

Detox your body & your standards *Colossians 3:1-17*

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Purpose of Paul's letter to the Colossians

- ❖ To counteract false teaching
- ❖ To show us who Jesus is
- ❖ To help us to know how to live as followers of Christ – "a *chosen people, holy and dearly loved*" v.12

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1. Our new status: we have been raised with Christ
2. The desire, thought and action cycle
3. How to set our minds on things above
 - (i) We put to death those things that belong to our earthly and sinful nature
 - (ii) We feed our minds with the Word of God

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1. Our new status: We have been raised with Christ

- ❖ We have been **transformed** from those separated from God to children of God
- ❖ It is now our responsibility is to act in a way that is consistent with our new status
- ❖ To allow this resurrection life to be worked out in us
- ❖ **Citizens of heaven** – of the world but not in it

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2. The desire, thought and action cycle



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3. How to set our minds on things above

- (i) We **put to death** those things that belong to our earthly and sinful nature
- (ii) We **feed our minds** with the Word of God "Let the word of Christ dwell in you richly" v.16