

DISCUSSION GUIDE

Week 2: Jesus Is Enough to Sustain Us

Main Idea: Because Jesus is enough to sustain us, we stop looking elsewhere for what only He can supply.

Colossians 1:15-20

“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: Who Jesus is

Read Colossians 1:15-17. What titles and descriptions did Paul give to Jesus? What did he say about Jesus’s relationship to creation?

Suggested Response: Paul called Jesus the image of the invisible God and the firstborn over all creation. He said all things were created in Him, through Him, and for Him. Jesus is before all things, and in Him all things hold together.

Observation Exercise 2: Jesus and the church

Read Colossians 1:18. How did Paul describe Jesus in relation to the church and the resurrection?

Suggested Response: Paul said Jesus is the head of the body, the church. He called Him the beginning and the firstborn from among the dead. The purpose is that in everything He might have the supremacy.

Observation Exercise 3: What God has accomplished through Jesus

Read Colossians 1:19-20. What did Paul say God was pleased to do through Christ, and how was it accomplished?

Suggested Response: Paul said God was pleased to have all His fullness dwell in Christ and to reconcile all things to Himself through Him. This reconciliation was accomplished by making peace through His blood, shed on the cross.

INTERPRETATION: WHAT DOES IT MEAN?

Interpretation Exercise 1: Christ and creation

Based on Colossians 1:15-17, what does it mean that Jesus is the “image of the invisible God” and that “in him all things hold together”? How does that shape our understanding of who He is?

Suggested Response: Calling Jesus the image of the invisible God means He fully reveals what God is like. He is not merely a messenger; He is the visible expression of God’s nature. Saying that all things were created through Him and hold together in Him means He is both the source and sustainer of creation. He stands over it, not within it. This establishes His supremacy and authority over everything that exists.

Interpretation Exercise 2: Christ and new creation

In verse 18 Paul called Jesus “the head of the body” and “the firstborn from among the dead.” What does this tell us about His role in the church and in resurrection?

Suggested Response: As head of the church, Jesus governs and gives life to His people. The church is not self-directed or self-sustaining. Calling Him the firstborn from the dead means His resurrection marked the beginning of a new order. Just as He has supremacy over creation, He has supremacy in new creation. His resurrection guarantees both authority and hope.

Interpretation Exercise 3: Christ and reconciliation

In verses 19-20 Paul said God reconciles all things through Christ, making peace through His blood. What does this reveal about the problem Christ came to address and the way He addressed it?

Suggested Response: The need for reconciliation implies alienation and fracture. Sin has disrupted the relationship between creation and its Creator. Christ addresses this not through force or dominance but through the cross. His death brings peace. The one who created and sustains all things is also the one who restores them.

APPLICATION: HOW DO I RESPOND?

Question 1: Paul said that “all things were created through him and for him” and that “in him all things hold together.” Which of those phrases stands out to you most, and why?

Suggested Response: Some may be struck by “for him,” especially if they tend to organize life around personal goals or self-definition. Others may resonate with “hold together,” particularly if life feels scattered or unstable. Encourage participants to reflect on why that particular phrase feels grounding or challenging.

Question 2: If Christ truly holds all things together, what changes about the way you respond when life feels unstable or uncertain?

Suggested Response: Instead of scrambling for control or quick fixes, stability can begin with trust rather than panic. Some may recognize how quickly they look to external solutions or self-protection when pressure rises. The goal is not passivity but re-centering confidence on Christ rather than on personal management.

Question 3: Where are you most tempted to look for something else to hold your life together?

Suggested Response: Participants may name career success, relationships, reputation, financial security, routine, political outcomes, or even spiritual performance. The point is not to shame dependence on good things but to notice when good things are treated as ultimate stabilizers.

Question 4: Paul said, “that in everything he [Christ] might have the supremacy.” What areas of your life are easiest to surrender to His authority and which are hardest?

Suggested Response: Some may find it easy to trust Christ with salvation but harder to trust Him with finances, parenting, reputation, or long-term plans. Others may see that Christ functions as central in theory but peripheral in daily decision-making. This question exposes functional centers.

Question 5: Christ reconciles and brings peace through His sacrifice. Who might God be calling you to pursue in reconciliation, gratitude, or gospel witness this week?

Suggested Response: Reconciliation is possible in the power of the name of Jesus. Relational challenges are normal, but because of the work of Jesus we do not leave them unaddressed. Additionally, maintaining peace through expressing gratitude for each other can be a regular rhythm in our groups. Finally, this might be the week God provides an opportunity for us to speak the gospel to our “One More.”