



COLOSSIANS 1:1-12 WEEK 3

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

Our focus this week is Colossians 1:10... Praying to walk in a manner worthy of Him

1. Warm up... READ, DISCERN & COPY

- **READ** Colossians 1:1-12 in at least 3 Bible translations. (Biblegateway.com is a great resource for this)
- **DISCERN** any wording differences you see in verse 10 amongst the three versions. Notate them in your journal.
- **COPY** Colossians 1:10 in the translation that speaks to you the most.

2. Memorize

Memorize Colossians 1:10... working on this throughout the week, starting with one section and then adding on. Make sure to continue reviewing verse 9 as well, and once you learn verse 10, put them together.

*Helpful tips for memorization are available on our website www.establishedfootsteps.com

Read before you complete the next three exercises

Verse 10 continues the prayer of Colossians 1 with these words, *“so that you may walk in a manner worthy of the Lord”* and then it goes on to pray into 3 ways that we please Him. The following exercises for our souls focus on each of those 3 ways.

3. *“Walking in a manner worthy of the Lord... to please Him in all respects”*

Often when we follow the Lord’s commands for our lives, our motivation comes from knowing our obedience will yield His best blessings for us. And that is not a bad thing. But what if our motivation to walk in His ways was founded simply in a desire to please Him. A great affection often produces a great desire to please. And when we have affection for Him and know that we are pleasing Him, knowing we put a smile on the Lord’s face is the best blessing of all. As you ponder that, complete the following exercises for each part of your soul, and then spend time in prayer

- Your mind – list at least three commands the Lord has given you about the way you think. Are you obeying those commands? Do you believe the Lord is pleased with your thoughts?
- Your will – list at least three commands the Lord has given you about the choices you make. Are you obeying those commands? Do you believe the Lord is pleased with your choices?
- Your emotions - list at least three emotions the Lord has given you instructions about. Are you obeying those commands? Do you believe the Lord is pleased with your emotions?
- This prayer says *“to please Him in all respects”*... and *“all”* is a pretty big word! Is there any area where you know you are not walking in a manner pleasing to Him? Is your heart motivated to change? Why or why not?
- Now as a response to these exercises, write out a prayer to the Lord in your journal.

4. *“Walking in a manner worthy of the Lord... bearing fruit in every good work”*

Fruit is the result of many dynamics, some of which are: a healthy root system, quality nutrients, a proper environment, and time to grow. Spend some time with the Holy Spirit inspecting the fruit of your mind, will and emotions. Evaluate the fruit of each based on the four dynamics listed. Also consider if the fruit is worthy of the Lord. In response to what you see or don’t see, journal a prayer to the Lord.

4. *“Walking in a manner worthy of the Lord... increasing in the knowledge of God”*

When we are first born again in Christ, we are like a baby, with barely any knowledge. God’s design is that our knowledge of Him would increase. Consider your knowledge base alongside the amount of years you have been a believer, ask yourself this question... “Would I be able to hold an intelligent conversation using solid Biblical knowledge with someone else who is my spiritual age? Based on your response, journal a prayer to the Lord.

6. Use the **Scripture Prayer Image** to help you specifically pray into Colossians 1:10 and the 3 ways that the Holy Spirit desires to see you walking in a manner worthy of the Lord.