

JESUS FOLLOWERS PUT ON SELFLESSNESS

YEAR: KNEEL / FOCUS: I AM AN IMAGE BEARER
SERIES: GOD IS PURE — I AM PURSUING

BIG TRUTH: JESUS FOLLOWERS PUT ON SELFLESSNESS

Philippians 2:3-8, 17; Romans 12:3; John 15:12-14; Luke 6:35

BIBLE VERSE: COLOSSIANS 3:12-13

“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.”

BIG IDEAS

- We are undeserved recipients of God’s compassion, love, and kindness.
- The gospel compels us to shift our focus from ourselves to others by embracing humility and meekness.
- The gospel compels us to be people who approach others with kindness, patience, longsuffering, and forgiveness.

BIBLE PASSAGE: COLOSSIANS 3:12-13

KNEEL - I AM AN IMAGE BEARER

The Kneel Year is an exploration of what it means to worship God with our all (Luke 10:26-28). Worship is not something that is limited to a service once a week, but instead occurs every day, in all of life. We are unceasing worshipers. Worship never stops, it only changes directions. In order to worship God with all of our heart, soul, strength, and mind, we must embrace our identity as image bearers. It is out of that identity that we can begin to live for God’s glory in all of life (Colossians 3:17).

SERIES AIMS



Every student should know that...

- They exist for God’s glory
- The life of a Jesus follower is a life of constantly pursuing being more like Christ.



Every student should feel...

- A deep love for God’s Word.
- Humbled that God would use us to make Him known.



Every student should strive to...

- Spend time each day studying God’s Word and letting it shape their thoughts, feelings, and actions.
- Flee temptation and strive to “put off” sinful desires, thoughts, and actions.



Every student should want...

- To have a healthy fear of the Lord that leads them to walk in His wisdom.
- To pursue Christlikeness in their attitudes, desires, thoughts, and actions.
- To walk in and model a life of purity because God is pure.

GUIDES AND WORKOUTS

The Guide provides a commentary page on each week’s Bible verse and on each Big Idea that unpacks the Big Truth. Each week also includes a Student Workout as a resource to help the student pursue spiritual disciplines on their own. Additionally, each week has a Family Workout that helps equip parents and guardians to have spiritual conversations with their student.

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BIBLE VERSE: COLOSSIANS 3:12-13

“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.”

Believers are God’s chosen ones.

“Put on then, as God’s chosen ones, holy and beloved...”

- Because of our spiritual deadness and blindness, we cannot come to God in our own power. In God’s great love and mercy, He awakens us to His truth and leads us to repentance. Those who believe in Him are chosen by Him through the working of His Holy Spirit in their hearts and minds. God leads His people to faith in Him.
- Every person who follows Christ is chosen, or set apart. God chooses His people, redeems them, and begins the work of making them like Christ. In our sin, we are blind to the things of God, yet He shows us kindness in opening our eyes to see our own sinful condition and His offer of salvation.

Being chosen comes with responsibility.

“Put on them, as God’s chosen ones...”

- To be chosen by God means to have been bought with a price. The price of our redemption is the death of God’s only Son. Because we are chosen, we have responsibility to God. We also have freedom from our sin nature. God sets us free to become like Him.
- Our responsibility as God’s chosen ones is to put on the characteristics that are true of Christ. By becoming like Christ through the power of the Holy Spirit, we fulfill the purpose given to us when we are saved from our sin. We are not set free to live for ourselves or to pursue the things of this world. We are set free to live for Christ.

Being forgiven leads to living holy lives.

“...compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.”

- As God’s chosen ones, we are to live every day with the knowledge that we have been forgiven much by a holy God. It is God’s kindness that leads us to repentance and offers us forgiveness. Because God has forgiven us, our lives should be marked by forgiveness of others.
- Not only should our lives be marked by forgiveness of others, but we should seek to live holy lives because God has set us free and given us eternal life. By putting on the traits that are always true of God, we seek to be like Christ and to live holy lives.

JESUS FOLLOWERS PUT ON SELFLESSNESS

BIG IDEA #1: WE ARE UNDESERVED RECIPIENTS OF GOD'S COMPASSION, LOVE, AND KINDNESS.¹

[THIS]

In Colossians 2:14, Paul reminds the Colossians of their position before they had received saving faith. They were separated from God by their sin and without hope. Because we are all born spiritually dead, we are in need of someone else to save us. We all owe a sin debt that we cannot pay, yet God sent Jesus to pay that sin debt for us. Our salvation is bought with a price. We are made spiritually alive in Christ by His death on the cross in our place. God chooses us and awakens us to His truth by giving us spiritual eyes to see our own sinfulness and need for salvation. The Holy Spirit awakens people to who God is and the work of salvation He has done for us. Because God shows us kindness, we are able to see our need for rescuing.

[THEREFORE]

Do you deserve God's compassion, love, and kindness? Why or why not?

Romans 3:10 tells us that all people are born sinners. There is no one who has never sinned. Mark 7:21 teaches us that our hearts are full of sinful desires and Ecclesiastes 7:20 shows us that even our good deeds are not lasting. There is no one who continually does good deeds. We are all sinful and we rebel against God. This makes us undeserving of God's goodness to us.

[THIS]

In Colossians 3:12, Paul tells the Colossian believers to put on compassionate hearts. Believers can put on compassionate hearts because they are the recipients of God's unfailing compassion, love, and kindness. God looked down on fallen, sinful man with perfect compassion that led to great sacrifice. God's compassion led Him to willingly sacrifice His only Son for fallen man. We do not deserve God's compassion and love because we reject Him from the very beginning. God shows sinners kindness by awakening them to their need for Him. Without God awakening man to his sinfulness, no one would be saved, yet God shows love and kindness in showing us we need the salvation He offers.

[THEREFORE]

Read Matthew 9:36-38. How does meditating on God's compassion for you help you have compassion for others?

As Jesus followers, we are to become more like Him. Jesus had great compassion for people and He acted out of that compassion. Ephesians 4:32 reminds us that we, too, are to have compassion towards people and to forgive them because we have been forgiven. Psalm 103:13 reminds us of the great compassion God continues to show us as His children and teaches us that we should show that type of compassion to others.

Why should God's kindness towards us produce a heart of worship within us?

1 Peter 1:3-5 is an example of worshiping God because of the salvation He offers. We are not able to save ourselves, yet God shows us kindness and leads us to repentance. Psalm 35:9 also gives us an example of a heart that rejoices in the salvation of the Lord. We do not deserve the kindness, compassion, or love of God, yet He freely gives it to us.

1. Romans 2:4: God's kindness leads Him to show us patience which leads us to repentance when we understand how long suffering with us He is.

JESUS FOLLOWERS PUT ON SELFLESSNESS

BIG IDEA #2: THE GOSPEL COMPELS US TO SHIFT OUR FOCUS FROM OURSELVES TO OTHERS BY EMBRACING HUMILITY AND MEEKNESS.²

[THIS]

The gospel of Jesus Christ involves humility and meekness. Believers can do this because Christ first humbled Himself to become like mankind in order to pay the sin debt of the world. When we grasp the gospel, that Jesus lowered Himself to be like us that He might die in our place, our focus shifts away from ourselves and toward others. Humility doesn't mean we think less of ourselves, or that we demean ourselves. Instead, it means we just don't think of ourselves. Our focus shifts to thinking of others and we can live out Paul's command in Philippians 2:3 to think of others as more significant or important than ourselves.

[THEREFORE]

The opposite of humility is pride. What are some specific ways you struggle with pride in everyday life?

We are naturally selfish people. We think of ourselves first. We are naturally prideful and think more of ourselves than we should. Proverbs 11:2 teaches us the consequence of pride in our hearts and Romans 12:3 shows us that we should not think more highly of ourselves than we ought. Luke 14:11 warns us that when we exalt ourselves, God will humble us. Yet, we all struggle with a desire for our own praise.

Practically, how can we pursue humility this week?

1 Peter 5:5-6 teaches us about our responsibility to pursue humility. Humility isn't something that comes naturally to us; therefore, we must seek to submit ourselves to God's commands and live lives that are focused on Him. Romans 12:3 reminds us to not consider ourselves to be more than we are. When we live in the knowledge that we are all sinners and in need of forgiveness, we can humble ourselves.

[THIS]

Meekness is an attitude of humility and gentleness. Meekness is understanding that we are sinners and a mourning of our sinfulness. It involves a willingness to yield our desires to God's kingdom as we understand that we are nothing apart from Him. Naturally we are the opposite of meek, demanding justice for ourselves. This type of mindset reveals a focus on ourselves. Jesus' life on earth is an example to all of us in meekness. Jesus was perfect and did no wrong, yet He was mistreated, falsely accused, and beaten for things He did not do. Throughout His persecution, He remained humble and meek because His focus was not Himself, but others. As we live our lives for Christ, our focus should be on Christ and how to love Him and others according to His Word. We do this when we fully understand what the gospel means for us.

[THEREFORE]

How can you yield your desires to God's kingdom as a display of meekness?

In Matthew 5:5, Jesus teaches that those who are meek will inherit His kingdom. He means that those who truly grasp their own sinfulness and the grace and mercy of the gospel are those who have saving faith. When we remind ourselves daily of the mercy we've received through Christ, we will be meek. Matthew 5:44 teaches us to love our enemies and pray for them. Jesus set this example for us during His earthly ministry. Understanding our own sinfulness leads us to mourn because of it and this results in our yielding our own desires to God's kingdom.

Read 1 Peter 2:21-23. How does Christ's example of humility and meekness help you focus on others and live a meek life?

Jesus came to the earth and lived a life absent of sin. He did not wrong, yet He was persecuted and died in our place. Jesus is our example of meekness and He was meek for us! We can have eternal life because Jesus willingly faced mistreatment to save the world. When we look to His example, we can "put up" with many things because we know that we are sharing in His suffering.

2. Colossians 3:12: Paul teaches that believers should put on humility and meekness. Being like Christ means being humble and meek.

JESUS FOLLOWERS PUT ON SELFLESSNESS

BIG IDEA #3: THE GOSPEL COMPELS US TO BE PEOPLE WHO APPROACH OTHERS WITH KINDNESS, PATIENCE, LONGSUFFERING, AND FORGIVENESS.⁴

[THIS]

In Colossians 3:13, Paul teaches believers to “bear with one another”. To bear means to put up with, help, or take on someone else’s struggles, troubles, or trials. Paul is teaching the Colossian believers how to live life with one another as forgiven sinners. As we bear with one another, we will do so with kindness and patience. Kindness is treating people with affection and respect. Because the gospel shows us the kindness that God shows us, we should be compelled to show others this same kindness. Being kind means seeing people as fellow image bearers and treating them as such. Kindness involves patience. Patience is bearing all things calmly and without complaint. The gospel shows us that God was and has always been patient with man and because of His patience, we can be patient.

[THEREFORE]

How can you approach people with kindness this week?

Luke 6:31 teaches us that we should treat others like we want to be treated. We can show kindness to others when we consider how we’d want them to treat us. Ephesians 4:32 shows us that we can be kind when we are tenderhearted toward people and we forgive others.

What challenges keep you from being patient with others?

2 Timothy 3:2 shows us that our flesh nature loves itself and seeks its own good. Our flesh is an obstacle to our having patience with others, but when we understand ourselves and the sinfulness that rules in our hearts, we can put on patience with others. Philippians 2:3 teaches us to be like Christ in considering others as more important than ourselves. Matthew 22:39 shows us to love our neighbors like we love ourselves. We’re told this because we do love ourselves and when we consider how we’d want to be treated, we can treat others well.

[THIS]

Paul also teaches the Colossian believers to be forgiving people. Forgiveness of others is required and expected of believers. As we grow in our understanding of all that the gospel involves, we understand just how much God has forgiven us. As we grow in our knowledge of Christ, we also grow in our understanding of ourselves and our own sinfulness. When we grasp how much we have been forgiven, we show forgiveness to others no matter what. Believers bear with one another by forgiving one another. Forgiveness is something we can do even if people do not ask for it. We can always forgive when we practice long-suffering with others. Long-suffering is a willingness to deal with any attitude, action, or behavior from others. As we lay our lives down to live for Christ, we tolerate whatever comes our way because we have the example of Christ before us.

[THEREFORE]

How does Jesus’ example of forgiveness help you choose to forgive others?

Jesus set the example of true forgiveness. He was mistreated and bore the sorrows of others with patience and kindness. Colossians 3:13 reminds us that we should forgive just as Christ has forgiven us and in Luke 23:34, we see Jesus’ supreme example of forgiveness when He asks the Father to forgive those who are persecuting Him.

When is it most difficult for you to forgive someone who has wronged you?

In Matthew 18:21-22, Jesus teaches that as often as people ask us for forgiveness, we should forgive them. But Jesus also teaches that forgiveness should be our way of life even if people do not ask for it. Because we are commanded to forgive like God forgives, we will overlook offenses and show people love as Proverbs 10:12 and 17:9 teaches us.

3. Colossians 3:13: *God’s people are to practice patience with everyone they encounter because God is patient with them.*