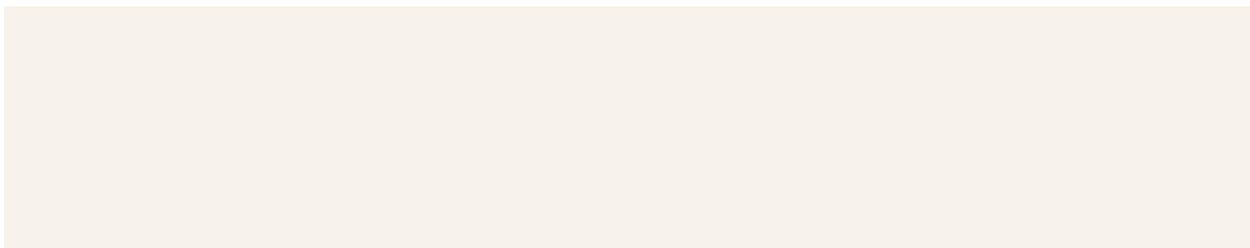
This week has invited you into deeper rhythms of repentance, renewal, and relationship. From sexual integrity to peace-filled worship, every area of life is affected by your union with Christ.

### REFLECT + RESPOND

As you look back over this week, where have you sensed God's renewing work most clearly?



Which command or encouragement from this passage do you want to continue meditating on?



Spend time in gratitude. Thank Jesus for how He is shaping you to look more like Him.

