

RESURRECTED LIFE

PART 3: INSIDE OUT

In Part 1, we learned that before Jesus died on the cross, he promised to send the Holy Spirit, the part of God who lives inside us. The Holy Spirit comforts us in challenging times, brings sin to our attention, and guides us in truth to a life that lives and looks more like Jesus.

In Part 2, we learned that even though the Holy Spirit is living in us, there is often a struggle between how we ought to be living as Jesus followers and how we are actually living. We can too easily default to our old ways of living and making decisions. The good news, we learned, is that we can find hope in the grace Jesus gives us when we fail to be more like him.

So how can we know if we are living the resurrected life—becoming more like Jesus in our lives? Are there things that demonstrate that we are becoming more like Jesus and less like our old selves?

CONNECT

Clothes have a way of going in and out of style. What's something you wore "back in the day" that you can't believe you wore? What's a piece of old clothing you still wear today? Why?

Today, we will learn from Paul about a type of clothing that never goes out of style.

LEARN

You will watch a shortened version of a message from this series to set up your group discussion. Watch the full message sometime this week as a reminder of what you talked about today.

APPLY

After sharing what stood out from the video, discuss the following questions as a group:

1. What do you think it means to "clothe ourselves" with the virtues Paul listed?
2. In order to clothe ourselves with these virtues, what are some things we may have to take off/ remove from our lives? Why might this be easier said than done?
3. Read **Colossians 3:13**. Bearing with another person or forgiving another person can be challenging. Share a time when you found it difficult to live out these words.
4. Read **Colossians 3:14**. What do you think it means when Paul says, "Over all these virtues put on love"? How would love be the one thing that binds all these virtues together?



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BEFORE NEXT TIME

Paul shared five things that can be evident on the outside when the Holy Spirit is at work on the inside:

1. **Compassion** – a deep feeling for someone else’s pain
2. **Kindness** – lending someone else your strength
3. **Humility** – increasingly thinking of yourself less
4. **Gentleness** – meeting others where they are
5. **Patience** – being able to withstand for a time “great heat” (challenge)

Over the next week, ask the Holy Spirit to help you live out the virtue you tend to struggle with more than others. Pray, “Holy Spirit, please help me live out _____ (virtue) in my life this week. Help me choose _____ (virtue) over the way I typically want to respond.”

PRAY

Take time to pray as a group. You can use the following prayer as a guide:

“Heavenly Father, thank you for sending the Holy Spirit to live inside of each one of us. Give us the wisdom and strength to live out the virtues of compassion, kindness, humility, gentleness, and patience this week to overcome the ways of our old selves. Thank you for the grace you give us when we fail. Amen”

