



## COLOSSIANS 3:1-17 WEEK 2

Each week we will work out our souls in a section of these verses that call us to live in the glory of the resurrection of Jesus!  
Verses 5-11 will be our focus in week 2.

**ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS) IN THE FOLLOWING EXERCISES THIS WEEK**

### 1. READ Colossians 3:1-17 out loud three times this week & COPY Colossians 3:5-11.

### 2. Memorize Colossians 3:7/ Extra Challenge...memorize verse 10 as well.

\*Remember that memorization takes daily attention. Additional tips for memorizing Scripture are available on our website under Women's Ministry/Resources/Memorization Projects

### 3. Identify the "Command" Verbs

Looking at verses 5-11, identify the 3 verbs in these verses that are direct commands.

- Make three columns on a page in your journal and write one command at the top of each column.
- Make a list in each column of the willful sinful behaviors listed in the verses that coincide with each command.
- Consider why God's Word tells gives us different commands regarding different kinds of willful sinful behaviors.
- Journal your thoughts.

### 4. Read and Watch

This week there will be another teaching video that you should definitely include in your workout. The video will post on Tuesday. First read John 11:1-45 about the death and resurrection of Lazarus. Then watch the video.

### 5. Resurrection LIFE Exercises

Sin brings death to all of us, but praise the Lord, Jesus lovingly calls us out of the grave. Our verses this week include lots of lists regarding what to do with willful sinful behaviors. We need to view these lists as Jesus' loving call to Resurrection LIFE! He has saved your spirit and now He wants to work in your soul. Hopefully you are "**setting your mind on things above**" (Col. 3:2) and now that we understand the verbs in verses 5-11 as they relate to the lists given about our wills, we can follow Jesus' wisdom in regard to coming out of our grave clothes. In these verses, God lays out a wise plan about how to do that. Read verses 5-11 again and review the three command verbs. Then...

- Identify any willful sinful behaviors that are producing death in your life
- Make a plan to apply the proper verb action to the sinful behaviors you identified
- Ask for God's resurrection power
- Identify who Jesus may be asking to help you... reach out to them and ask them to help
- Thank God for His resurrection power in your life
- Make sure to journal your thoughts

### 6. Pray the Scripture

Use this week's Scripture Prayer Image to talk with God about His resurrection in your soul.

\*Remember the text on the Scripture Prayer image is a starting place. Perhaps this week you can start by telling God how good it feels in the places of your mind and will that have already been renewed to His likeness... but also use the lists in verses 5-11 to talk with Him about the places that still need to be sanctified.

