

2026 Q1 L11 Participant Handout – Living with Christ

Weekly Big Idea: When we die to our old, earthly ways and are raised with Christ, He provides us with a brand-new “wardrobe” of character. We are called to actively put off the old habits of sin and put on His love, letting His peace umpire our hearts and doing everything in His name.

Day 1 Afternoon - Preview (Quick Peek)

Read "If then you were raised with Christ, seek those things which are above... For you died, and your life is hidden with Christ in God." — Colossians 3:1, 3 (NKJV)

Think About

1. What does it mean to be “dead” yet have your true life “hidden” with Christ?
2. Why is it so naturally difficult for us to set our minds on things above instead of the immediate things on the earth?

Notice

- Contrast between focus areas: _____
- Past event mentioned: _____
- Current location of your true life: _____

Apply When you face an earthly trial today, how can reminding yourself that your life is safely "hidden" change your reaction?

Day 2 – Reel 1

Read "Set your mind on things above, not on things on the earth... When Christ who is our life appears, then you also will appear with Him in glory." — Colossians 3:2, 4 (NKJV)

Think About

1. What occupies the vast majority of your thoughts during a typical afternoon?
2. How does the promise of appearing "with Him in glory" give you courage for today's problems?

Notice

- Action command:

- Who Christ is to us:

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- Future promise:
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Apply What is one "earthly thing" constantly distracting you from God that you need to limit this week?

Day 3 – Reel 2

Read "Therefore put to death your members which are on the earth... But now you yourselves are to put off all these: anger, wrath, malice..." — Colossians 3:5, 8 (NKJV)

Think About

1. Why does Paul use extreme language like "put to death" instead of just telling us to "try to do better"?
2. How do specific sins like anger and malice destroy a church community?

Notice

- Strong verbs used:
- Transition phrase showing a change in time: _____
- Things we are commanded to put off: _____

Apply What specific "earthly" habit do you need to ask the Holy Spirit's help to put to death today?

Day 4 – Reel 3

Read "...put on tender mercies, kindness, humility, meekness, longsuffering... But above all these things put on love, which is the bond of perfection." — Colossians 3:12, 14 (NKJV)

Think About

1. Looking at this list of virtues, which one is the most difficult for you to "put on" naturally?
2. What does it mean that love is the "bond of perfection" (or superglue) for the church?

Notice

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- Key command:

- Our identity before God:

- The supreme virtue:

Apply Choose one "garment" (like kindness or patience) to intentionally "wear" today in a difficult relationship. How will you do this?

Day 5 – Reel 4

Read "And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful." — Colossians 3:15 (NKJV)

Think About

1. The Greek word for "rule" means to act as an umpire. How can you let God's peace "umpire" your stressful decisions?
2. What happens to a family or church when gratitude ("and be thankful") goes missing?

Notice

- What should rule our hearts: _____
- What we are called into: _____
- Required attitude: _____

Apply The next time you feel conflicted this week, how will you pause and let God's peace make the "umpire's call"?

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Day 6 – Reel 5

Read "And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him." — Colossians 3:17 (NKJV)

Think About

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1. What does it practically mean to do the dishes, answer an email, or interact with a cashier "in the name of the Lord Jesus"?
2. If you applied this filter to your life, what are some things you might have to immediately stop doing?

Notice

- All-encompassing scope:

- Two categories of action: _____
- The ultimate standard: _____

Apply What is one mundane, everyday task you will intentionally dedicate to doing for Jesus today?

Day 6 Reflection Section - [Main](#)

This week I discovered:

1. _____
2. _____
3. _____
4. _____
5. _____

A truth about Jesus I want to remember:

One step I will take this week:

Prayer:
