

ORIGINAL INTENT

Week 1

Look Back:

What have you started doing to trust Jesus to lead you in new ways in 2024?

Look Up:

Read [Colossians 1:9-14](#)

1. What specific things does the author (Paul) say he is praying for at the start of his letter? Why do you think he starts the letter by reminding his audience of these things?
2. What “truths” about people are mentioned in these verses? How can these truths help someone overcome the lies that they may have been told about themselves?
3. What do these verses say about God? How has focusing on these truths helped you personally overcome difficulties?

Read [Colossians 1:15-20](#)

4. What do these verses say about Jesus?
 - What do these verses say that Jesus “did”?
 - What do these verses say that Jesus “is”?
 - What do these verses say that Jesus promises?
5. Which aspect of Jesus is most meaningful to you right now? Which one is most difficult to understand, accept and apply in your life? Why?

Read [Colossians 1:21-23](#)

6. In these verses, Paul reminds his readers of some additional truths. What does it mean for you personally to be restored, reconciled and seen as holy and flawless before God? What difference does this make in your life?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

Carefully examine the thoughts that are causing you stress and replace a toxic thought with a truth that God wants you to believe.

Notes

When scientists looked at an MRI of a brain, they were able to physically see a person’s thoughts via neuropathways. And what they found was that those pathways created by our thoughts look like trees. When we think positive thoughts, a healthy “tree” grows in our brains. When we think toxic thoughts, an unhealthy “tree” grows in our brains. What we think about grows, and whether it’s healthy or toxic. You have a choice on which tree you want to feed and grow. In what ways are you going to focus on growing healthy “trees” in your brain this week?

Resources:

