

A Guide for Spiritual Formation

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

Text for the Week: Colossians 3:15-17

Message for the Week: The Prescription for Peace

Theme for the Week: Pursuing the Peace of

Christ

Week 9

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?

What is your favorite song? Why?

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 3:15-17 out loud. (Clicking this link will bring you to multiple translations.)

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:

Dallas Willard says: "The peace of Christ is the settled assurance that because of God's care and competence, the universe is a perfectly safe place for us to be." If this is true, how come so often it doesn't look like it is or feel like it is?

Can you give an example of a time when the peace of Christ changed your perspective about a situation or the circumstances you were dealing with?

Paul exhorts us to "Let the message of Christ dwell among us...." When you hear the word dwell, what comes to mind? What does it mean to dwell? What does 'dwelling' look like and entail?

What songs bring you peace? Why?

It there a time when you experienced the "peace that passes understanding" (Philippians 4:7) as a result of prayer, whether it was prayers you prayed or that others prayed on your behalf?

What is your "post it note" Bible passage that brings you peace when you are going through a hard time?

"Try It!"

Paul writes: "Do not be anxious, but in everything by prayer and petition with thanksgiving present your requests to God." (Philippians 4:6) Pastor Doug reminds us that "There is a real close connection between anxiety and prayer."

Here is the challenge for the week: allow your anxieties to become your call to prayer. Use them as a prompting from the Spirit to pray. Allow anxieties, conflicts, disagreements, to become an invitation to prayer.

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.

Father, may your peace rule, both in our hearts and in our faith community. Make us one in Christ, guide our thoughts so we might focus on you and following Jesus. Accept our gratitude as we worship you and sing your praise together. Hear our prayers as together we continue to cast all our cares and needs on you, giving you our thanks for who you are and what you have done. Reign in us as you reign in your world. 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.

Colossians 3:15-17

New International Version

¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. 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.

Colossians 3:15-17

The Message

¹⁵⁻¹⁷Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the Word of Christ—the Message—have the run of the house. Give it plenty of room in your lives. Instruct and direct one another using good common sense. And sing, sing your hearts out to God! Let every detail in your lives—words, actions, whatever—be done in the name of the Master, Jesus, thanking God the Father every step of the way.