

Bible Talk Insight — Participant Guide

2026 Q1 L10 | Complete in Christ - Colossians 2

Prepare for discussion.

Short videos are available.

 All weekly media in one place:

<https://bibletalkinsight.com/current-next>

Day 1 — Don't Settle for Substitutes

 [Preview Episode](#)

 **Read Colossians 2:8–10** “In Him dwells all the fullness... and you are complete in Him.”

Notice Circle or underline words that describe danger and safety.

Danger words: philosophy - tradition - principles - cheat

Safety words: fullness - complete - Christ

Think About It

1. Why are religious traditions appealing?
2. Do I believe in Jesus, yet still feel spiritually inadequate?
3. Can I experience being “complete” in Christ?

Personal Reflection Where do I try to “add something” to Jesus to feel acceptable?



Day 2 — The Ultimate Treasure

Listen to  [Reel 1](#)

 Read **Colossians 2:1–3** “In whom are hidden all the treasures of wisdom and knowledge.”

Notice - What results from knowing Christ in this passage?

- Encouraged hearts
- Unity in love
- Confidence
- Understanding

Think About It

1. Why do people assume truth must be complicated or secret?
2. How is knowing Christ different from simply knowing about God?
3. Where do I usually look first when life is confusing?

Try This This Week - Before searching online or asking advice, spend 10 minutes praying specifically for wisdom about one real situation.

Day 3 — Rooted and Growing

Listen to  [Reel 2](#)

 **Read Colossians 2:6–7** “As you received Christ... so walk in Him.”

Notice - Paul uses two pictures:

 A tree rooted

 A building built up

Tree teaches: _____

Building teaches: _____

Think About It

1. What is the difference between receiving Christ and walking with Him?
2. How does gratitude show a healthy faith?
3. What situations test your spiritual roots?

Personal Step One area where I need to resume walking daily with Christ:



Day 4 — The Cancelled Debt

Listen to  [Bonus Episode — Nailing the Debt to the Cross](#)

 Read **Colossians 2:13–14** “Having wiped out the handwriting of requirements... nailed to the cross.”

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Picture It - Imagine your entire record of wrongs written on a document — then stamped **PAID IN FULL** and permanently removed.

Think About It

1. What does the “record against us” represent?
2. How do we carry guilt after forgiveness?
3. Does this passage challenge you?

Let It Go Write something God has forgiven — then cross it out.

 _____

Day 5 — Shadow vs Reality

 Read **Colossians 2:16–17** “The substance is of Christ.”

Object Lesson - A shadow may show form, but you don’t hug the shadow when the person arrives.

Think About It

1. Why do we cling to religious habits more than relationships?
2. What is the difference between a symbol and reality?
3. How do good practices replace knowing Jesus?

Reflection Is my faith mostly routine or relationship?

- Mostly routine
 - Mostly relationship
 - Not sure yet
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Day 6 — Rules Can’t Change the Heart

Listen to  [Reel 5](#)

 Read **Colossians 2:20–23** “These have an appearance of wisdom... but no value against the flesh.”

Notice - External control vs internal change

Rules restrain behavior
Only Christ transforms desire

Think About It

1. Why do strict rules feel spiritually safe?
2. Why doesn’t willpower fix the heart?
3. How can you tell the difference between devotion and performance?

Personal Audit - Do I feel close to God mainly when I perform well?

Weekly Takeaways

Listen to  the **Main episode**

- We lack nothing when we have Christ
 - Wisdom is found in a Person, not information
 - Faith grows through daily connection
 - Our debt is fully forgiven
 - Reality matters more than ritual
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Final Reflection

Because you are complete in Christ...

What burden, fear, or pressure can you release today?



“Your life is hidden with Christ in God.”
— **Colossians 3:3**

Continue Anytime During the Week

Find episodes and encouragement on BibleTalkInsight.com