

MORE FOCUS ABOVE

Colossians 3:1-4

MESSAGE RECAP

Your focus will point you in the direction of your life. As we open to Colossians 3 this week, we are invited to focus our lives above and not below. It's so easy to get distracted by our circumstances, by activities, and by the work of an enemy who is trying to keep your focus off Jesus. This week we refocus our hearts, heads, and hope on Jesus.

GROUP DISCUSSION

1. Let the word speak before we speak. Take some time as a group to read Colossians 3:1-4 out loud. How might God be speaking through this passage to your heart, head, or hope? Set a timer for 3 - 5 minutes and allow everyone to pray and journal during this time. Share any insights and close in prayer.
2. How do you relate to the idea of losing focus on what really matters in life, like the "Jesus, Jesus, Squirrel" analogy mentioned in the sermon? Can you share an example from your life when you lost focus on something important?
3. The message talks about keeping your heart, head, and hope focused on Jesus. Which of these areas do you find most challenging to keep focused on Jesus, and why?
4. The concept of the "illusory truth effect" was brought up, which is the idea that we tend to believe repeated ideas such as lies. Can you identify any lies or negative thought patterns in your own life that you struggle with and how can you combat them using the Word and the Spirit?
5. This week's message finishes with the hope of Christ's return (Colossians 3:3-4). How does the hope of Christ's return impact your daily life and choices? Do you actively think about this hope, and if so, how does it affect your perspective and actions?
6. How can we, as a small group, help each other refocus on things above, keeping our hearts, heads, and hopes centered on Jesus in our daily lives?

PRAY

End your group time in prayer.