

Life Group Notes 4/30/2023  
Pastor Mark Warren on Colossians Week 3

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If you have observations or questions feel free to send me an email with your comment or observations at [tbeachhead@comcast.net](mailto:tbeachhead@comcast.net). -Pete Mehegan, the Scribe.

(This is written to give you good things to enjoy, because look again at what Paul told Timothy (1 Tim 6:17-18) **17 Instruct those who are rich in the present age not to be conceited and not to put their hope in the uncertainty of wealth, but in God, WHO RICHLY PROVIDES ALL THINGS TO ENJOY. 18 Instruct them to do good, to be rich in good works, and to be generous and ready to share...**)

Note: Be good to one another. Be sensitive and kind. Let God heal our hearts...and guide our discussions. **PLEASE PRE-READ THESE NOTES AND CHOOSE THE DIRECTION THAT IS APPROPRIATE FOR YOUR GROUP. The purpose is to unite, not divide; to proclaim fearlessly the freedom the gospel brings. Any part of these notes might be appropriate as a crowd breaker for your own group. The goal is to create memories from Sunday that will serve for a long time. BE COGNIZANT OF YOUR GROUP'S TIME AND BE SENSITIVE! Some groups would like to dwell on a single idea. Let the Spirit be your guide. Never feel obligated to complete this study. This study is also a great devotion, taken slowly through the week.**

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Note: I have highlighted suggested discussion questions Pastor Mark has raised this week, 4/30. Let's allow the Holy Spirit to guide all our discussions, using the highlights as trail blazes. **The purpose is to minister to one another.** Do not be daunted by the number of pages. As an editorial decision, I include each of the passages mentioned in full to facilitate the enjoyment of these notes, rather than having you, the reader, look up each reference. If your Bible is open beside you, you can transfer and annotate from these pages with ease.

At the end of the notes on Pastor Mark's message, from pages 7 to 8, I have made footnotes to help dig deeper into some of the principles Mark covers. *These notes are offered to enhance understanding and are not designed to complicate discussions in life group.* This week I covered ideas:

1. [On "Therefore."](#)
  2. [On proverbs and the "issues of life."](#)
  3. [On "spiritual songs."](#)
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In Pastor Mark's opening prayer, he prayed for restoration of the things that have been stolen from us. **What would that look like for you? Look at the promise in Joel 2:25** "So I will restore to you the years that the swarming locust has eaten, The crawling locust, The consuming locust, And the chewing locust, My great army which I sent among you." **Who sent the locusts? Why? Have**

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**we learned yet? Look at Psalm 103** <sup>1</sup>Bless the LORD, O my soul; all that is within me, bless His holy name. <sup>2</sup>Bless the LORD, O my soul, and do not forget all His kind deeds—<sup>3</sup>He who forgives all your iniquities and heals all your diseases, <sup>4</sup>who redeems your life from the Pit and crowns you with loving devotion and compassion, <sup>5</sup>who satisfies you with good things, so that your youth is renewed like the eagle's. <sup>6</sup>The LORD executes righteousness and justice for all the oppressed. **List the benefits in knowing God here. What gets restored? What does that look like? What does that make restoration look like?**

In Pastor Mark's opening, he listed three key principles to watch for in this chapter.

1. Why you have to guard your heart above all else. (**Look up proverbs 4:23** <sup>23</sup>**Guard your heart with all diligence, for from it flow springs of life.** What does that mean? See **footnote 2.** Your heart decides the way you live your life.)
2. What Jesus is looking for in Christian living.
3. How husbands and wives should relate in the modern age.

### **Put On the New Self**

**(Ephesians 4:17–32)**

<sup>1</sup>Therefore, since you have been raised with Christ, strive for the things above, where Christ is seated at the right hand of God. <sup>2</sup>Set your minds on things above, not on earthly things. <sup>3</sup>For you died, and your life is now hidden with Christ in God. <sup>4</sup>When Christ, who is your life, appears, then you also will appear with Him in glory.

1. Pastor Mark points out Paul's theme of "taking things off to put new things on." Look at **footnote one on "therefore."** What is "therefore" here for? If you have been "raised with Christ," what have you died to?
2. Pastor Mark says "strive for" here means "seek diligently, seek with intention." Why is that important?
3. What are "things above?"
4. What will you look like when you "appear with Him?" What do you look like now?
5. **Look at Philippians 4:** <sup>8</sup>**Finally, brothers, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think on these things.** **What do you find yourself thinking about lately? How are you doing? Is social media a help or a hindrance? What percentage of your use helps? What percentage of your use hinders?**

<sup>5</sup>Put to death, therefore, the components of your earthly nature: sexual immorality, impurity, lust, evil desires, and greed, which is idolatry. <sup>6</sup>Because of these, the wrath

of God is coming on the sons of disobedience. [7](#)When you lived among them, you also used to walk in these ways. [8](#)But now you must put aside all such things as these: anger, rage, malice, slander, and filthy language from your lips.

1. Pastor Mark speaks of the battle between the flesh and the spirit. Review Romans 7 and 8. How is this battle fought?
2. **Look at Philippians 3: 18** *For as I have often told you before, and now say again even with tears: Many live as enemies of the cross of Christ. [19](#)Their end is destruction, their god is their belly, and their glory is in their shame. Their minds are set on earthly things. [20](#)But our citizenship is in heaven, and we eagerly await a Savior from there, the Lord Jesus Christ, **What is the consequence of having your mind in the wrong place? How serious is the warning? With the internet now like a faucet, what are the dangers to our mind? Are our relationships improved? Or degraded?***
3. Pastor says we have to put those things to death. Do you have a testimony?
4. Look at the list in verse 8. How much that is on this list comes out of our hearts through the mouth? Is filthy language a bigger issue today as when you were young? Or is it relatively the same?
5. Look at what Jesus says on this in Matthew 12: [33](#)*Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad; for a tree is known by its fruit. [34](#)You brood of vipers, how can you who are evil say anything good? For out of the overflow of the heart, the mouth speaks. [35](#)The good man brings good things out of his good store of treasure, and the evil man brings evil things out of his evil store of treasure. . . .* How is your tree doing? Look again at [footnote 2](#). How do you get that “new heart” Ezekiel speaks of?

[9](#)Do not lie to one another, since you have taken off the old self with its practices, [10](#)and have put on the new self, which is being renewed in knowledge in the image of its Creator. [11](#)Here there is no Greek or Jew, circumcised or uncircumcised, barbarian, Scythian, slave, or free, but Christ is all and is in all.

1. What are you putting off? What are you putting on?
2. Why would Paul write verse nine? Have Christians ever lied? Have you ever lied? How did you feel when you were caught lying as a Christian? How encouraging is it that Christians need to be reminded not to lie?
3. Is the “new self” you are putting on perfect? How is the “new self” being renewed? What steps do you take to keep renewing the new self? How does knowledge of the Creator change the new self?
4. What happens to racial differences in Christ? What happens to differences of pigmentation? Background? Class? Social status?
5. Thinks of the story Mark related of his coming together with the Ukrainians, when they told him, “You are my brother.” What is in this bond that God has created in the Church?

[12](#)Therefore, as the elect of God, holy and beloved, clothe yourselves with hearts of compassion, kindness, humility, gentleness, and patience. [13](#)Bear with one

another and forgive any complaint you may have against someone else. Forgive as the Lord forgave you. [14](#)And over all these virtues put on love, which is the bond of perfect unity. [15](#)Let the peace of Christ rule in your hearts, for to this you were called as members of one body. And be thankful.

1. According to John 15, who chose whom first? Do you remember the purpose of Christ's choice? What are we to bear MUCH of? How are you doing? What do you have to look forward to?
2. What are we putting on here? Compare the list in verse 12 with the list of what we put off in verse 8. Which list sounds more like you used to be? Which sounds more like you today? Name the fruit of the Spirit. What does this list look like?
3. How do you "put on love?" Is this putting on an accident? Or do you have to do it deliberately? How is it done?
4. Mark compares "sympathy" and "empathy," where, while sympathy feels for the one who is stuck in the pit, empathy goes into the pit to help that person out. Compassion shares mutually the weakness of the one in the pit yet imparts its own strength and joy, as the two rise together. The joy of the healed becomes the joy of the healer as well. What does this make you think?
5. What role does forgiveness have? To what degree do we forgive? What verses on forgiveness can you remember right now, without looking? How important is this theme.
6. Pastor Mark compares this passage with Romans 12: [9](#)*Love must be sincere. Detest what is evil; cling to what is good.* [10](#)*Be devoted to one another in brotherly love. Outdo yourselves in honoring one another.* [11](#)*Do not let your zeal subside; keep your spiritual fervor, serving the Lord.* [12](#)*Be joyful in hope, patient in affliction, persistent in prayer.* [13](#)*Share with the saints who are in need. Practice hospitality.* How does this kind of love become a competition? How does one "outdo" another in honoring them? Finish this principle that Jesus laid out, "If you want to be great in the kingdom of God you must become the..." How did Jesus Himself demonstrate this servanthood? (How did He win the competition for greatness so that only "second place" remains?) (John 13) How does this kind of greatness change the Christian's "rules of engagement?" How does the Golden Rule play into this theme? How well do you compete?
7. Look at Philippians 2: [3](#)*Do nothing out of selfish ambition or empty pride, but in humility consider others more important than yourselves.* [4](#)*Each of you should look not only to your own interests, but also to the interests of others.* How does the theme of competition change the meaning of the word itself here? Have you ever tried to be more humble than another and won? What happens when two friends are determined to practice this verse on each other? Who wins? How does Christianity become the greatest no-holds-barred competition possible? How is love the key to the win? (How much did God so love the world?)

8. We are told to “let” the peace of Christ rule. (v. 15) How is this done? How does gratitude help?

[16](#)Let the word of Christ richly dwell within you as you teach and admonish one another with all wisdom, and as you sing psalms, hymns, and spiritual songs with gratitude in your hearts to God. [17](#)And whatever you do, in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.

1. Note: “teach” and “admonish” are both present active participles. This is important in Greek because it indicates continuity. We are all to be actively participating in both the teaching and the admonishing. How does a Life Group accomplish this goal?
2. What does ‘doing what we do in the Name of Christ’ do to help us focus?
3. Can hypocrisy be successfully done in the Name of Christ?
4. What does the name of Christ help to prevent?

### **Christian Households**

[\(Ephesians 6:1–4\)](#)

[18](#)Wives, submit to your husbands, as is fitting in the Lord.

[19](#)Husbands, love your wives and do not be harsh with them.

[20](#)Children, obey your parents in everything, for this is pleasing to the Lord.

[21](#)Fathers, do not provoke your children, so they will not become discouraged.

### **Serving with Honor**

[\(Ephesians 6:5–9; 1 Timothy 6:1–2\)](#)

[22](#)Slaves, obey your earthly masters in everything, not only to please them while they are watching, but with sincerity of heart and fear of the Lord.

[23](#)Whatever you do, work at it with your whole being, for the Lord and not for men, [24](#)because you know that you will receive an inheritance from the Lord as your reward. It is the Lord Christ you are serving. [25](#)Whoever does wrong will be repaid for his wrong, and there is no favoritism.

1. Take the time to look up Ephesians 5:21-32 [21](#)Submit to one another out of reverence for Christ. [22](#)Wives, submit to your husbands as to the Lord. [23](#)For the husband is the head of the wife as Christ is the head of the church, His body, of which He is the Savior. [24](#)Now as the church submits to Christ, so also wives should submit to their husbands in everything. [25](#)Husbands, love your wives, just as Christ loved the church and gave Himself up for her [26](#)to sanctify her, cleansing her by the washing with water through the word, [27](#)and to present her to Himself as a glorious church, without stain or wrinkle or any such blemish, but holy and blameless. [28](#)In the same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. [29](#)Indeed, no one ever hated his own body, but he nourishes and cherishes it, just as Christ does the church. [30](#)For we are members of His body. [31](#)“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.” [32](#)This mystery is profound, but I am speaking about Christ and the church. [33](#)Nevertheless, each one of

- you also must love his wife as he loves himself, and the wife must respect her husband. Notice verse 21 and please begin there. Who gets to submit?
2. Explain why, in both Colossians and here in Ephesians, wives are told to submit to their husbands, but husbands are told to love their wives? Who has the easier task?
  3. Is it easier for a woman to love? Or to submit? Why is it easier for a woman to love?
  4. What does submission not mean? Is there any allowance for physical or deliberate emotional abuse?
  5. Is it easier for a man to love? Or to submit? (Remember the Roman centurion: "I, too, am a man **under** authority. Therefore I say "Go" and he goes. I say, "Come and he comes." Where does the power of the centurion come from? In fact, what is the principle of all power and authority? To whom did Christ Himself submit?) Why is it so hard for a man to love?
  6. What does love mean in this context? What has Jesus done for His Bride? Does it matter if His Bride washes His underwear? What kind of a job is His Bride doing to tend to His needs? How are we doing? How does a man's love for his wife prefigure the great Wedding to come where Jesus receives His Bride? How do you think He will treat Her? How, husbands, do you compare with His deliberate love? When your children see this love, what will they learn and never forget? Do you have a testimony? Mark says prayer makes all the difference. "When I take it to the Lord and I say, 'Lord, I want to bring out the very best in my family. Help me to help them.' I guarantee you will see changes."
  7. Now that we know the rules, who obeys first? Who wins in this competition?
  8. How important is it that we come together?

**Take the time to pray.**

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**The Follow-up**

1. Read through Colossians 3 again, and ask yourself, "What do I put off?" And, "What do I put on?" Make the list.
  2. Husbands and wives, look again at this chapter, and at Ephesians 5, and ask, "How do I bend toward you, to fulfill this principle satisfactorily?"
  3. Ask, "How can I love you better? How do I help you? How do I serve you? How do I honor you?"
  4. Husbands, if you are a husband and you want to improve on being a husband to your wife, write Pastor Mark at [mark@gccnh.com](mailto:mark@gccnh.com)? Marriage is so important that it is time to deal with the needs.
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**Scribe's notes:**

1. **On "Therefore"**—There is a principle of Bible Study that says, "When you come upon the word 'therefore' you have to discover what it's there for." Therefore speaks of a conclusion drawn from a previous argument which, often, was laid in a previous chapter just as it was here, In Chapter two, Paul shows how the gospel has freed us from the principles of worldly religion, and taken us to a new life. Review this argument from chapter two: **20*****If you have died with Christ to the spiritual forces of the world, why, as though you still belonged to the world, do you submit to its regulations: 21 "Do not handle, do not taste, do not touch!"? 22 These will all perish with use, because they are based on human commands and teachings. 23 Such restrictions indeed have an appearance of wisdom, with their self-prescribed worship, their false humility, and their harsh treatment of the body; but they are of no value against the indulgence of the flesh.*** It's upon this principle that Paul begins chapter 3. **What does it really mean to be "dead in Christ and alive unto God?"**
2. **On Proverbs 4:23 and the issues of life**—We saw this verse above, and described what it means. **23*****Guard your heart with all diligence, for from it flow springs of life.*** The actual Hebrew word for "springs of life", תּוֹצְאָה (totsaah) is richer. Besides "springs" or "sources/fountains," it also means extreme boundaries, borders...even the way of escape. Your heart decides your own personal boundaries, across which you will never walk. Your heart is designed to save marriages and all relationships. A heart that is broken has lost its protection. Is this why we needed a new covenant as Ezekiel describes in chapter 36? **25*****I will also sprinkle clean water on you, and you will be clean. I will cleanse you from all your impurities and all your idols. 26 I will give you a new heart and put a new spirit within you; I will remove your heart of stone and give you a heart of flesh. 27***And I will put My Spirit within you and cause you to walk in My statutes and to carefully observe My ordinances. **What does this promise look like? How are our borders redressed and refreshed? Look at David's prayer after his tryst with Bathsheba in Psalm 51: 10*****Create in me a clean heart, O God, and renew a right spirit within me. 11***Cast me not away from Your presence; take not Your Holy Spirit from me. **12*****Restore to me the joy of Your salvation, and sustain me with a willing spirit. 13***Then I will teach transgressors Your ways, and sinners will return to You. **What are the benefits of a heart that has its borders restored?**
3. **On Spiritual Songs**—Paul admonishes the Colossians to admonish each other in "songs, hymns and 'spiritual songs.'" (ὠδαῖς πνευματικαῖς *ōdais pneumatikais*, songs issuing from the Spirit). This refers to what Paul speaks of in 1 Corinthians 14, when he "sings with the spirit". It is not the same as singing with hymns, contemporary music written in

that day, or singing the psalms, written in scripture. Singing in the Spirit, which can be in a language unknown to the singer, was common practice in the Church throughout her history.