

Aug 26, 2018



Oaks Early Risers Bible Class

**The Oaks
Baptist Church**
Grand Prairie, Texas

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FOOD FOR THOUGHT

THOUGHT FOR THE WEEK:
Godly exercise is the key to godly character

POEM FOR THE WEEK:
Just as the body grows in strength
With exercise each day,
Our spirit grows in godliness
By living life God's way

SCRIPTURE FOR THE WEEK:
But reject profane and old wives' fables, and exercise yourself toward godliness.

(1 Tim 4:7 NKJV)

(from "Our Daily Bread", Nov 4, 2007)

New Series: Beginnings

**UNIT: The Beginning of
the World**

NEXT WEEK

**The First Days of Creation
(Gen 1:1-13)**

Practicing Godly Values Colossians 3:5-17

Aim and Application of the Lesson

The lesson reveals to us and helps us to clearly understand the godly virtues presented in this passage so that our lives display **Practicing Godly Values**. The **study's aim** is to learn that living out these virtues will honor God and be a blessing to others. The **study's application** is to make sure these godly virtues characterize our lives.

(Adapted from the Bible Expositor and Illuminator Commentary)

Lesson Introduction and Background

Our text is about practicing godly virtues, empowered by our new life in Christ. The context of the passage teaches us that we have a new life to live in Christ (Col. 3:3), which, of course, has come from Him. He has bestowed His grace upon us from above (vss. 1-2). We are therefore to put off the old man (vs. 9) and kill off all of his deeds (vss. 5-9); instead, we are to live out the life of a new man in Christ (vs. 10). That means embracing godly virtues. We see in the passage an emphasis both on the foundation and the practice of these virtues. First of all, part of the foundation is that we are now the "elect of God." This refers to the privilege we have as believers, having been chosen to be God's special people (cf. I Pet. 2:4-5). We have a distinct calling to live for God in this world. The lost do not belong to God in the same sense that believers do. Believers are the elect of God. Another part of the foundation is that we are "holy," or sanctified, set apart unto God to be instruments of His in the world. And we also are "beloved," that is, especially loved by God. We have received a loving and sanctifying call to salvation; therefore our identity is not what it once was. We must learn to live in keeping with our new identity as God's elect, holy, and beloved people. Our foundation in Christ argues for new characteristics and qualities to form in our lives through the presence of His Spirit. Our text lists five key virtues that should emerge. First, there are "bowels of mercies," a phrase that means that mercy and love should characterize our inmost beings. Since we have been dealt with in mercy by the Lord Jesus, we should heartily desire to be merciful to others. Next, we are to display "kindness," a term that simply means to be good to others. The grace of God in our lives mellows us and takes out the harder edges from our spirits so that we can treat others kindly. Third, we should be living with "humbleness of mind." The term used here refers to an attitude that is content to be unrecognized. We no longer care unduly about being noticed; all we want is the Lord's will to be done in the lives of people. Fourth, we are to seek meekness, a gentle and courteous manner. We are to deal with others in a soft and yielding way, not with harshness and ugliness. Finally, we are to be long-suffering. Of course, this is a term for patience. It means going a long distance in our dealings with people and not being easily provoked. New life in Christ should bring a different practice to our lives. As God's grace works its way into our hearts and spirits, it begins to be evident in how we live. The Lord Jesus has given us new life and a renewed inner man. Are we aware of these virtues, and do we see them emerging in our practical Christian living? As we grow in Christ, these virtues should be as readily seen as a new set of clothes, for we are new people in Christ.

(Adapted from the Bible Expositor and Illuminator Commentary)

NOTES AND CROSS-REFERENCES

Vices to Eliminate (3:5-9)

Immoral Behavior (5-7)

- Eliminate because we sin against our own body (1 Cor 6:18)
- Eliminate because it is an act of our sinful nature (Gal 5:19-21)
- Eliminate because we are God's holy people (Eph 5:3)
- Eliminate because we should be sanctified (1 Thess 4:3)

Hostile Attitudes (8)

- Eliminate because it leads to evil (Ps 37:8)
- Eliminate because it stirs up dissension (Prov 29:22)
- Eliminate because we will be subject to judgment (Matt 5:22)
- Eliminate because it could lead to destruction (Gal 5:15)
- Eliminate because we shouldn't let the sun go down while we are angry (Eph 4:26)

Improper Speech (8-9)

- Eliminate because it causes disputes to break out (Prov 17:14)
- Eliminate because it means we are still worldly (1 Cor 3:3)
- Eliminate because we must only speak those things that are helpful (Eph 4:29)
- Eliminate because it is out of place (Eph 5:4)
- Meanings of types improper speech (From the NIV Standard Lesson Commentary)

Virtues to Cultivate (3:10-17)

Remember Who We Are (10-11)

- We are a new creation (2 Cor 5:17)
- We are God's workmanship (Eph 2:10)
- We were created to be like God (Eph 4:24)
- We are transformed (Rom 12:2)
- We are in Jesus (1 Cor 1:30)
- We are of Christ who is of God (1 Cor 3:23)
- We are heirs to the promise of Abraham (Gal 3:29)

A Merciful spirit (12)

- By cultivating compassion (Eph 4:32)
- By cultivating peace loving (James 3:17)
- By cultivating harmony (1 Peter 3:8)
- By cultivating cheerful mercy (Rom 12:8)
- By cultivating merciful judgment (James 2:13)
- By cultivating being a witness to the lost (Jude 22-23)

A Forgiving spirit (13)

- By forgiving so that God will forgive us (Matt 6:14-15)
- By forgiving as many times as wronged (Matt 18:21-22)
- By forgiving during prayer (Mark 11:25)
- By forgiving because God is merciful (Luke 6:36)
- By forgiving because mercy triumphs over judgment (James 2:13)
- By forgiving so that Satan will now outwit us (2 Cor 2:10-11)

A Loving spirit (14)

- By loving others (John 13:34)
- By being willing to lay down our life (John 15:13)
- By making love an outstanding debt (Rom 13:8)
- By seeking love as if it was the greatest gift (1 Cor 13:13)
- By living a life of love (Eph 5:2)
- By responding to the teaching of God (1 Thess 4:9)
- By having a pure heart and a good conscience (1 Tim 1:5)
- By loving others deeply (1 Peter 4:8)

A Peaceful spirit (15)

- By depending on the peace Jesus gives us (John 14:27)
- By relying on the power of Jesus' peace who overcame the world (John 16:33)
- By the justification through faith (Rom 5:1)
- By the reconciliation of Jesus (Eph 2:13-14)
- By remembering that God's peace transcends understanding (Phil 4:7)

A Grateful spirit (16-17)

- By always giving thanks to God for everything (Eph 5:20)
- By giving thanks to God regardless of the circumstances (1 Thess 5:18)
- By offering sacrifices of thanks to God (Heb 13:15)
- By having and sharing our faith so that God gets the thanksgiving (2 Cor 4:15)
- By always praying with thanksgiving (Phil 4:6)
- By devoting ourselves to thankful prayer (Col 4:2)