



## REVIEW THE MISSION:

*Just like God the Father sent Jesus on mission for us, Jesus sends us out on mission for others. So as a LifeGroup, we always want to invite our neighbors in, share Jesus with them, make disciples, and eventually plant a new LifeGroup so more people can come to know Jesus in our city. ([Matthew 28:18-20](#), [John 20:21](#) and [2 Corinthians 5:18-20](#))*

**Suggested time: 10-20 minutes**

### 1. People:

- **Reactive** - Who in your life (neighbors, coworkers, kids, friends, etc.) can we pray for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
- **Proactive** - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our plans to love, serve, and build relationships with this group?

**2. Plan:** Are there any rhythms in place or a different rhythm we could plan to create for these friends to connect with our group?

**Pray:** *Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.*

## SERMON DISCUSSION:

*God uses His Word to reveal Himself, equip us to live the good life, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. ([2 Timothy 3:16-17](#), [Titus 2:11-12](#) and [James 1:22](#))*

**Suggested Time: 20-40 minutes**

# Hold Fast to Christ, the Head

## CATCH UP ON LIFE:

*We want to update each other on what Jesus has been up to in our lives since we last saw each other: what we're celebrating, what we're mourning, what decisions we are praying through, and where we've seen Jesus at work. ([1 Thessalonians 2:8](#), [Romans 12:10](#) and [15](#))*

**Suggested time: 20-30 minutes**

- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

## I. Scripture Discussion

Read [Colossians 2:8-23](#) out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup. (These questions can be used with any passage of the Bible to study on your own.)

- What stands out from the passage?
- What does the passage reveal to us about God?
- What does the passage reveal to us about people?

Share with one another what you thought and wrote about.

## II. Sermon Discussion

What stood out from the sermon that was beneficial for you? Why is that?

Three false teachings tempted the church: legalism, Gnosticism, and aestheticism. In the sermon, we said three false teachings we can be tempted by are: pop psychology, politics, and modern-day Gnosticism.

- Which of those false teachings is tempting for you to believe in? Why is that?
- Are there any other false teaching you're tempted by besides the ones listed? Why?

In 2:19, Paul says the solution to battle these false teachings is to “hold fast to Christ.” What does it look like for you practically to “hold fast to Christ” amidst these false teachings? (LifeGroup, feel free to help one another if anyone has trouble thinking of practicals.)

## ENGAGE THE HEART:

*Jesus calls us to abide with Him and confess our sins to God and each other. Through confession and community, God's Spirit works to lead us to repentance and walk further in the light. ([John 15:4](#), [1 John 1:8-9](#), [James 5:16](#), and [1 John 1:5-10](#))*

**Suggested Time: 20-40 minutes**

**Formation** - How are you doing abiding with Jesus (Bible reading and prayer)? What's He teaching you this week?

**Confession** - What sin(s) do you need to confess to God? What are you struggling to trust Jesus with this week? How can you give Him control of it?

**Celebration** - Where have you seen victory over sin in the last week? Where have you recently been encouraged in your walk with Jesus?

**Pray:** *James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.*