

## *Living It Out - Colossians - Lesson 10 - Study Notes*



### **Video Notes**

### **Living It Out**

Read Colossians 3:5-11 (Take some time this week to read this passage from several different translations).

As believers we have the wonderful gift of Christ living within us, and with this comes the spiritual power to slay those selfish desires that want to control us. Anytime we see these selfish desires awaken in our lives, we need to put them to death. We are not to experiment with them, rationalize them, or even explain them away. We are to stop doing them immediately.

Let me give you an example of what I am referring to. One of the things Paul tells us to get rid of in this week's passage is slander. We may not think of gossip as slander, but it is. When the selfish urge or desire arises to critique, assess, share information about someone that would hurt their reputation, you must stop immediately and resist the urge to give into sharing this information.

Another example that might hit home for some of you this week is that Paul tells us to get rid of anger and rage. When the selfish urge or desire arrives to have unglued moments where you explode with reckless words, you must stop immediately and resist the urge to give into this behavior.

This coming week, I want you to look at the practices in verses 5-11 that Paul tells us to get rid of. Here is a little assignment to help you break these down.

- In verses 5-7, list the 5 things which we are to “put to death” or stop doing. After each one, briefly define it:

1.

2.

3.

4.

5.

- Next, list the six sins of the mouth (verses 8-9) that we are to stop doing and give a brief definition of each one:

1.

2.

3.

4.

5.

6.

Here are some additional notes regarding definitions that I have put together for you. Review these and see if this further clarifies your understanding of these vices.

- **Sexual immorality.** This is a general term and refers to any form of illicit sexual behavior. We derive our word “pornography” from this Greek word.
- **Impurity.** This is marked by a mind that is filled with sensually suggestive thoughts that reads sex into even the most wholesome of situations.
- **Lust.** Lust seeks quick fulfillment and always wants more. Love takes work and deepens over time. Lust focuses only on the senses, but love uses the senses to cherish the other and to nourish the soul.
- **Evil desires.** Our physical desires are divinely given but they become evil when they are motivated by the sinful nature and are executed for evil ends. Since desires lead to deeds, we must purify our minds and hearts.
- **Greed, which is idolatry.** This is the sin of always wanting more. In this context, it may apply to the greed for satisfying evil desires and for sexual immorality. The person who is never satisfied with what he has is usually envious of what others have. This leads to idolatry, when things and people end up taking the place of God.
- **Anger** is a continuous attitude of hatred that remains bottled up within.
- **Rage** is what comes bursting out, often uncontrollably.
- **Malice** is an attitude of ill will towards a person. It’s often a hidden hatred of the heart that takes revenge in secret.
- **Slander** is when we destroy another person’s good reputation by lies, gossip and the spreading of rumors.
- **Filthy language** is crude talk or abrasive words and is often filled with swearing and sexual innuendo.
- **Lying to one another** disrupts unity by destroying trust. It tears down relationships and can lead to serious conflicts.

We are reminded that none of these practices or vices are to be a part of our present living. We are to take off these dirty clothes and put on the attitudes and actions of Christ. We can do this by transforming our minds by reading God’s Word. This is why reading and meditating on Scripture is so vital to our spiritual health. As we seek God’s perspective and desires, His truth and power permeates into our lives. We do this, not only by reading God’s Word, but also through praying. Prayer is also essential! Prayer creates and allows space for the Holy Spirit to do His cleansing and convicting work in our hearts.

***“And so dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice – the kind He will find acceptable. This is truly the way to worship Him. Don’t copy the behavior and customs of this world, but let God transform you into a new person changing the way you think. Then you will know God’s will for you, which is good and pleasing and perfect.” (Romans 12:1-2 NLT)***

Take this week to read over and over this Col 2:6-11. You may want to make a list of these vices and post them where you will see them often. Prayerfully consider if you need to get rid of any of these vices in your own life. Be intentional about how you will seek Christ, who will give you the power to break free from the desire to act on these vices, or the bondage that any one of these vices holds on your life. I would encourage you to find scripture to use to combat the enemy, when you are tempted to act on any of these vices.