

Things that have Value in Restraining the Flesh (Part 1) – Col. 3:1-9

1. Setting our Gaze – Col. 3:1-4

- a. **Bring _____ into alignment with Christ** – Col. 3:1
 - i. Matt. 6:33
 - ii. What do we see when we “seek the things above”?
- b. **Setting our thoughts** – Col. 3:2
 - i. “You must not only *seek* heaven; you must also *think* heaven.” (J.B. Lightfoot)
 - ii. These are to become the primary place in our thought lives.
- c. **2 motives for seeking God and setting the mind on the things above:**
 - i. *Your _____* - Col. 3:3
 - ii. *Your _____* - Col. 3:4

2. Putting to Death whatever belongs to the earthly nature – Col. 3:5-7 “In short, the apostle teaches that the Christian’s experience in Christ calls not simply for regulating the old earthbound life but for digging out its roots and utterly destroying it.” (Curtis Vaughan p.211)

a. Putting to Death the Earthly Nature

- i. These actions of the sinful nature to be put to death like Christ was put to death and how we died in Christ according to verse 3.
- ii. Have you ever just tried to keep a sin manageable? What happened?

1. We cannot manage sin, keeping it small and ‘harmless’.
2. Sin does not yield to our attempts to tame it.
3. Sin will get the best of us if we allow it to remain in the smallest form.

b. Sexual sins list:

- i. *Sexual immorality*- the most general Greek term for illicit sexual relations.
- ii. *Impurity*- sexually immoral thoughts, words or actions.
- iii. *Lust*-sexual desire outside of your own spouse.
- iv. *Evil desires* – is wishing for things that are wrong.
- v. *Greed*- disregard for the right of others and the limits of your rights.

c. **Because these are the cause of God’s wrath (v.6)**

d. **Because that is just the old us not the new us. (v.7)**

3. Also we get rid of these things: (Col. 3:8-9)

- a. "get rid of" stop doing what you are accustomed to doing.
- b. List dealing with attitudes and speech
 - i. *Anger & Rage*
 1. Anger refers to a settled feeling of anger.
 2. Rage refers to a sudden and passionate outburst.
 - ii. *Malice* - vicious disposition, the spirit that prompts one to injure another.
 - iii. *Slander* is insulting talk against another person.
 - iv. *Filthy language from lips*
 1. 2 possibilities:
 - a. _____ speech.
 - b. _____ speech.
 2. Either way, these two usually go hand in hand, inappropriate speech is often abusive and abusive speech is often inappropriate.
 - v. *Lying* – Why is don't lie is listed separately at the end?
 1.
 1. _____
 2. _____
 2. These things belong to the old man, but are often found present in the lives of believers. Paul wants to make clear that they do not belong with the new self.