



## Series: There is Nothing Greater Than Walking with Jesus

### Lesson 6: “Jesus is the Ultimate Inner Strength”

\*Announcements, encouragement to invite people and opening prayer.



**Connect:** an opportunity for people to immediately interact and connect with each other; icebreaker/attention getters. **Icebreaker:** What are some various kinds of power?

**Transition:** There are always new sources of power being created for energy. However, has only been one source of spiritual power and to have the strength to conquer this life, we need that one source of power.

**Bottom Line:** Christ alone can give us the power to keep pressing on through life and all its obstacles!

#### LESSON PLAN

**Question:** What’s one of the greatest obstacles that Jesus has empowered you to overcome?

*The verse today begins with “So then...” It is important we know what preceded those connecting words. Paul has just told them how he has delighted to see how orderly they are and how firm their faith in Christ is. So, he is saying, in light of your faith, let me add these thoughts and instructions for you.*

#### **Read Colossians 2:6-7**

1. Paul tells them to continue to live with Christ as Lord, just like what?

**Question:** What is the attitude we have when we first decide to surrender our life to Jesus?

2. What do you think Paul means by the instructions to continue to live in Christ?

*Live was a Greek verb that was a present active imperative. Present means it is ongoing, to always be present in your actions. Active means that you alone can make that decision to keep living in Christ. Imperative was a command, not an option or suggestion.*



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**Question:** What are some choices you’ve made or disciplines you practice that keep you actively living in an intimate personal relationship with Christ Jesus?

3. What would it mean to be rooted in Christ?

*A tumbleweed is large and showy but has no roots deep enough to help it when the winds come. A Live Oak tree on the other hand has a massive root system. Towering over 65 feet high, the live oak tree called the Angel Oak has shaded John's Island, South Carolina, for over 1400 years, and would have sprouted 1000 years before Columbus' arrival in the New World. The Angel Oak has become the focal point of a public park. Today the live oak has a diameter of spread reaching 160 feet, a circumference of nearly 25 feet, and covers 17,100 square feet of ground. Could you imagine what we could do with our faith if we learned from this tree Jesus created?*

**Examination:** If you were to grade the level of your root system of faith from a 1) the tumbleweed, to 100) the Angel Oak, what would you grade be? Wouldn't this be a great area for your specific prayer?

4. How would you go about being built up in Christ?

*It's interesting that this participle, verb is in the passive tense meaning it is done to you. It the Holy Spirit who is doing the construction far better than we could achieve. As I keep studying and applying God's word, my roots grow stronger and the building, my spiritual life, keeps rising and growing stronger and more beautiful because of Jesus' pattern that is taking form within me.)*

5. This intimacy and deep rooting and spiritual growth combine to strengthen our faith. What does it cause to overflow from our lives? How does that happen?

**Read Colossians 2:8-12**



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**Question:** What are some of the hollow and deceptive philosophies that depend on human tradition and basic principles of this world that capture the beliefs of Christians today?

6. What does Paul mean when he states that all the fullness of the Deity lives in bodily form in the person of Christ?
7. What are we given if we are living in a personal relationship with Christ, with Christ in us?
8. How were we circumcised in Christ?

*When we were buried with Jesus in baptism and then resurrected with Him as we were raised to new life, we experienced a spiritual circumcision, a cutting off of the sinful nature from the heart. This act was not physical like the Jewish ritual that preceded and was a shadow of this circumcision. This act was accomplished through faith in the power of God who raised Jesus our Lord from the dead. So, we see that Paul is relating NT baptism as an act of faith, a spiritual circumcision that fulfills the Jewish act of physical circumcision.*

**Question:** How important is it that we understand the role of baptism in the new birth?

9. What follows our baptism into Christ?

**Question:** How has this first resurrection through faith changed the way you see this world?

#### **Read Colossians 2:13-15**

10. What does Paul mean when he says that the written code that stood against us was cancelled and how was it cancelled?



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*The written code was the Old Testament Law that stood to condemn all mankind who could not live up to its rules. It was nailed to the cross when Jesus was sacrificed as the perfect Lamb of God to take away the sins of the world. Those who choose to ignore and reject Christ stand judged by God’s Law which means certain condemnation. The Law can only be removed by God through the cross. That is why Christianity is the only hope for all of mankind no matter how good they are. All fall short of the glory of God and are without hope except through Christ Jesus.*

**Question:** How does this knowledge affect the way we should see our family, friends, co-workers, strangers around us? What should we do about it?

11. How did Jesus make a public spectacle of all powers and authorities?

**Final Question:** What is the one idea that stands out to you most from this lesson?