

# IT'S ALL ABOUT JESUS

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## A New Life in Him

Colossians 1:1-14 | **PARTICIPANT GUIDE** (October 11th, 2026)

### Key Idea

When we truly understand God's grace and give our lives to Jesus, He gives us a new life—transforming our minds, strengthening us to endure, and rescuing us from darkness into redemption and complete forgiveness.

### Key Scripture

*"For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, in whom we have redemption, the forgiveness of sins." - Colossians 1:13-14 (NIV)*

### Icebreaker Activity - Before and After

Name something that changed once you understood how it really worked. How can understanding something change the way you live?

*The Colossians began bearing fruit when they truly understood God's grace. Grace does more than inform us; in Jesus, it gives us new life.*

### Read Together - Colossians 1:1-14

Listen for what God has done, what Paul prays He will continue to do, and the evidence of a changed life.

**What happens when you truly understand God's grace and give your life to Jesus?**

**I. Your Mind Is Transformed and You Are FILLED with the Knowledge of His Will. (vv. 3-6, 9-10)**

1. What evidence of genuine spiritual life does Paul celebrate in verses 3-6? What is producing that fruit?
2. Verse 6 says the gospel bore fruit after they "truly understood God's grace." What changes when we truly understand grace?
3. Read Proverbs 2:6 and Luke 24:44-45. What do these passages teach about where spiritual wisdom and understanding come from?
4. According to verses 9-10, what should knowing God's will produce in the way we live?
5. Verse 11 says believers are strengthened "according to his glorious might." Whose strength is the Christian life dependent upon?

***"Wisdom and money can get you almost anything, but only wisdom can save your life." - Ecclesiastes 7:12 (NLT)***

**II. Your Source of STRENGTH Becomes Endless, Giving You the Power to Endure Whatever Comes Your Way. (vv. 11-12)**

6. Read Isaiah 40:29-31. What does God promise those who are weak or weary?
7. Why is God's power sometimes displayed through endurance and patience rather than by removing the difficulty?

8. How does the statement, “God does not need our strength. God calls for our obedience! God has the strength,” challenge you?
9. What has the Father already done for believers according to verses 12-14? Which truth means the most to you today?

***“God does not need our strength. God calls for our obedience! God has the strength.”  
~ Adrian Rogers***

**III. You Are RESCUED from Darkness, FREED from Sin, and FORGIVEN Completely  
- and Given a New Eternal Destiny. (vv. 12-14)**

10. What does Paul’s language of being “rescued from the dominion of darkness” tell us about our condition and what Jesus has done?
11. Read Matthew 27:46; Psalm 22:1, 6; Job 25:6; and Isaiah 1:18. How do these passages deepen the picture of Christ’s humiliation, our sin, and the cleansing He provides?
12. Looking at this passage—a transformed mind, God’s strength, and rescue and forgiveness—where do you most need to live out your new life in Christ this week?

***“The cross shows the depth of our sin, but it also shows the overwhelming cosmic love of God. When Jesus died on that cross, He did it to rescue you, to forgive you, and to give you a brand-new life.” ~ Billy Graham***

**Personal Application - Where Does My New Life Need to Become Visible?**

Identify one area where God needs to reshape your thinking, one difficulty where you need His strength, or one part of your past where you need to live in Christ’s forgiveness. Choose one response of obedience this week.

**Prayer**

Father, thank You for the new life You have given me in Jesus. Fill me with the knowledge of Your will, strengthen me when I am weak, and help me endure with patience and joy. Thank You for rescuing me from darkness, redeeming me, and completely forgiving my sin. Help my new life in Christ become visible in the way I live this week.

**Prepare for Next Week**

Read Colossians 1:15-23 this week. Make a list of everything the passage says about who Jesus is and what He has done. Ask God to deepen your understanding of the supremacy and sufficiency of Christ.