

LESSON FOUR

COLOSSIANS: MORE THAN ENOUGH

“JESUS IS ENOUGH TO CHANGE US”

SCRIPTURE | Colossians 2:6–15

MEMORY VERSE

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

MAIN IDEA OF THE TEXT

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

GROUP TIME

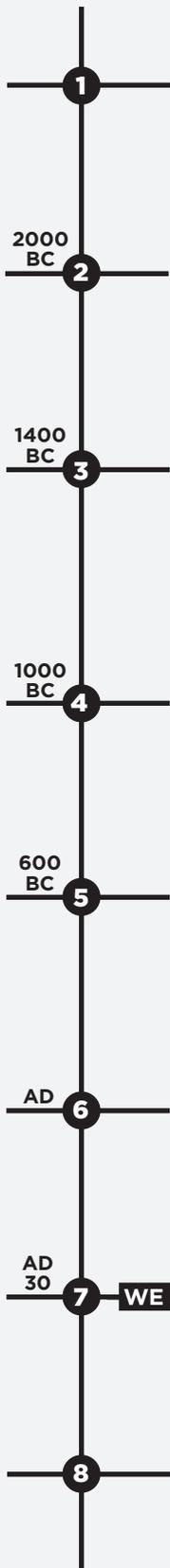
5 minutes	Welcome
5–10 minutes	Attention Grabber
10 minutes	Story / Context
25 minutes	Discussion
5–10 minutes	Closing & Prayer

PRAYER FOCUS

- **Mother’s Day** – Pray for the mothers of Lakepointe. Pray that they will feel cherished and experience the fullness of their ministry in raising up disciples to love and follow Jesus.
- **Rooted Prayer Experience** – This week Rooted groups will be experiencing prayer. Pray that the Spirit will move and speak to people and that they will learn to respond through praise, repentance, asking, and yielding.

BEGIN this time in prayer, confessing any sins you know of, thanking the Lord for the gift of his Word, and asking the Holy Spirit to guide your study.

GOD'S STORY TIMELINE



1. God Creates the World and Promises a Rescuer (*Genesis 1-11*)

God created everything good and placed humans in a garden to live in close relationship with Him. But Adam and Eve chose to trust themselves instead of God, and sin entered the world. Relationships, creation, even our connection to God was broken. Yet even in judgment, God promised that one day, a descendant of Eve would crush the serpent and bring healing.

+This points to Jesus as the promised Rescuer who defeats sin, Satan, and death.

2. God Calls a Family and Makes a Promise (*Genesis 12-50*)

God chose a man named Abram (later Abraham) and gave a covenant to him: that he would have a large family, receive a land, and be a blessing to all nations. Though Abraham and his descendants were deeply flawed, God continued His promise through Isaac, Jacob, and Joseph.

+This points to Jesus as the true offspring of Abraham, through whom all nations are fully blessed.

3. God Rescues His People and Forms a Redeemed Nation (*Exodus-Deuteronomy*)

Generations later, Abraham's descendants were enslaved in Egypt. God raised up Moses to rescue them from oppression and slavery. God called His people into a relationship with Himself. He made a covenant with them, gave them the law, and instructed them in worship. He was forming a people who would live differently and show the world what it looked like to belong to Him.

+This points to Jesus as the greater Moses, who rescues us from slavery to sin and writes God's law on our hearts.

4. God Gives a Home and Promises a King (*Joshua-2 Chronicles*)

God brought His people into the promised land under Joshua's leadership. Over time, they asked for a king like the other nations. It was a disaster. But God graciously gave them David, with whom he made another covenant: one of David's descendants would rule forever. Solomon built the temple, but after his death, the kingdom split into two and began spiraling into idolatry and injustice again.

+This points to Jesus as the forever King from David's line, who reigns with justice and peace.

5. God Removes His People and Reminds Them of His Promise (*Ezra-Nehemiah*)

Because of their rebellion, God allowed His people to be conquered and taken into exile. First, it was the Northern Kingdom, Israel (to Assyria), then the Southern Kingdom, Judah (to Babylon). The temple was destroyed, and the glory of the kingdom faded. Yet God continued to speak through the prophets, reminding the people of His promise to restore them, give them new hearts, and send a Rescuer.

+This points to Jesus as the one who brings the new covenant, restores hearts, and fulfills every prophecy.

6. God Sends His Son and Fulfills His Promise (*Matthew-John*)

At just the right time, God sent Jesus into the world—born of a virgin, fully God and fully man. He perfectly obeyed the law, pointed us to the Father, and laid down His life as a sacrifice for our sins. On the third day, He rose again, proving that He is the Savior, the King, and the fulfillment of every covenant promise God has ever made.

+Jesus is the center of the story—all of Scripture leads to Him.

7. God Sends His Spirit and Builds His Church (*Acts-Jude*)

After rising from the dead, Jesus ascended into heaven and sent the Holy Spirit to empower His followers. The early Church spread the good news of Jesus across the Roman world—planting churches, welcoming both Jews and Gentiles, and learning to live as God's new covenant people. Though imperfect, the Church carries Jesus' mission forward today.

+This points to Jesus as the risen King who gives the Spirit to dwell in us and send us on mission.

8. God Restores All Things and Dwells with His People (*Revelation*)

The story isn't over. One day Jesus will return to judge evil and make all things new. There will be a new heaven and new earth, where God's people from every tribe and nation will live with Him forever. There will be no more pain, no more death, and no more sin—just joy, justice, and unbroken peace.

+This points to Jesus as the one who brings the story to its perfect and eternal culmination.

1 GRAB THEIR ATTENTION

LEADER TIP

To grab your participants' attention, start your lesson by telling a story related to the lesson's main idea. We have provided you with three options in this section, but feel free to develop your own.

OPTION 1: THE PHILOSOPHER'S STONE

For centuries, alchemists searched for what they called the philosopher's stone. They believed there was a hidden substance that could transform base metals into gold and extend human life. Ordinary materials were not dismissed as useless, but they were considered unfinished. They believed there existed, somewhere beyond the visible world, a higher element that would unlock their true potential. The pursuit demanded secrecy, discipline, and special insight. Those who claimed access to its mysteries were revered.

What made the search so compelling was not greed alone but dissatisfaction. Iron was not enough. Lead was not enough. What you already possessed could not remain as it was. It had to be elevated, purified, perfected by something more. The promise of transformation kept the quest alive for generations. Completion was always just beyond reach, waiting for the next discovery.

POTENTIAL DISCUSSION QUESTIONS:

- *Why was the search for the philosopher's stone so compelling? What assumptions did it make about what people already possessed?*
- *Where are we most tempted to believe that what we have in Christ is only a beginning, that something more is needed to feel complete or secure?*

Transition Statement from Attention Grabber to Text:

Colossians 2:6-15 addresses believers who were being tempted by a similar logic. They had received Christ. But persuasive voices suggested there was more to attain—greater fullness, stronger spiritual protection, deeper wisdom. Paul did not point the Colossians toward a hidden stone. He pointed them back to what they had already received.

OPTION 2 : THE EXODUS GENERATION

In Exodus 14 and 15, Israel witnessed a decisive act of deliverance. The sea parted. Pharaoh's army was swallowed. Slavery ended. The people sang on the other side of the water. They were no longer in chains. They had been rescued by the power of God. Their freedom was not partial. It was complete. The oppressor had been defeated in full view of the world.

Yet only chapters later, in Exodus 16 and 17, the tone shifted. Hunger and uncertainty pressed in. The wilderness felt unstable. And the people began to speak differently. They remembered Egypt not as bondage but as provision. "At least we had food." Deliverance was real, but discomfort awakened dissatisfaction. What they had received did not feel sufficient for what they were facing. They longed for something more tangible, more immediate, more controllable.

POTENTIAL DISCUSSION QUESTIONS:

- *After the Red Sea, why do you think Israel so quickly began longing for Egypt again? What did the wilderness reveal about what they trusted?*
- *Where are you tempted to doubt that what Christ has already done is enough for what you are facing right now?*

Transition Statement from Attention Grabber to Text:

Colossians 2 addresses believers who had already experienced a greater exodus. They had been buried with Christ in baptism and raised through faith. The record of debt had been canceled. The powers had been disarmed. Yet persuasive voices suggested there was more to secure, more to attain, more to add. Paul did not point them ahead to a second deliverance. He pointed them back to the one they had already received.

OPTION 3 : ALWAYS REFORMING

For the Protestant Reformers, the phrase *semper reformanda* carried a specific weight. The church was to be “always reforming” according to the Word of God. It was not a call to novelty or reinvention. It was a call to return, to measure doctrine and practice against Scripture and realign where drift had occurred. Reform meant coming back to what was already given, not moving beyond it.

Over time, however, the instinct to reform can mutate. What begins as faithfulness can become restlessness. Always reforming becomes always revising. The assumption quietly shifts. What we currently have cannot be enough. Something sharper, deeper, more advanced must be waiting ahead. Growth becomes synonymous with upgrade.

That instinct is not limited to theology. It shapes how we approach everything. We renovate houses that are structurally sound because styles change. We trade in cars that run well because newer models promise refinement. We adjust and enhance our bodies because the current version feels unfinished. The message is rarely dramatic. It is steady and persistent. What you have works, but it is not ultimate. There is a better version available if you are willing to pursue it.

POTENTIAL DISCUSSION QUESTIONS:

- *What is the difference between healthy reform and restless revision? How can a good instinct to grow turn into a constant need to upgrade?*
- *Where are you most tempted to treat your spiritual life the way our culture treats homes, cars, or appearance, assuming what you have is not enough and something more must be added?*

Transition Statement from Attention Grabber to Text:

Colossians 2:6-15 speaks into that atmosphere. “Just as you received Christ Jesus as Lord, continue to live your lives in him.” The believers had already been buried with Him and raised through faith. The debt had been canceled. The powers had been disarmed. Paul did not call them to spiritual reinvention. He called them to rootedness. The fullness of God dwells in Christ, and in Him they had been brought to fullness. The answer to drift is not upgrade. It is return.

2 SET THE STAGE

LEADER TIP

This section provides the historical, cultural, and literary context needed to properly interpret and apply the text.

OUTLINE

- I. Opening Greetings (1:1-2)
- II. Continuous Work of the Father (1:3-14)
 - A. Thanksgiving (1:3-8)
 - B. Intercession for the Colossians (1:9-14)
- III. Climactic Work of the Son (1:15-23)
 - A. Supremacy of Christ (1:15-20)
 - B. Response to the Work of Christ (1:21-23)
- IV. Apostolic Mission of Paul (1:24-2:5)
 - A. Paul's Suffering in the Plan of God (1:24-29)
 - B. Paul's Toil for the Local Churches (2:1-5)
- V. Faithfulness of the Believers (2:6-4:1)
 - A. Call to Faithfulness (2:6-7)**
 - B. Sufficiency in Christ (2:8-23)**
 - 1. Against Deceptive Philosophy (2:8-15)**
 2. Against Human Rituals and Regulations (2:16-23)
 - C. Reorientation of Christian Living (3:1-4:1)
 1. Focus on the Risen Christ (3:1-4)
 2. Take off the Old Humanity (3:5-11)
 3. Put on the New Humanity (3:12-17)
 4. Lord of the Household (3:18-4:1)
- VI. Eschatological Mission to the World (4:2-6)
 - A. Prayer in Eschatological Alertness (4:2)
 - B. Prayer for Paul and His Mission (4:3-4)
 - C. Witness to Outsiders (4:5-6)
- VII. Final Greetings (4:7-18)
 - A. Messengers of the Letters (4:7-9)
 - B. Greetings from Paul's Coworkers (4:10-14)
 - C. Greetings to and Instructions for Others (4:15-17)
 - D. Paul's Signature (4:18)¹

CONTEXT

By the time we reach Colossians 2:6-15, Paul had already made two things clear. First, Christ is supreme. He is before all things, and in Him all things hold together. Second, the Colossian believers had been reconciled through His death and were being shaped toward maturity in Him. They were not starting from spiritual emptiness. They had already received Christ Jesus as Lord.

But pressure was building around them. Teachings were circulating that spoke of fullness, wisdom, spiritual protection, and access to unseen powers. The language sounded serious and advanced. It did not deny Christ outright. It suggested that Christ is the foundation but not the completion—that deeper stability required additional practices, growth required supplementation, and safety required alignment with other spiritual structures.

¹David W. Pao, *Colossians and Philemon*, Zondervan Exegetical Commentary on the New Testament: (Grand Rapids, MI: Zondervan, 2012), 34.

Into that atmosphere Paul gave a simple command. “Just as you received Christ Jesus as Lord, continue to live your lives in him.” The issue was not whether Christ was important at the beginning. The issue was whether He remained sufficient. In a world fascinated with spiritual layers and hidden strength, Paul insisted the believers were not spiritually unfinished. They were rooted, built up, and established in the very one in whom the fullness of God dwells. The danger was not immaturity alone. It was the temptation to move beyond what they had already been given.

FALLEN CONDITION FOCUS

Alienated from God, we live with a persistent sense of deficiency. We assume we are unfinished and must secure our own fullness through achievement, knowledge, discipline, or spiritual effort. Rather than resting in what God provides, we chase additions that promise completion, believing what we have is not enough.

GOSPEL RESPONSE

Through His death and resurrection, Christ does not offer incremental improvement. He unites us to Himself. We are buried with Him and raised through faith. The record of debt that stood against us has been canceled. The powers that once held us captive have been disarmed. The fullness of God dwells in Him, and in Him we have been brought to fullness. The change we seek is not achieved by addition but by participation. What we lacked, Christ supplies. What we could not secure, He accomplished. Our life is no longer built on pursuit but on what has already been given.

LEADER TIP

In this section, you will find exercises you can use to lead your group through Observation, Interpretation, and Application. As the leader, work through all the exercises below to ensure you understand the text well.

In **Colossians 2:6–7** Paul’s instruction was simple: live in Christ the same way you received Him. The Colossians did not begin their Christian life through secret knowledge or advanced spiritual practice. They heard the gospel and trusted Christ. That beginning was not incomplete. The pressure they were facing suggested their start was only step one and that real stability requires something more. Paul rejected that assumption. The Christian life does not move past Christ into higher ground. It grows deeper into Him.

The images Paul used make that clear. Plants do not survive by changing soil every season. They survive by sending its roots deeper. A building does not gain strength by shifting foundations. It rises because the base is secure. Paul reminded them that they had already been taught the faith. The answer to instability is not novelty but reinforcement. Gratitude belongs to people who believe they are not missing something essential.

By the time Paul reached **2:8**, he was warning them. Someone was trying to carry them off through teaching that sounded impressive but lacked substance. The ideas might be sophisticated. They might appeal to tradition. They might speak about spiritual forces that felt very real in their culture, but if those ideas were not centered on Christ, they were hollow. In the ancient world, many people believed unseen powers controlled outcomes. If that were true, it would make sense to look for additional protection or spiritual leverage.

The Spirit, working through Paul, would not allow that line of thinking. Christ is not one option within a larger system of forces. Anything that pulled them away from reliance on Him was not progress. It was captivity. The danger was not that they would deny Christ outright. It was that they would treat Him as insufficient.

In **2:9–10** Paul explained why moving beyond Christ makes no sense. “In Christ all the fullness of the Deity lives in bodily form.” Whatever people imagine they are gaining through spiritual additions, it cannot exceed this. The fullness of God is not distributed across various powers or accessed through different levels of spiritual practice. It dwells in Christ. Not partially. Not symbolically. Bodily. That word matters. The divine presence is not abstract or hidden in layers of cosmic hierarchy. It is embodied in Jesus.

Then Paul said, “In Christ you have been brought to fullness.” The Colossians were not spiritually under-supplied. If they belonged to the one in whom God’s fullness dwells, they were not missing some secondary substance. The teachers around them might speak about higher wisdom or protection from unseen forces, but Christ is already head over every power and authority. There is no rival structure above Him. The fear that drives the search for upgrades collapses here.

To continue his argument, in Colossians **2:11–12** Paul turned to covenant language, speaking of a circumcision “not performed by human hands.” In the Old Testament, circumcision marked belonging to God’s covenant

people. It was external and physical. Paul said something deeper had happened to them. In union with Christ, the old self had been cut away. The transformation was not ritual enhancement but participation in His death.

He connected this to baptism. They were buried with Christ and raised through faith. Baptism does not function here as a new requirement layered onto faith. It marks identification with Christ's story. Burial signals the end of the old life under sin. Resurrection signals new life already underway. The false teaching might imply that more spiritual procedures were needed. Paul insisted that the decisive act has already occurred.

In **2:13-14** Paul reminded them where they started. They were dead in their sins. Not weak. Not underdeveloped. Dead. The solution was not improvement but resurrection. "God made you alive with Christ." That change came from God's initiative, not their effort. Along with life came forgiveness. The record of debt that stood against them had been canceled.

The image is legal and financial. There was a written charge, a binding obligation. It had been taken away and nailed to the cross. The cross is not merely an example of love. It is the place where accusation lost its claim. There was no remaining spiritual deficit to settle, nothing outstanding that required further payment through spiritual discipline or mystical experience.

Paul ended this section in **verse 15** with victory language. Christ has disarmed the powers and authorities and made a public spectacle of them. In a Roman context, a triumphal procession openly displayed defeated enemies. Paul borrowed that imagery. The unseen forces that generated fear had been stripped of their weapons. The victory was not future and uncertain. It was accomplished.

If the powers were disarmed and the debt was canceled, what exactly were the Colossians supposed to be upgrading? The decisive battle had been fought. The verdict had been issued. The fullness they were being promised elsewhere was already theirs in Christ. The question was not how to add to what Jesus had already done but whether they would live from it.

COLOSSIANS 2:6-15

6 So then, just as you received Christ Jesus as Lord, continue to live your lives in him, 7 rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

8 See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.

9 For in Christ all the fullness of the Deity lives in bodily form, 10 and in Christ you have been brought to fullness. He is the head over every power and authority. 11 In him you were also circumcised with a circumcision not performed by human hands. Your whole self ruled by the flesh was put off when you were circumcised by Christ, 12 having been buried with him in baptism, in which you were also raised with him

through your faith in the working of God, who raised him from the dead. 13 When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, 14 having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. 15 And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.²

OBSERVATION: WHAT DOES IT SAY?

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

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.

² *The New International Version* (Grand Rapids, MI: Zondervan, 2011), Col. 2:6-15.

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?

LEADER TIP

In this section, you will find questions to choose from that will help your group consider how God calls them to respond to the text. Help your group set measurable action steps.

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.

4

CHALLENGE

LEADER TIP

End your study time with one final challenge and prayer. Your final challenge should pull together everything you covered in this lesson and call your participants to action.

The pressure to upgrade rarely announces itself. It feels like being responsible. It feels like growth. It feels like wisdom. But beneath it is often a subtle belief that what we have is not enough.

This week you will feel that pull. You will be tempted to measure yourself against someone else's knowledge, discipline, or spiritual experience. You may feel behind. You may feel lacking. You may feel the urge to add something new in order to feel secure.

That instinct is not new. It is as old as the garden and as common as our culture. Colossians 2 reminds you that you are not spiritually unfinished. You have been buried with Christ and raised through faith. Your debt has been canceled. The powers have been disarmed. You have been brought to fullness in Him. Growth does not require addition. It requires remaining.

- Where this week am I most tempted to believe I am lacking something essential?
- What fear or comparison is pushing me to seek something beyond Christ?
- What would it look like to respond with gratitude instead of upgrade?

You do not need a spiritual enhancement. You need confidence in the Christ you have already received.

Let's pray.