Colossians Series 5  
Put On the New Self  
September 11, 2015

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:
   - Baptism Service 9/20
   - 9/13 Experiencing God: Equipping Class @ 11:30am
   - 9/16 Bi-Weekly Prayer Meeting @ 7:30pm in Fellowship Hall
   - 10/17 Mission Talent Benefit Show for missionaries and daughter churches.
   - 10/23-24 Leader’s 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: Put on the new self

   Verses: Colossians 3:1-11
   Memory Verse: ...and have put on the new self, which is being renewed in knowledge in the image of its Creator. (Colossians 3:10)

   Preface:

   The apostle Paul teaches us that only through faith in Jesus Christ can we be saved and receive life. After receiving the truth which sets us free, Paul teaches us to live a life worthy of our gracious calling until the Lord Jesus returns. When He returns we will be glorified with Him. Therefore, Paul teaches us to set our hearts and minds on Christ in our everyday life, and to take off our old self and put on the new self to live out the image of Christ.

   1. New life, new ways of thinking, new hope (3:1-4)
      a. Live out the new life in Christ (3:1a, 3): When we are baptized, we have died and resurrected with Jesus. This new resurrection life is what God gave us in Christ (2:12), which is hidden with Christ. When we have this new life, we will naturally learn to be like Christ and long to live out the life of Christ.
      b. The transformation of the new life (3:2): Our new life is connected with Christ and our hearts are focused on Christ. He has already been taken up to heaven and is seated at the right hand of the Father. Therefore, we should not let the things of the world stumble us. What we do and say should also be according to the standard of God’s word (God’s values). We should look at things with God’s perspective. Consequently, in all things we are to ask what is God’s will, how to obey His command, and what will please Him (Romans 12:2).
      c. New hope: 1) Christ is our life: God is the source of our new life (Psalm 36:9). Through His Son Jesus Christ who died for us and rose from the dead, God gave those who believe Jesus is the Christ and receive Jesus as Savior a new life of freedom, a life that has been set free. Therefore, when we believe in Christ we have life because Christ is in us. Those who don’t believe in Christ don’t have life (1 John 5:12). 2) Enjoy the glory with the Lord: When the Lord Jesus Christ comes again, we will not only see how glorious is Christ’s return, but we will also see we are in Him and be glorified with Him.
2. Put to death whatever belongs to the sinful nature of the old self and get rid of the sinful ways of the old self (3:5-9)
   a. Put to death whatever belongs to the sinful nature of the old self: Paul commands us to get rid of whatever belongs to our sinful nature, have nothing to do with them; otherwise our sinful nature will lead us to do evil. Therefore, we must not give in to the lust of the flesh, such as sexual immorality, impurity, lust, evil desires and greed. Paul especially points out that greed is idolatry, because greed for money and material things with an unending appetite will lead people to stray from God and pursue things apart from God. They do not know that they have become slaves to those things.
   b. Get rid of the sinful ways of the old self: Our God is kind. His love endures forever. He created all things good. He created man to live in His grace and enjoy His love. Yet, man did evil, such as anger, rage, malice, slander, filthy language and lying. God is just and must punish the evil doer. Because of God’s love, He provided salvation for man so that those who believe Jesus is the Christ (Savior) will receive new life. For us who have received the new life, we should get rid of the corrupt practices and not to do evil. Paul especially points out to us not to lie to each other because lying is the evil action of those who don’t have the truth inside. Lying will also destroy the trust and relationship between people.

3. Put on the new self, live out the new image (3:10-11)
   a. Put on the new self: When we are saved, we have the position of being sanctified. But to be completely sanctified takes our entire lifetime. Therefore, in our days on earth, we need to ask God every day to help us put on the new self, to depend on Him and ask Him to strengthen us to live out the virtues of God according to His will. Also, we need to be renewed in our knowledge, not remaining as spiritual infants and in spiritual poverty. We need to continue to be renewed in our knowledge of God. Then our spiritual life can be molded and matured by God. Also we need to ask the Holy Spirit to continuously use God’s word to open our hearts and eyes to see all God’s truth.
   b. Live out the new image: Christ includes people from all nationalities, ethnicities, cultures, economic levels and social statues, and lead those who believe in Him to enter into God’s kingdom and become God’s people. As a result, we who are in Christ are members of God’s family, we need to get rid of the old self, put on the new self, serve God together with one heart and live out God’s glory.

Discussion (please choose the topic according to the needs):
1. In this year, what are your hopes?
2. Why would the new life bring new ways of thinking and new hope?
3. Paul exhorts us to put to death whatever belongs to the sinful nature of the old self, how can the new ways of thinking influence the way we do things?
4. Why should we put to death whatever belongs to the sinful nature? How can we put this into practice in our daily lives?
5. How can we in our everyday lives, practice putting on the new self, and continuously live out the image of the new self? Try to share a couple of real examples.

Prayer:
Dear Abba Father in heaven, we thank You. You gave us in Christ a new life and teaches us how to live out the image of the new self. O Lord! Please remind me every day to set my heart and mind on You, to be renewed by Your word daily, to leave the ways of the old self and put on the new self and live a life worthy of your gracious calling, so that I may testify to your goodness and glory. We pray in the name of 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.