

# A Guide for Spiritual Formation

Theme of the month: Extreme Discipleship: Living into Our Mission

Text for the Week: Colossians 2:1-7

Message for the Week: Getting Spiritual

Theme for the Week: Disciples long to grow in

spiritual maturity

Week 5

### Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week? Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

Who is the most mature person you know? Why are they the most mature?

### **Preparation:**

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

#### Read:

Read / Have two people in your group read Colossian 2:1-7 out loud. (Clicking this link will bring you to multiple translations.)

#### Colossians 2:1-7 NIV

I want you to know how hard I am contending for you and for those at Laodicea, and for all who have not met me personally. <sup>2</sup> My goal is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, <sup>3</sup> in whom are hidden all the treasures of wisdom and knowledge. <sup>4</sup>I tell you this so that no one may deceive you by fine-sounding arguments. <sup>5</sup> For though I am absent from you in body, I am present with you in spirit and delight to see how disciplined you are and how firm your faith in Christ is.

Spiritual Fullness in Christ

<sup>6</sup> So then, just as you received Christ Jesus as Lord, continue to live your lives in him, <sup>7</sup> rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

As you read and/or listen to it being read, circle, take note of, highlight, or underline what words, phrases, or ideas grabbed your attention and heart in these verses? What s

Write them down below and/or share them with those who are with you.

### Respond / Reflect:

Can you think of someone whose life is an argument for Christianity? What characteristic, behaviors, attitudes do they have that we should emulate?

Why is it hard for us to call out and confront spiritual immaturity?

If a person bumped into you in the grocery store, in the hallway at school, in the breakroom at work, or while waiting at a red light, what would they see and experience flowing out of you?

What are you best known for? Your persistent encouragement? Your love/serving? Your wisdom? Your gratitude? Which of these four is easiest for you? Which of these is the hardest for you?

Dallas Willard says: "One of the great signs of maturity is the thoughts that no longer occur to you." What do you think he means by this?

### "Try It!"

Prayer of Examen – At the end of each day this week, ask yourself: What is one way I offered encouragement, expressed love, showed wisdom, and was grateful today?

Read through the book of Colossians once a week during this series. Consider using different translations.

Memorize Colossians 3:17:

And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.

### Prayer:

Spend time in prayer with/for the other people who are with you.

Jesus, we have received you as Lord and now long to grow in maturity by walking with you, being rooted and built up in you, and by having you strengthen our faith. Thank you for encouraging us that we might encourage others, for loving us sacrificially so we might love others by serving them, for being our wisdom so we can make life affirming decisions, and for blessing so so richly that we can be grateful in all circumstances. In the name of the exalted Christ. Amen.

## Missional/Spiritual Practice for the Month: Loving our Neighbor

During the month of September, we prayed every day for five (one for every finger on your hand) of our neighbors and five of our coworkers/classmates by name. During the month of October, try and learn something new about 3 of these people by being present with them and asking good questions and listening well.