

# Mental



## ✓ Prepare in Advance

Facilitator: In advance of the session:

- Provide pens, paper, post-it notes, masking tape
- On the floor, make several (5-7) pairs of large squares with the masking tape. Have every pair of squares overlap (resembling a Venn diagram)
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the *Bible Background Video* ready to view.

## ✓ Explore

Before reading the text, lead the following discussion: Once we become Christians, how should our behavior change... and why?

Have someone read Colossians 3:1-17 out loud and show the *Bible Background Video*.

## ✓ "Taking Off" the Old

Use the following questions to encourage discussion about the passage.

- How does Paul explain what it means to "set your heart on things above" (verses 1-2)? Why is it essential to change the place we focus?
- Do you think Paul's list of old behaviors is supposed to be all-inclusive? Explain.
- Why do you think God decided to transform us slowly, rather than all-at-once (verses 4 and 9-10)? When will the transformation be complete?
- Why is Paul's image of "taking off" and "putting on" our new selves – like clothes – such a good illustration to use?
- What other illustrations can you think of to describe the process by which God transforms us into Christ's image?

## ✓ "Putting On" the New

Verse 11 is frequently cited when talking about racism and discrimination of different kinds.

- By viewing it in context – transformation into a new kind of holiness, putting old habits behind us – do you view the verse any differently?
- How is this kind of viewpoint important to a new way of thinking, the new "clothing" of our life in Christ?

- What "new clothes" are we to put on (verses 12 and following)? As before, do you think this list is exhaustive?
- Why is love so important to this process? How does it make up for other things that might not have been listed?
- Discuss what it means to do something "in the name of the Lord Jesus?" How might this change the things we do and the way we do them?

## ✓ Discuss

Use one or both of the following questions to bring closure to the lesson:

- If Paul's lists of old behaviors and new behaviors were not exhaustive, what kinds of things could we add to make them more complete today?
- The list of divisions in verse 11 was specific to Paul's time. What other kinds of people might we add to make the list specific to our time?

Close with prayer.

**By Jon Parks**

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