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**Colossians 1:1-14**

<sup>1</sup> Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother,

<sup>2</sup> To the saints and faithful brothers in Christ at Colossae: Grace to you and peace from God our Father. <sup>3</sup> We always thank God, the Father of our Lord Jesus Christ, when we pray for you, <sup>4</sup> since we heard of your faith in Christ Jesus and of the love that you have for all the saints, <sup>5</sup> because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel, <sup>6</sup> which has come to you, as indeed in the whole world it is bearing fruit and increasing—as it also does among you, since the day you heard it and understood the grace of God in truth, <sup>7</sup> just as you learned it from Epaphras our beloved fellow servant. He is a faithful minister of Christ on your behalf <sup>8</sup> and has made known to us your love in the Spirit.

<sup>9</sup> And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, <sup>10</sup> so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; <sup>11</sup> being strengthened with all power, according to his glorious might, for all endurance and patience with joy; <sup>12</sup> giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. <sup>13</sup> He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, <sup>14</sup> in whom we have redemption, the forgiveness of sins.

**Colossians 1:15-20**

<sup>15</sup> He is the image of the invisible God, the firstborn of all creation.<sup>16</sup> For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him.<sup>17</sup> And he is before all things, and in him all things hold together.<sup>18</sup> And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent.<sup>19</sup> For in him all the fullness of God was pleased to dwell,<sup>20</sup> and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

## SESSION 2

Speaker: David Hwang

SAT  
SEPT. 1

*Notes*

**Colossians 1:21-23a**

<sup>21</sup> And you, who once were alienated and hostile in mind, doing evil deeds, <sup>22</sup> he has now reconciled in his body of flesh by his death, in order to present you holy and blameless and above reproach before him, <sup>23</sup> if indeed you continue in the faith, stable and steadfast, not shifting from the hope of the gospel that you heard, which has been proclaimed in all creation under heaven, and of which I, Paul, became a minister.

## SESSION 3

Speaker: Sunny Wong

SAT  
SEPT. 1

*Notes*

1. The prophet Isaiah's response God's revelation of His holiness was to cry out, 'Woe is me! for I am undone!' (Isaiah 6:5) What is your response to the holiness of God? How does the holiness of God make you feel, and why?
  2. How does knowledge of the holiness of Jesus Christ shape our understanding of the gospel, and of what God has done for us in Him?
  3. How should the knowledge that God is holy shape the following
    - a. the way we think about ourselves?
    - b. the priorities in our lives?
    - c. our worship of God?

How do you understand “holiness” (as it pertains to PERSONAL holiness)?  
Can you think of some Bible passages that help you in your understanding?  
Why do you think Christians may not always take the “pursuit of holiness” very seriously?

4. How do you understand God's role in your holiness and your role in your holiness? (consider Eph. 1:3-4; 2:8-10 and Phil. 2:12-13). How do these two aspects work together?
  5. The theologian Martin Luther once wrote, "We are not saved by works; but if there be no works, there must be something amiss with faith" – what do you think about this statement as it relates to holiness? What are the implications of this statement in our lives?
  6. What does the pursuit of holiness look like, tangibly, in your day-to-day life? How is it going - hard/easy, drudgery/joy-filled, "successful"/disappointing ... etc? Explain your answer.
  7. How is the pursuit of holiness for a Christian different compared to a non-believer who wills himself/herself to avoid doing bad things and to do good things? What advice would you give to your fellow brothers and sisters who are serious about the pursuit of holiness?

**Personal Reflection:** Are you exerting (gospel-driven, faith-fueled) effort in your Christian life towards holiness? Or are you simply “coasting”?

**Read Colossians 3:1-11**

<sup>1</sup>If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. <sup>2</sup>Set your minds on things that are above, not on things that are on earth. <sup>3</sup>For you have died, and your life is hidden with Christ in God. <sup>4</sup>When Christ who is your life appears, then you also will appear with him in glory.

<sup>5</sup>Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. <sup>6</sup>On account of these the wrath of God is coming. <sup>7</sup>In these you too once walked, when you were living in them. <sup>8</sup>But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. <sup>9</sup>Do not lie to one another, seeing that you have put off the old self with its practices <sup>10</sup>and have put on the new self, which is being renewed in knowledge after the image of its creator. <sup>11</sup>Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

**Verses 1-4**

1. According to the apostle Paul, what facts are true about followers of Christ? (cf. Colossians 2:11-14, Romans 6:4-11)

v.1a: \_\_\_\_\_  
v.3: \_\_\_\_\_  
v.4: \_\_\_\_\_

2. Since believers are united with Christ in His death and resurrection, what does Paul command that they ought to be doing? (cf. Rom 8:5-8)

v.1b: \_\_\_\_\_  
v.2: \_\_\_\_\_

**Verses 5-11 – Personal Holiness**

3. In these verses, Paul describes what obedience looks like practically as a disciple of Christ. Why does Paul use such strong action verbs against sin: “put to death” and “put them all away”? Recall vs. 1-4; also consider Romans 8:13 and 2 Corinthians 5:17.

4. Paul exhorts us to put to death all that is listed below. Looking closely at v.5, how serious are you in putting to death your old ways? Where are you at with each of the following areas and how is your progress?

The following is a sample reflection but is not limited to one example. Reflect and apply specifically to your own situation and pursuit of personal holiness.

- i. ***sexual immorality*** - e.g. knowing your temptation to sin sexually, do you have accountability and/or protective measures in place? Are you making every effort to flee from sexual immorality? How did you avoid situations where you will be tempted this past week at work/social gathering/online? (1Corinthians 6:18-20, Proverbs 26:11)
- ii. ***impurity*** - e.g. have you seen or had thoughts of someone with lustful intent and entertained it further either in person or from a movie/TV series/social media this past week? Do you know what triggers you? How will this inform the choices you make on consumption (intake) and how it will affect your conduct (output)? How are you combating and reshaping the thoughts that you have? (Matthew 5:28, 2 Corinthians 10:5)
- iii. ***passion*** - e.g. ungodly passions (not limited to sexual passions) are waging war within you, do you know what you lust after and how do you abstain? How will you foster passions towards the things of the Lord? (1 Peter 2:11, 1 Thessalonians 4:3-8)
- iv. ***evil desire*** - e.g. have you been desiring someone or something which is forbidden and acted out on such desires in subtle or overt ways in order to have it your way? How will you deny yourself of such desires in these upcoming weeks? (James 1:14-15)
- v. ***covetousness*** - e.g. has there been an insatiable desire to gain more than what you need and not being content with what you have such as material possessions, status of position at work, or in a relationship, so much so that you are seeking from it only what God can give (*idolatry*)? How does this measure against Paul's appeal to be heavenly focused? (Matthew 16:24-26, Ephesians 5:5)

5. Why does Paul command that you put to death these sins (v.6,7)? Are you living your life with this strong sense of urgency in killing your sins? If the old ways listed in v.5 are not handled with diligence, what effect will this have on your relationship with God and with others?
  
  
  
  
  
6. Paul commands us to put away all sins listed below. Looking closely at vs. 8-9a, how intentional are you at putting away all these sins? Where are you at and how is your progress?

The following is a sample reflection but is not limited to one example. Reflect and apply specifically to your own situation and pursuit of personal holiness.

- i. **anger** - Upset when a coworker has wronged you and you want to retaliate? Or angry towards God when things were not going the way you want it to? Are you removing yourself from potentially explosive situations? Knowing your triggers, how are you catching it early before it escalates? How can Scripture memorization help you in the midst of temptation? (James 1:19,20, Proverbs 29:11)
- ii. **wrath** - Sudden outbursts of anger towards your spouse or friend when you wanted things to go a certain way and it was not done? How will you be intentional this week with putting that aside and growing in the area of love and patience? (Ephesians 4:31, 1 Corinthians 13:4-7)
- iii. **malice** - Does what you say build people up or tear people down? How will you exercise the fruit of self-control to your family members/friends this month? (1 Peter 2:1, Matthew 5:22-24)

- i. ***slander*** - Quick to complain and speak negatively about someone in the church? How highly do you think of yourself vs. the person you are speaking about? In your heart, how do you view and think of others and how is that manifested in your actions? How will you honour them in your heart? (James 3:6-12, Luke 6:45, Deuteronomy 5:16)
  - ii. ***obscene talk*** - As you enter the week, there is gossiping about another colleague in your workplace, and you are tempted to chime in. How will you resist? Does your view and thoughts of this person align with how the Lord values people? How does cultivating a heart of gratitude help you to put this sin away? (Genesis 1:26-27, Ephesians 4:29, 5:4)
  - iii. ***deception*** - You deceived your boss by leaving work early and did not make up the time and giving more work for your colleague. Or in your job search/current job, you are pretending to be someone qualified for a position that you're actually not and did not admit to it? What are steps you should take this week to foster living a life of integrity for the Lord? (Leviticus 19:11, Proverbs 12:22, Matthew 16:24)
7. Why does Paul command you to put all your sins away (vs.9b-10)? Are you renewing your mind in the knowledge of God and are you progressively reflecting more of the character of Christ as you apply this knowledge? cf. Romans 12:1-2, Ephesians 4:20-24.

Since we are united with Christ, we should be setting our minds on the things of God and actively killing our sins. What are your priorities? Do you live for yourself or for God? Take the time to examine your heart. Remember that Paul's prayer for the Colossians (1:9-14) can also be prayed for ourselves today. Make it your aim to pursue holiness and cultivate a disposition that is serious in putting your sins to death. Ask the Spirit to help you, He will surely do it.

**Colossians 2:6-15**

<sup>6</sup>Therefore, as you received Christ Jesus the Lord, so walk in him,<sup>7</sup> rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. <sup>8</sup>See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ. <sup>9</sup>For in him the whole fullness of deity dwells bodily,<sup>10</sup> and you have been filled in him, who is the head of all rule and authority. <sup>11</sup>In him also you were circumcised with a circumcision made without hands, by putting off the body of the flesh, by the circumcision of Christ,<sup>12</sup> having been buried with him in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead. <sup>13</sup>And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses,<sup>14</sup> by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. <sup>15</sup>He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him.

## **SESSION 4**

**Speaker: Pastor Tim Grieves**

**SUN  
SEPT. 2**

*Notes*

1. In what ways can we ensure that we “walk in Christ”, according to Paul in Col 2:6-7? What would that look like in the daily life of a believer?
  2. What sorts of insidious philosophies and worldviews do you find yourself drawn to that are not “according to Christ?”
  3. Being in Christ points to a change of allegiance. We move from the realm of the world or Adam, and into the realm of Christ. How should that impact how we view ourselves in this world? What about our loyalty? What about our view of other believers? Have you allowed this truth to change your thinking? In what ways?
  4. Now that we are in the realm of Christ, we can enjoy his fullness. In what ways is there fullness in Christ? What sorts of things do people look for outside of Christ that are actually already theirs in Him?

5. It was also suggested that being in Christ means that we have a deep and radical fellowship with Him. What ways does Col. 2:12-13 suggest this? How else do we share fellowship with Christ? To keep this from becoming too abstract, how might you live out this foundational truth in a new way in the next month?
  6. Col. 2:14 gives us some powerful metaphors for our forgiveness. Please review them together and discuss how they impact you. This forgiveness that is found in Christ overlaps with the fellowship of being buried, raised and made alive in him. Please discuss more what Paul means by these statements, and how Christ then effected our salvation through the cross. How can this truth help you as you struggle and sometimes fail in your efforts for holiness?
  7. Very relevant to our theme of holiness is how being in Christ gives us freedom. What are the two forms of freedom Christ gives us (see Col. 2:11 and 2:15)? Do you, like many Westerners, tend to emphasize one over the other? How might you live more in tune with both these freedoms and recognize the danger of spiritual forces laid against us? How might this affect your life this fall?
  8. Which of the ‘union with Christ’ teachings did you find most interesting? Challenging? Hard to accept? New? Familiar?

SUN  
SEPT. 2

## SESSION 5: Men's/Women's Groups

*Notes*

**Colossians 3:1-4**

<sup>1</sup> If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. <sup>2</sup> Set your minds on things that are above, not on things that are on earth. <sup>3</sup> For you have died, and your life is hidden with Christ in God. <sup>4</sup> When Christ who is your life appears, then you also will appear with him in glory.

*Having understood our new identity in Christ (Col 3:1-4) and the necessity of holiness in our personal lives (Col 3:5-11), we turn now to reflect on how holiness permeates into our relationships as well. As you read the following passage, reflect upon the different roles and responsibilities that we have with one another in our daily lives.*

**Colossians 3:12-4:6**

<sup>12</sup> Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, <sup>13</sup> bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. <sup>14</sup> And above all these put on love, which binds everything together in perfect harmony. <sup>15</sup> And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. <sup>16</sup> Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. <sup>17</sup> And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him. <sup>18</sup> Wives, submit to your husbands, as is fitting in the Lord. <sup>19</sup> Husbands, love your wives, and do not be harsh with them. <sup>20</sup> Children, obey your parents in everything, for this pleases the Lord. <sup>21</sup> Fathers, do not provoke your children, lest they become discouraged. <sup>22</sup> Bondservants, obey in everything those who are your earthly masters, <sup>[a]</sup> not by way of eye-service, as people-pleasers, but with sincerity of heart, fearing the Lord. <sup>23</sup> Whatever you do, work heartily, as for the Lord and not for men, <sup>24</sup> knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. <sup>25</sup> For the wrongdoer will be paid back for the wrong he has done, and there is no partiality.

<sup>1</sup> Masters, treat your bondservants justly and fairly, knowing that you also have a Master in heaven. <sup>2</sup> Continue steadfastly in prayer, being watchful in it with thanksgiving. <sup>3</sup> At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison— <sup>4</sup> that I may make it clear, which is how I ought to speak. <sup>5</sup> Walk in wisdom toward outsiders, making the best use of the time. <sup>6</sup> Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

### Verses 3:12-17

1. In Col. 3:12, Paul begins with the imperative to “Put ON” characteristics that are in opposition to those listed in Col. 3:5-11. Which of these characteristics are you particular challenged by? How so?
2. Human conflict is inevitable due to our common fallenness, and Christians are not immune to conflict. From Col. 3:12-17, what lessons do we learn about how we might deal with conflict? Think of a conflict that you’re dealing with right now with a brother/sister - how can you apply this text to this conflict?
3. How does our being one with Christ (v.15) affect our approach and response to conflict?
4. Paul mentions thankfulness three times in this passage (v.15, 16, 17). Underline these in the text. How does thankfulness help you in the application of love towards the resolution of conflict?

## Verses 3:18 - 4:1

5. From Col. 3:18-4:1, consider the different relationship spheres that are mentioned in this passage. List the mutual responsibilities that exist between the three different pairs of relationships. How does the biblical characterization of these roles clash with our culture's understanding of these roles? In what ways are you challenged to live "counter-culturally" based on this biblical understanding?

## Verses 4:2-6

6. Finally, read Col. 4:2-6. This passage explores our interactions with those in another sphere - with those who have not trusted in Christ. How do we radiate Christ in these interactions? What things will you do in order to reflect Christ in your interactions this upcoming week? What things will you avoid doing which have been preventing the light of Christ from shining through?
7. Reflect on your own relationship spheres and list three names with whom you have had conflict. Apply Paul's words specifically to the people that you have named. (eg. Do not provoke Johnny, my son, lest he become discouraged). Take a photograph of these 3 applied phrases on your phone and save it as your wallpaper as an application reminder to you for this week.
  - i.
  - ii.
  - iii.

Finish the devotional by praying through the passage.

**MON  
SEPT. 3**

**Session 6  
Speaker: Sunny Wong**

**Colossians 3:1-4**

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.<sup>2</sup> Set your minds on things that are above, not on things that are on earth.<sup>3</sup> For you have died, and your life is hidden with Christ in God.<sup>4</sup> When Christ who is your life appears, then you also will appear with him in glory.

*Notes*

We're a multi-congregational community of Christians who believe the Bible and follow Jesus Christ as our Lord and Saviour. We seek to glorify God through living out the Great Commandment (Mark 12:28-31) and carrying out the Great Commission (Matthew 28:19-20) both individually and together as a church family. Our vision is to nurture spiritually healthy, fully devoted and mature followers of Christ who will plant and grow reproducing churches.

Located in downtown Toronto and the heart of Chinatown, home to the English congregation, it is also home to other congregations (Cantonese and Mandarin) with multiple services throughout the week. Our English Congregation offers ministries for children, teens, university/college age and adults. Ranging from Sunday School, Christian Education, Fellowships and Small Groups, all for the purpose of building followers of Christ.

#### About CGYG Fellowship

CGYG (Chinese Gospel Youth Group) is a weekly fellowship group where university/college-aged people meet together to share life with one another. This is a place where Christians can gather to engage in study of God's Word, share in fellowship with others and where non-Christians can come hear and learn about the Good News of Jesus Christ!

To Contact CGYG: [cgyg.fellowship@gmail.com](mailto:cgyg.fellowship@gmail.com)

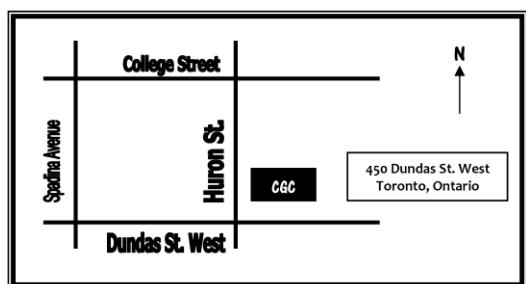
#### About LIFE Fellowship

LIFE fellowship is a working-age fellowship of Chinese Gospel Church of Toronto. Our name, **LIFE**, is an acronym that embodies our focus and mission: **L**iving in Christ, **I**nvesting in People, **F**ollowing the Word, **E**ngaging the World.

To Contact LIFE: [life.cgc@gmail.com](mailto:life.cgc@gmail.com)

For more information, please visit our church or fellowship website:

[www.chinesegospelchurch.net](http://www.chinesegospelchurch.net) & [www.cgygfellowship.com](http://www.cgygfellowship.com)



Both CGYG & LIFE Fellowships meet at Chinese Gospel Church located on the northeast corner of Dundas St. West and Huron St.

Join our email listing to receive weekly notices of programs and events.