

## Opening Question

What did you think about the cycle illustration (Conviction - Confession - Repentance - Healing - Freedom)?  
Could you relate to this?

## Read Together

Colossians 3:5-17

## Big Idea

**Off with the old, and on with the new.**

## Discussion Questions

1. Can you relate with Paul's struggle in this passage in Romans?  
*I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.* - Romans 7:15
2. When we think about the "ALREADY made perfect in Christ, but NOT YET free from sin" how does that encourage you, and how does that discourage you?
3. If a brand new Christian came to you and asked you to tell them how to overcome sin – how would you help them?
4. To what extent should a mature Christian be free of sin?
5. When you look at verse 10, how do you continue to renew your new nature, and learn to know your Creator?
6. How does your life show the fact that you have put on a new nature? What do the others in your small group see in the list of clothes that you put on from verse 12-14?
7. Read Galatians 5:24, what does this say about the role of the Holy Spirit in our lives now?  
*Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there. Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives.* - Galatians 5:24
8. How could you learn to walk with the Spirit more?
9. In looking at the diagram used on the weekend (see Page 2), how does this help break down the ministry of the Holy Spirit when it comes to overcoming sin in our lives?
10. What is helpful to you in the diagram? What doesn't make sense?
11. Jesus said to the people who believed in him, "You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free." - John 8:31,32. What do you think that Jesus means? What do you think that feels like?

## Prayer

Take some time to talk about where you may currently be stuck in the cycle of "trying to fix everything ourselves". Where do you need the Holy Spirit to bring power, purity, presence, healing or freedom? Pray for each who share an area of need.



