

# DISCUSSION GUIDE

Week 4: Jesus Is Enough to Change Us

Main Idea: Because Jesus is enough to change us, we stop chasing spiritual upgrades and learn to live from what we have already received.

Colossians 1:21-2:5; 4:7-18

“So then, just as you received Christ Jesus as Lord, continue to live your lives in him.” (Colossians 2:6).

## **OBSERVATION: WHAT DOES IT SAY?**

Gather in groups of three to five people and discuss the Observation and Interpretation sections.

Observation Exercise 1: Continuing in Christ

Read Colossians 2:6-7. What commands did Paul give, and what images did he use to describe the Christian life?

*Suggested Response: Paul commanded believers to continue to live in Christ just as they had received Him. He described them as rooted, built up, strengthened in the faith as they were taught, and overflowing with thankfulness.*

Observation Exercise 2: Fullness in Christ

Read Colossians 2:9-10. What did Paul say about Christ, and what did he say believers have in Him?

*Suggested Response: Paul said all the fullness of the Deity lives in Christ in bodily form. He said believers have been brought to fullness in Him and that Christ is head over every power and authority.*

Observation Exercise 3: What God has done

Read Colossians 2:13-15. What actions did Paul say God has taken through Christ?

*Suggested Response: Paul said God made believers alive with Christ, forgave their sins, canceled the charge of legal indebtedness, nailed it to the cross, disarmed the powers and authorities, and made a public spectacle of them, triumphing over them by the cross.*

## **INTERPRETATION: WHAT DOES IT MEAN?**

Interpretation Exercise 1: What it means to continue as you began

In Colossians 2:6–7, Paul told believers to continue in Christ just as they received Him. What was Paul guarding them against, and what does it mean to grow without moving beyond Christ?

*Suggested Response: Paul was guarding them against the idea that spiritual maturity requires something in addition to Christ. The teachers around them appeared to be offering deeper wisdom or greater spiritual security. Paul's point was that growth does not require departure from Christ but deeper dependence on Him. To continue as they began means the same trust, reliance, and allegiance that marked their conversion must mark their maturity. Strength comes from being rooted in Him, not from adding new spiritual layers.*

Interpretation Exercise 2: The significance of fullness

In Colossians 2:9–10, Paul said all the fullness of God dwells in Christ and that believers have been brought to fullness in Him. What problem in Colossae might this statement address?

*Suggested Response: The language of fullness suggests that some were implying believers were lacking something spiritually. Paul responded by grounding fullness in Christ's identity. If the entirety of God's fullness dwells in Christ, and believers are united to Him, then they are not spiritually incomplete. The issue was not access to additional power or knowledge. The issue was whether they believed union with Christ is sufficient. Paul was cutting off the assumption that there is a higher tier of spirituality beyond Him.*

Interpretation Exercise 3: The emphasis of forgiveness and victory

In Colossians 2:13–15, Paul reminded them that their debt had been canceled and the powers had been disarmed. Why would these truths matter in a setting where people feared spiritual forces?

*Suggested Response: If people believe unseen powers control destiny or spiritual security, they will seek protection and leverage. Paul reminded them that their greatest problem—sin and debt—had already been dealt with at the cross. There was no outstanding charge against them. If the powers had been publicly disarmed, then believers did not need additional spiritual defenses. The cross is not merely forgiveness; it is victory. Paul was dismantling fear at its root so believers would stop chasing spiritual safeguards and live from what Christ has already accomplished.*

## **APPLICATION: HOW DO I RESPOND?**

Question 1: In Colossians 2:6–7, Paul called believers to continue in Christ as they received Him and described them as rooted and built up in Him. What stands out to you most in that description, and why?

*Suggested Response: Some may be drawn to the image of being rooted, especially if they feel spiritually unsettled. Others may notice the emphasis on continuing as they began, particularly if they tend to chase new spiritual approaches. Encourage participants to reflect on whether their growth feels steady and grounded or restless and searching.*

Question 2: Paul said all the fullness of God dwells in Christ and that you have been brought to fullness in Him. Where are you most tempted to live as though you are spiritually lacking?

*Suggested Response: Participants may name areas such as knowledge, discipline, spiritual experience, comparison with others, or fear of unseen forces. The goal is not to minimize growth but to expose the assumption that Christ is insufficient. This question invites honest reflection about where insecurity drives effort.*

Question 3: If your debt has been canceled and the powers have been disarmed, what fears lose their authority over you?

*Suggested Response: Some may recognize fear of condemnation, fear of failure, fear of spiritual attack, or fear of not measuring up. Paul's point is not that struggle disappears, but that the decisive verdict has already been rendered. The application is not passivity but confidence rooted in what Christ has already accomplished.*

Question 4: What would it look like this week to grow deeper in Christ rather than reaching for something new?

*Suggested Response: This may include returning to basic practices with renewed trust, giving thanks instead of chasing novelty, or resisting*

*comparison. The emphasis is not on rejecting growth but on refusing the lie that growth requires moving beyond Christ.*

Question 5: How can we as a group help one another resist the pressure to chase spiritual upgrades and instead grow deeper in Christ together?

*Suggested Response: This may include resisting comparison, avoiding language that creates spiritual tiers, and celebrating steady faithfulness rather than dramatic experiences. It may mean gently reminding one another that Christ is not a starting point but the source of our fullness. A healthy group culture reinforces rootedness, not restlessness, and helps each member live from what has already been received rather than striving to attain something beyond it.*