I. WELCOME, 15 mins.
Prepare a couple of simple, fun and delightful icebreakers to help your group warm up. Help your cell group members to lay aside their busyness and tiredness and prepare their hearts to come before God.

II. WORSHIP, 20 mins.
Prayerfully choose a few songs to lead the cell group members to worship God. The worship leader would encourage members to come before the throne of God to seek God’s face, and lead them into God’s presence. During this time, the cell group leader will also lead the group to pray aloud for the following prayer items:

A. MISSION ORGANIZATION: ____________, and their needs are: ____________
(Please contact the church if you don’t know the needs of the mission organization.)

B. CHURCH MINISTRY:
- 7/12- 8/30 Cracking The Communication Code: Marriage Class
- 9/2 & 9/16 Bi-Weekly Prayer Meeting @ 7:30pm in Fellowship Hall
- 9/13 Experiencing God: Equipping Class @ 11:30am
- 10/17 Youth Fundraising
- 10/23-24 Leaders Annual Planning Retreat
- 10/31 Hallelujah Party

C. New comer: ________________ Confirm new comers’ name before the meeting.
   For sick members, friends or relatives: ________________ Please discuss how you may show your care to them.

III. WORD, 45 mins. Through sharing and discussing God’s word, the group applies it to their daily life.

A. Sharing the message from last Sunday’s sermon: (It would be helpful if you could listen on-line once again)
   1. What is the key message from last Sunday’s sermon? How did God speak to you through the message?
   2. How would you respond to the message? What action will you take after listening to the message?

B. Topic of the week: Rooted and built up in Christ

| Verses: | Colossians 1:28-2:12 |
| Memorizing Verses: | …rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. (Colossians 2:7) |

Preface:
The apostle Paul is God’s servant and the minister of the gospel of God in revealing its mystery. Even though he suffered in prison, he still thinks about God’s people and how they can overcome persecutions and difficulties. He strenuously contend with all his energy to teach them, make their faith strong, help them not be influenced by the heresies and elemental spiritual forces of the world so they can continue living out the word of God, in order to present them fully mature before God and for them to enjoy the rich freedom of God in Christ.

1. Learn to serve from Paul’s example (Colossians 1:28-2:5)
   a. Learn how Paul proclaims Christ (1:28-2:1)
      1) Use all wisdom to proclaim Christ: Paul seeks God’s method and strategy in the Lord, under the leading of the Holy Spirit, to preach God’s salvation and grace.
      2) Admonish the believers and teach them: Paul not only points out the believer’s problems, but also teaches them the truth, so they can follow and not stray away from God.
      3) Suffer for the Lord and for the believers and strenuously contend with all the energy: Paul preaches the gospel as if going through the pains of childbirth. When the believers strayed away from God, he strenuously contend with all his energy to bring them back (Galatians 4:19). He even does not care whether he lives or dies, but offers up himself, not caring or afraid of persecutions. Therefore he says, “to live is Christ, to die is gain.”
      4) Spread the gospel, for believers to be fully mature: Paul lives to spread the gospel and to build up the believers so their spiritual lives can grow to be fully mature and blameless before God.
b. Learn how Paul encourages the believers (2:2-5)

Comfort and encourage the believers so their faith may be full: Although under attack by persecutions and heresies, the believers’ trust and dependence on God was stirred up through Paul’s encouragement and teachings. They were more able to be united in love, support each other, and walk the spiritual path with one heart. Since they experience God’s amazing works and victory over the enemy, therefore they know God more and their faith is raised to a higher level, being more humble to obey God. No matter the circumstance, they can trust and depend on God to have the victory over temptations and the schemes to mislead them.

c. Know the mystery of God is Christ: When the faith of the believers are full, they will be assured that the mystery of God is Christ. God’s wisdom is that through Jesus, He completed the grace of God’s salvation to men. To the world, the wisdom of God is foolishness. But for the one who believes it is the power of God (1 Corinthians 1:21). Whoever believes in Jesus receives the grace of God’s salvation, and becomes a righteous person. When believers clearly understand this truth, they will not be persuaded by deceptive words, wrong theories and be misled and stray away from God.

d. Believers are able to live for the Lord: When believers firmly trust in the Lord, living out God’s word, they can stand firm and their steps will continue to be according to the vision and commission God gave to them. This is pleasing to God and makes God’s servant the apostle Paul rejoice.

2. Rooted and built up in Jesus Christ brings us freedom (Colossians 2:6-12)

a. Rooted and built in Christ (2:6-7)

1) Live out Jesus’ teachings: Jesus is Lord. He is the ruler over the universe. He is the Lord who saves the world. He is our Savior and he is the center of our lives, therefore, we should live out his teachings.

2) Rooted and built up, strengthened in the faith: A believer who is strengthened in the faith will surely be intimately connected to Jesus Christ, letting Jesus Christ be the foundation of his life, bearing fruit and being rooted in God’s word, living out the will of God. Therefore, when he faces various difficult situations, his faith and trust will not be shaken, and he will experience God’s faithfulness, love and grace. His faith will be strengthened and he will be more thankful for God’s grace, giving all the praise, glory, and honor to God.

b. Need to be discerning and be on guard against all knowledge not according to the Bible (2:8)

The heresy (Gnosticism) separates God and Christ (into 2 groups of substances). They used knowledge that is not according to the Bible and that comes from their own thinking to confuse the believers.

1) Not according to Christ: Although calling it Christianity, their teachings completely have no relationship to Christ. Even more, they denied the salvation Christ accomplished for us.

2) Human traditions: Not according to Biblical revelations, but rather it is according to the thinking, methods, and traditions of man.

3) Elemental spiritual forces of this world: Their teachings seem to be so deep, yet it is full of errors.

3. Through believing in Jesus one receives all the fullness of Christ (Colossians 2:9-12)

a. In Jesus Christ you can receive all the fullness (2:9-10): The heresy twisted the fullness of the Deity in Jesus Christ. In their deceptive knowledge they think one needs to add other things in order to have the fullness. Yet, the incarnation of Jesus Christ reveals all the fullness of God for us to see (John 1:18). He is sovereign over all creation, and His provisions are limitless. Jesus not only gives us life, but He wants us to life our lives to the fullest (John 10:10).
b. Receive freedom through baptism in the name of Jesus
(2:11-12): Believers in Jesus Christ should accept baptism – to
be buried with Him and raised with Him and receive the
resurrection life. It is a life that is no longer under the bondage
of sin, and it is a life that is free.

Discussion (please choose the topic according to the needs of the
members):

1. Who shared the gospel with you? How did that person share it
with you? How did you receive it?
2. What is the goal of Paul in strenuously contending for the Lord?
What did you learn from Paul’s example?
3. Why does Paul want us to be rooted and built up in Christ? What
is the result of being rooted and built up? What is the result of not
being rooted and built up?
4. Why does Paul keep emphasizing the fullness of God in Christ?
Have you experienced the fullness of God in Christ? Please share
an actual example.
5. How can we receive the fullness of God in Christ? What should
an unbeliever do to receive this fullness? What should a believer
do to receive this fullness?

Prayer:

Dear Abba Father in heaven, we thank You. You used the apostle
Paul to encourage us. In this warped and crooked world, we need to
be rooted and built up in Christ, be strengthened in faith, live out
Your word and teachings, and live out a fully mature life. So that in
the turmoil and tribulations of life, we can resist the enemy and
fulfill the Great Commission that You gave to us, to spread the
gospel to all nations and all peoples. We thank You and pray in the
precious name of the Lord Jesus, Amen!

IV. WORK (Pray for each other), 10 mins.

Please break into group of 2 or 3 to pray for each other’s needs.