

POWER UP



The Speech

Colossians 1:9-14

Roger Ellis

Pastor of Equipping

Deep down, each one of us really wants to be "in shape." We want the strength to do certain things. We want the strength to push past limitations, but often lack the motivation to do so. The Apostle Paul's motivational speech in Colossians 1:9-14 outlines the mindset required for being in shape spiritually. He writes, "I want you to be able to:"

- 1 Recognize God's will for your life (9-10)
- 2 Live your life in a way that is pleasing to God (10-12)
 - a. bearing fruit pleases Him
 - b. increasing in knowledge of God pleases Him
 - c. gaining spiritual strength pleases Him
 - d. giving thanks pleases Him
- 3 Appreciate what God has done for you through His Son (12-14)
 - a. He has qualified you
 - b. He has rescued you
 - c. He has transferred you
 - d. He has redeemed you

THE ONE THING: God wants me to gladly live my life for the pleasure of the One who is so invested in me!

taking it home

{ notes for small group,
family & personal study
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keeping it real

- 1 Have you ever intended to "get in shape" but fell short of really sticking with it? What keeps you from consistently pursuing such fitness? How does your motivation for "getting in shape" physically compare to your motivation for "getting in shape" spiritually?

look at the book

- 2 We often see the will of God as something that is very elusive. Briefly state what these verses have to say about God's will for you. What other verses would you add to this list?

- 1 Thessalonians 4:3
- 1 Timothy 2:3-4
- Ephesians 5:18
- 1 Peter 2:15 & 4:19
- Romans 12:1-2
- Mark 12:30-31

- 3 When it comes to serving Christ, we typically view ourselves as either under-qualified or not really needing God's help. Toward which extreme do you tend to lean? What contribution does 2 Corinthians 3:4-6 make to your understanding of Colossians 1:12-14?

the next step

- 4 Write a letter of appreciation to God for what He has done for you through His Son based upon Colossians 1:12-14. In the letter, confess your tendencies to take it all for granted. Keep the letter in a prominent place so you can read it often.

my next step this week is to:

- Write a letter of appreciation to God (kept & read often).
- Desire to be baptized to publicly declare my faith in Christ.
- Take part in the new sermon-based small group meeting @ 10:30 am on the lower level.
- Other _____