

Sunday, February 2, 2025

Eyes on the Prize
Colossians 2:6-7



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What are we focused on doing?

1. _____ in Him

2. _____ in Him

3. _____

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Study Guide

For the week of February 2, 2025

(Questions and Scriptures for further study)

1. What do you think of when you hear the word “Discipline.” Is it positive or negative? What are some ways we need discipline as adults? Read 1 Corinthians 9:24-27. What was Paul talking about? What is meant by the phrase “spiritual discipline?” What spiritual disciplines can you name off the top of your head? What benefits could come from engaging in some spiritual disciplines? Let’s take a brief look at a few spiritual disciplines and consider how we might grow from practicing them.

2. Solitude. Solitude removes us from the distractions of life so we can reconnect with God personally and gain His perspective on life. Jesus himself practiced solitude. Read Mark 1:35-39; 6:45-51; and 14:32-43. Why do you think the Bible tells us that Jesus spent time alone with God? How did Jesus’ time in solitude seem to affect His ministry? How might times of solitude impact our ability to minister to others? How can solitude build our faith?

3. Confession. Confession is telling the truth about what we’ve done and admitting our responsibility. It is personal and it is specific. Read 1 John 1:8-10. To whom should we confess? What is the result of denying or trying to hide our sin? What is the result of confession? Why is confession so valuable? How might confession bring us closer to Christ?

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4. Fasting. Fasting is denying ourselves something we commonly depend on for a set amount of time to help us depend on God instead and grow closer to Him. Read John 6:35. What was Jesus saying in this verse? How is Jesus like bread? How does Jesus meet our needs? How do we try to meet our needs in other ways? How might our faith grow when we say “no” to those other ways of meeting needs? Take a moment to consider how you could fast from something for a period of time this week.

5. Sacrifice. Sacrifice is giving until it hurts, offering your life as a gift to God. Living a life of sacrifice means your life isn't about you anymore; it's about God. Read Mark 8:34-37. What losses and gains are mentioned in this passage? What do these losses and gains represent? What kinds of things does Jesus ask His followers to sacrifice? What kinds of things do Jesus' followers gain in return for their sacrifice? What do these verses say about what we should be living for? What does a life of this kind of sacrifice look like? How can sacrifice build our faith in God?

6. What personal needs has the Holy Spirit exposed during this study? How can we pray with you about those needs? Consider memorizing Colossians 2:6-7.