

DISCUSSION GUIDE

Week 1: Jesus Is Enough to Save Us

Main Idea: Jesus is enough to save us, so we live from gratitude rather than fear or striving

Colossians 1:1-14

“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: Three qualities to be thankful for

Read Colossians 1:3-5. What three qualities did Paul thank God for, and what did he say is the source of them?

Suggested Response: Faith, love, and hope. Paul thanked God for their faith in Christ Jesus and their love for all God's people. He said these flowed from the hope stored up for them in heaven, which they had heard about in the true message of the gospel.

Observation Exercise 2: What Paul prayed for

Read Colossians 1:9-11. What did Paul pray God would give to the church at Colossae? What kind of life does that lead to?

Suggested Response: Paul prayed they would be filled with the knowledge of God's will through wisdom and understanding from the Spirit. This leads to living a life worthy of the Lord, bearing fruit in every good work, growing in the knowledge of God, and being strengthened with power for endurance and patience.

Observation Exercise 3: What God has done

Read Colossians 1:12-14. What actions did Paul say God had already taken on behalf of believers?

Suggested Response: Paul said God had qualified them to share in the inheritance of His holy people in the kingdom of light. He had rescued them from the dominion of darkness and brought them into the kingdom of the Son He loves. In Him they had redemption and the forgiveness of sins.

INTERPRETATION: WHAT DOES IT MEAN?

Interpretation Exercise 1: The effect of hope

How does the “hope stored up for you in heaven” shape the faith and love Paul described in verses 3-5?

Suggested Response: Paul presented hope as the foundation of faith and love. Their trust in Christ and their love for other believers were not self-generated virtues but responses to a secured future. Because their hope was already stored up, they were freed to live faithfully and love generously in the present.

Interpretation Exercise 2: How to live a “worthy life”

Why did Paul connect being “filled with the knowledge of his will” to living “a life worthy of the Lord”?

Suggested Response: Paul showed that understanding what God has done in Christ should shape how we live. Knowledge of God's will is not just information; it leads to a changed life. When believers grasp who Christ is and what He has accomplished, they begin to bear fruit, grow in knowing God, and endure with patience. Right belief leads to steady, faithful living.

Interpretation Exercise 3: Qualified and Rescued

What is the significance of Paul saying God had “qualified,” “rescued,” and “brought” believers into a new kingdom in verses 12-14?

Suggested Response: These verbs emphasize God's initiative. Qualification is granted, not achieved. Rescue implies the inability to free or save oneself. Brought into a new kingdom signals a decisive change of authority and belonging. Salvation is not partial or provisional; it is a completed act of deliverance grounded in redemption and forgiveness.

APPLICATION: HOW DO I RESPOND?

Question 1: Paul said God has “qualified you” and “rescued” you. Which of those words stands out to you most? Why?

Suggested Response: Some may be drawn to “qualified,” especially if they tend to measure their worth by performance. Others may resonate with “rescued,” recognizing a sense of being stuck or overpowered. Encourage participants to reflect on why that particular word feels weighty or needed.

Question 2: If your standing with God is already secured in Christ, what changes about the way you approach obedience or spiritual growth?

Suggested Response: Obedience shifts from earning approval to responding in gratitude. Growth becomes rooted in security rather than fear. Some may recognize how often anxiety has been their motivation rather than thankfulness.

Question 3: Where are you most tempted to live as though something is still owed or unfulfilled?

Suggested Response: Participants may name areas such as discipline, Bible reading, serving, or comparison with others. The goal is not to minimize obedience but to notice when striving replaces gratitude as the driving force.

Question 4: Paul prayed for endurance and patience. How might living from security rather than striving change the way you handle pressure or disappointment?

Suggested Response: When our standing feels uncertain, pressure often exposes fear. Setbacks can feel like proof that we are failing. But if security rests in Christ’s finished work, disappointment does not threaten identity. Endurance becomes possible because belonging is secure. Patience grows because God’s purposes are not dependent on our immediate success. Security does not remove hardship, but it changes how we carry it.

Question 5: As a group, how can we remind one another that Jesus is enough, especially in seasons when insecurity or comparison starts to rise?

Suggested Response: This may involve speaking the gospel to one another, celebrating growth without comparison, praying for steady faithfulness, and resisting the pull toward spiritual competition. The emphasis is mutual encouragement rooted in what God has already accomplished.