

COLOSSIANS

Life In Christ

July to September 2026

A devotional and discussion guide for small groups and personal reflection.

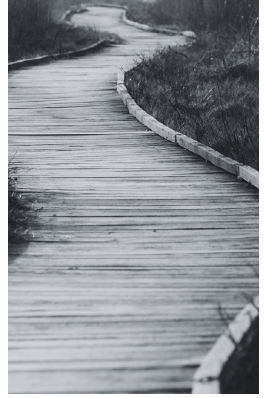


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COLOSSIANS

Life In Christ



"For you died, and your life is now hidden with Christ in God." Colossians 3:3

The letter to the Colossians is a powerful reminder that Jesus changes everything.

Written by the Apostle Paul while imprisoned, Colossians speaks into a world filled with competing voices, alternative beliefs, and pressures to conform. The church in Colossae faced many of the same challenges we experience today. They lived in a culture full of distractions, uncertainty, and conflicting ideas about truth, purpose, and identity.

Paul's message is clear: Jesus is King.

Because Jesus is King, we can experience a new way of living. A life marked by faith, freedom, truth, peace, purpose, and hope.

A life shaped not by the values of the world around us but by the transforming power of Christ.

Throughout this series, we will explore what it means to live fully in Christ. Together we will discover that when Jesus is at the centre of our lives, everything changes.

Whether you are using this guide with a small group, your family, a friend, or in personal devotions, our prayer is that God would deepen your faith and help you experience the fullness of life found in Jesus.

If you are looking for a community to join with as you explore this series we would love to connect you in with a small group, let us know using the QR Code below.



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HOW TO USE THIS GUIDE



READ — Begin by reading the Bible passage slowly and thoughtfully.



REFLECT — Read the devotional thought and consider what God may be saying to you.



DISCUSS — Work through the discussion questions as a small group or chat with someone through the week.



RESPOND — Choose one practical action to put your faith into practice throughout the week.



PRAY — Finish by praying together and inviting God to continue His work in your life.

WEEK ONE

FAITH AND FRUIT

Colossians 1:1 – 13

Does my life matter?



Many people spend their lives asking the same question: Does my life matter? We long to make a difference, to leave a mark, and to know that our efforts are bearing fruit. Yet often life feels slow. We pray, serve, love, and persevere, but don't always see immediate results.

Paul begins his letter by celebrating what God is already doing among the Colossian believers. He thanks God for their faith, their love, and the fruit that the gospel is producing in their lives. What's remarkable is that Paul doesn't focus first on their achievements. Instead, he points to their faithfulness.

In a culture that celebrates success, visibility, and measurable outcomes, God values faithfulness. Epaphras, the leader who first shared the gospel with the Colossians, is described simply as a faithful servant. His faithfulness became the soil in which fruit could grow.

Paul prays that the believers would continue growing in wisdom and understanding so that they might live lives worthy of the Lord. Fruitfulness isn't something we manufacture; it grows naturally from a life rooted in Christ.

Perhaps you're in a season where you don't see much evidence of progress. Be encouraged. God is often doing deep work beneath the surface long before fruit becomes visible. Our responsibility is to remain faithful. The results belong to Him.

Colossians 1:1-13

Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother. To God's holy people in Colossae, the faithful brothers and sisters in Christ:

Grace and peace to you from God our Father.

We always thank God, the Father of our Lord Jesus Christ, when we pray for you, because we have heard of your faith in Christ Jesus and of the love you have for all God's people—the faith and love that spring from the hope stored up for you in heaven and about which you have already heard in the true message of the gospel that has come to you. In the same way, the gospel is bearing fruit and growing throughout the whole world—just as it has been doing among you since the day you heard it and truly understood God's grace. You learned it from Epaphras, our dear fellow servant, who is a faithful minister of Christ on our behalf, and who also told us of your love in the Spirit.

For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives, so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves.

DISCUSSION QUESTIONS



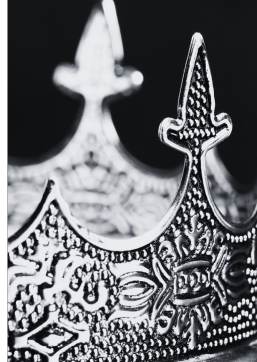
1. What does our culture teach us about success and significance?
2. Why do you think God places such a high value on faithfulness?
3. Can you think of someone whose quiet faithfulness has impacted your life?
4. Where do you find it difficult to remain faithful when you can't see results?
5. How does Paul's prayer in verses 9–12 encourage you personally?

WEEK TWO

JESUS IS KING

Colossians 1:15–23

Who is Jesus?



One of the most important questions anyone can ask is: Who is Jesus? Paul answers this question with some of the most powerful words in the New Testament. Jesus is the image of the invisible God. He is before all things. Through Him all things were created. In Him all things hold together.

These verses reveal a breathtaking picture of Christ's supremacy. Jesus is not simply a good teacher or spiritual guide. He is Creator, Sustainer, Redeemer, and King.

Our understanding of Jesus shapes everything. If Jesus is merely an accessory to our lives, He will occupy a small place in our hearts. But if Jesus truly is King over all creation, then every area of life falls under His authority.

The Colossians were surrounded by competing beliefs and philosophies. Paul reminds them that they do not need to look elsewhere for truth, meaning, or hope. Everything they need is found in Christ.

The same is true today. Many people search for identity, purpose, and fulfillment through success, relationships, possessions, or personal achievement. Yet none of these things can bear the weight of our deepest longings. Only Jesus can.

The invitation of this passage is not merely to admire Jesus, but to surrender to Him. When Jesus becomes King, we discover who we were truly created to be.

Colossians 1:15–23

The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross.

Once you were alienated from God and were enemies in your minds because of your evil behaviour. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation—if you continue in your faith, established and firm, and do not move from the hope held out in the gospel. This is the gospel that you heard and that has been proclaimed to every creature under heaven, and of which I, Paul, have become a servant.

DISCUSSION QUESTIONS



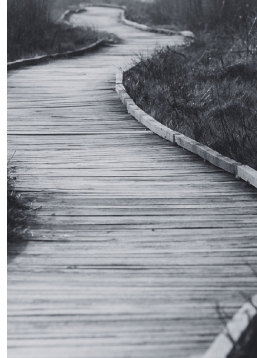
1. Which description of Jesus in this passage stands out most to you?
2. Why is it important to understand Jesus as Creator and King?
3. What competing voices or beliefs can distract us from Christ today?
4. How does knowing that Christ holds all things together affect the way you face uncertainty?
5. Are there areas of your life where Jesus' kingship is difficult to surrender to?

WEEK THREE

DISCIPLINE

Colossians 1:24–2:5

Growth requires commitment.



Discipline isn't a popular word. It often sounds restrictive, demanding, or uncomfortable. Yet every meaningful area of life requires discipline. Athletes train. Musicians practise. Students study. Growth requires commitment.

Paul describes his own ministry as a strenuous effort, but not one powered by human determination alone. He works with all the energy Christ powerfully works within him.

Spiritual maturity happens the same way. Following Jesus involves intentional practices that shape us into His likeness. Prayer, worship, Scripture, generosity, service, and obedience are not ways of earning God's favour. They are ways of positioning ourselves to be transformed by His grace.

The goal of spiritual discipline is not perfection but maturity. Paul longs to see believers become fully mature in Christ. As we consistently submit ourselves to Jesus, He gradually reshapes our hearts, minds, and desires.

Discipline can feel costly in the moment, but it produces freedom over time. Rather than restricting us, spiritual disciplines help us become the people God created us to be.

Colossians 1:24–2:5

Now I rejoice in what I am suffering for you, and I fill up in my flesh what is still lacking in regard to Christ's afflictions, for the sake of his body, which is the church. I have become its servant by the commission God gave me to present to you the word of God in its fullness—the mystery that has been kept hidden for ages and generations, but is now disclosed to the Lord's people. To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.

He is the one we proclaim, admonishing and teaching everyone with all wisdom, so that we may present everyone fully mature in Christ. To this end I strenuously contend with all the energy Christ so powerfully works in me.

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. 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, in whom are hidden all the treasures of wisdom and knowledge. I tell you this so that no one may deceive you by fine-sounding arguments. 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.

DISCUSSION QUESTIONS



1. What comes to mind when you hear the word "discipline"?
2. Why do people often resist spiritual disciplines?
3. Which spiritual practices have been most helpful in your own growth?
4. How does grace differ from trying harder?
5. What is one area where God may be inviting you into greater spiritual

WEEK FOUR

TRUTH

Colossians 2:6–8, 16–23

Truth is found in a person.



We live in an age overflowing with information but often lacking wisdom. Every day we are exposed to countless opinions, ideas, philosophies, and voices competing for our attention.

Paul understood this challenge. False teaching had begun influencing the Colossian church. These ideas sounded persuasive but ultimately drew people away from Jesus.

Paul's solution is surprisingly simple: stay rooted in Christ.

Truth is not merely a collection of facts. Truth is found in a person. The more deeply we know Jesus, the better equipped we are to recognise ideas that lead us away from Him.

False teaching often begins subtly. It can sound spiritual, intelligent, or appealing. Yet anything that diminishes Christ's sufficiency or shifts our trust away from Him ultimately leads us astray.

Paul encourages believers to continue walking in Christ, rooted and built up in Him. Strong roots provide stability during storms. Likewise, a life grounded in Jesus provides discernment in a confusing world.

Colossians 2:6–8

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

See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.

Colossians 2:16–23

Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ. Do not let anyone who delights in false humility and the worship of angels disqualify you. Such a person also goes into great detail about what they have seen; they are puffed up with idle notions by their unspiritual mind. They have lost connection with the head, from whom the whole body, supported and held together by its ligaments and sinews, grows as God causes it to grow.

Since you died with Christ to the elemental spiritual forces of this world, why, as though you still belonged to the world, do you submit to its rules: “Do not handle! Do not taste! Do not touch!”? These rules, which have to do with things that are all destined to perish with use, are based on merely human commands and teachings. Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.

DISCUSSION QUESTIONS



1. What are some common messages our culture promotes that conflict with the gospel?
2. Why can false ideas sometimes seem attractive?
3. What helps you remain grounded in biblical truth?
4. How can we distinguish wisdom from mere information?
5. What practical habits help us keep our focus on Jesus?

WEEK FIVE

ALIVE

Colossians 2:9–15

From death to life.



The gospel is not about becoming a better version of yourself. It is about being brought from death to life.

Religion leads to death. Relationship leads to life. Paul reminds believers that apart from Christ, they were spiritually dead. But through Jesus' death and resurrection, they have been made alive. For this life and for eternity.

This is why baptism is such a powerful picture. It is a symbolic and spiritual act of faith. An outward display of an inward reality as the believer confesses faith in Christ, goes under the water like a burial, but rises out of the waters in new life, just as Christ rose from the grave.

The Christian life begins with grace, not achievement. We do not earn salvation through effort, knowledge, or religious performance. We receive it through faith.

The same power that raised Jesus from the dead is at work in every believer. Our old identity no longer defines us. We belong to Christ, and in Him we have new life.

Colossians 2:9–15

For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness. He is the head over every power and authority. In him you were also circumcised with a circumcision not performed by human hands. Your whole self ruled by the flesh was put off when you were circumcised by Christ, having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead.

When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

DISCUSSION QUESTIONS



1. What stands out to you about Paul's description of salvation?
2. How is Christianity different from religion based on human effort?
3. What does it mean to be spiritually alive?
4. How does baptism illustrate the gospel? Have you been baptised yet?
5. How should our new identity in Christ shape everyday life?

WEEK SIX

FREE

Colossians 3:1–14

A new life has begun.



Everyone serves something. Whether we realise it or not, every person lives under the influence of a ruling authority—success, approval, money, comfort, relationships, achievement, or Christ.

Paul reminds believers that because they have died and been raised with Christ, they are now free to live differently. The old life is gone. A new life has begun.

This freedom is not merely freedom from something; it is freedom for something. We are freed from destructive behaviours so that we can grow in compassion, kindness, humility, patience, forgiveness, and love.

The transformation Paul describes affects every area of life. The gospel reshapes our priorities, attitudes, relationships, and actions.

At the centre of it all is love. Love reflects the character of Christ and binds God's people together in unity.

Colossians 3:1–14

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

DISCUSSION QUESTIONS



1. What things do you find rob you of freedom?
2. How does Jesus offer genuine freedom?
3. Which qualities in verses 12–14 are easiest for you?
4. Which are most challenging?
5. How does love hold Christian community together?

WEEK SEVEN

PEACE

Colossians 3:15–4:1

Let the peace of Christ rule in your hearts.



Peace is more than the absence of conflict. Biblical peace is wholeness, harmony, and right relationship with God and others.

Paul says, "Let the peace of Christ rule in your hearts." The image is that of an umpire or referee. Christ's peace is to guide and govern our decisions, relationships, and responses.

This peace is especially evident in community. Paul applies it to relationships within the church, family, and household. Life in Christ transforms the way we treat one another.

In a divided and anxious world, Christians are called to model a different way of living—one marked by gratitude, humility, mutual submission, and peace.

Colossians 3:15–4:1

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. 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. 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.

Wives, submit yourselves to your husbands, as is fitting in the Lord. Husbands, love your wives and do not be harsh with them. Children, obey your parents in everything, for this pleases the Lord. Fathers, do not embitter your children, or they will become discouraged.

Slaves, obey your earthly masters in everything; and do it, not only when their eye is on you and to curry their favour, but with sincerity of heart and reverence for the Lord. Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. Anyone who does wrong will be repaid for their wrongs, and there is no favouritism.

Masters, provide your slaves with what is right and fair, because you know that you also have a Master in heaven.

DISCUSSION QUESTIONS



1. How would you define biblical peace?
2. What tends to rob you of peace?
3. Why does Paul connect peace and thankfulness?
4. Where do you see a lack of peace in our world today?
5. How might followers of Jesus be called to bring the peace of Christ into those situations?

WEEK EIGHT

FATHER'S DAY

Colossians 3:21 & Matthew 6:8-15

God's heart towards His children.

Father's Day can stir a wide range of emotions. For some, it is a day of celebration and gratitude. For others, it brings grief, disappointment, longing, or complicated memories. The Bible acknowledges that earthly fathers matter deeply, but it also points us to the One who perfectly reveals what fatherhood was always meant to be.

Paul's instruction in Colossians is brief but profound: fathers are not to discourage their children. Instead, they are called to nurture, encourage and help them flourish. This reflects God's own heart toward His children.

When Jesus teaches His disciples to pray, He begins with a reminder of who we are praying to: "Our Father." We come not before a distant ruler or reluctant judge, but before a loving Father who knows what we need before we even ask.

In the Lord's Prayer, we discover the heart of our Heavenly Father. He welcomes us into relationship. He provides for our daily needs. He forgives generously and invites us to extend that same forgiveness to others. He leads us wisely and rescues us from evil. His love is not earned through performance; it is received through grace.

For those who have experienced loving fathers, God's fatherhood deepens that picture. For those whose experience has been painful or absent, God offers something better—a perfect Father whose love is constant, faithful and unconditional.

Whether we are fathers ourselves or not, every follower of Jesus is invited to reflect the Father's heart to those around us. We become people who encourage rather than discourage, forgive rather than condemn, and love because we have first been loved.



Colossians 3:21

Fathers, do not embitter your children, or they will become discouraged.

Matthew 6:8-15

Do not be like them, for your Father knows what you need before you ask him.

This, then, is how you should pray:

“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread.

And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

DISCUSSION QUESTIONS



1. What words or images come to mind when you hear Jesus address God as "Our Father"?
2. How does the Lord's Prayer help us understand the character of our Heavenly Father?
3. Which part of the Lord's Prayer speaks most personally to you at this season of life? Why?
4. Paul tells fathers not to discourage their children. What qualities of God's fatherhood can earthly parents, mentors and leaders seek to reflect?
5. How can knowing that you are deeply loved by your Heavenly Father change the way you see yourself and relate to others?

WEEK NINE

Proclaim

Colossians 4:2–6

Good news for everyone everywhere.



The good news of Jesus was never meant to be kept private.

Paul encourages believers to devote themselves to prayer, live wisely among outsiders, and make the most of every opportunity. He understands that everyday conversations often become opportunities for the gospel.

Proclaiming Christ isn't limited to preaching from a stage. It happens through our words, actions, attitudes, and relationships.

Paul says our conversations should be full of grace and seasoned with salt. In other words, our speech should be both kind and compelling. People should encounter something of Jesus through the way we speak and live.

The gospel is good news for everyone everywhere because Jesus is King. The question is whether we are willing to share that news when opportunities arise.

Colossians 4:2–6

Devote yourselves to prayer, being watchful and thankful. And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains. Pray that I may proclaim it clearly, as I should.

Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.

DISCUSSION QUESTIONS



1. What fears can prevent us from sharing our faith?
2. What does it mean for speech to be full of grace and seasoned with salt?
3. How can prayer prepare us to share the gospel?
4. Who has God placed in your life that may be open to spiritual conversations?
5. What practical steps can help us recognise opportunities to speak about Jesus?



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