



## **Sermon Study - Conversation Guide**

April 21, 2024

“I Trust Jesus”

Colossians 2:9-14

This guide is a discipleship tool for personal reflection,  
family conversations, for home groups, and for Table Talk on  
Sundays @10:40 am and 12:15 pm on the Lowell Patio

Coastal Community Church  
[mycoastal.org](http://mycoastal.org)

Jesus will never leave you. He sustains you with His love before you even understand what God's love is. He gives you rest, space to breathe. The fullness of His love for us is the most unexpected part of the journey of knowing God. We have little experience truly trusting someone as trustworthy as Jesus. We hesitate to be totally vulnerable, confessing and surrendering all our hurt to Jesus, allowing Him to lead us into life. It seems too hard or too good to be true. So, Paul is about to give us one of the clearest and most moving pictures in all the New Testament, for the hope and love we find in Jesus' heart for us, and His work to save us.

**2:9 *For in Christ all the fullness of the Deity lives in bodily form, 10 and in Christ you have been brought to fullness. He is the head over every power and authority.***

Paul was speaking to people living when the architecture, politics, banking, government, and military all screamed, "Caesar is Lord." The rulers were worshipped as gods. In fact, the gods were many and their worshippers were basically everyone. People sprinkled a god's blessing like a seasoning. Add a little Zeus when you need more money, a little Aphrodite when you need love, a little Poseidon when you need to catch a fish, and it would all work out. Paul was saying the total opposite.

Jesus is Lord. In fact, Jesus is every bit as much God as the Father. They are one. And since Jesus now lives in you through the Holy Spirit, all the fullness of God is in you. If any power or authority is trying to crush you, derail you, or woo you, well, Jesus is in control over them all.

When we're discouraged by this world's chaos, we stand in faith that Jesus is in control. When we have nothing left, no fight, no faith, no hope, we discover that Jesus provides the fight, faith and hope we need. We're not alone. The God who fixed the Sun in our galaxy and knit you together in your mother's womb, He is holding you now. Jesus has us.

**2:11 *In him you were also circumcised with a circumcision not performed by human hands. Your whole self, ruled by the flesh was put off when you were circumcised by Christ...***

I hate this analogy but it's true. We've all had hearts which were covered and numbed by our sin. In some sense, these things separated us from experiencing Jesus' profound love for us. It was like our hearts were covered in porcupine quills, bristling with worry, defensiveness, anger, selfishness, and hopelessness, all in some attempt to protect us from our shame and pain. So, how do we get our hearts back?

Jesus is the one who changed us, and is still changing our hearts. The moment you allowed Jesus in, He started giving you a new kind of love, and those porcupine quills began to fall away. The way your heart changes is always with Jesus. It's surrendering and confessing every corner of pain and shame you try to hide, because Jesus is trustworthy to give you something better than whatever futile strategies of self-healing you're holding onto. As Paul continues, he makes it clear, Jesus is the one who is healing our hearts...

**12 *having been buried with him in baptism, in which you were also raised with him through your faith in the working of God, who raised him from the dead.***

You see, the same Father God who raised Jesus from the dead is the same God who is bringing you back to life. God the Father isn't mad at you for being wounded and half alive. His entire plan is to make you see that you are His beloved and also make you fully alive WITH HIM. Now, here's the crescendo of this passage, the hope of the Gospel...

**2:13 *When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, 14 having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross.***

When you were dead, God made you alive by joining you to His son. How? When you deserved punishment, Jesus forgave your sins by taking your punishment until it killed Him. Imagine a courtroom where you're found guilty. The guilt must be paid so the law can be fulfilled. So, the One who made the law, that's Jesus, is the one who fulfilled the requirements of the law that would have killed us. Jesus took it all away, nailing it to the cross through His own hands and feet. Jesus nailed the accusations against us to the cross until they died with Him.

Jesus chose you AND the agony of the cross at the exact same time. He gladly chose to give up His life so we could have life. We are the people who Jesus, the Prince of Peace, kisses, and claims as His own in order to heal, give a new heart, and resurrect into a new life. We are not responsible for saving or transforming our own hearts, but we are responsible to surrender our hearts to Jesus and trust only in Him.

So, will you pray this? *Jesus, You saved me for Yourself. You are the most trustworthy person I could ever know. I take You back as my first love. I want You more than any other. I surrender my heart to You. I gladly receive Your forgiveness and love. I'm all Yours, Jesus. Amen.*

**GROUP DISCUSSION GUIDELINES: Tips for great conversation**

- We aren't here to teach/fix each other, but to share our experiences.
- Show respect by listening to one another, asking clarifying questions.
- If you're quick to share, allow space and time for others to speak up.
- If you're slow to speak, your experience is valuable so please share.

**INTRO**

Invite everyone to introduce themselves and then read the Bible verses.

**DISCUSSION QUESTIONS**

1. What part of the message and Scripture was most encouraging, and which part is most challenging?
2. What did You notice about God, and what did you notice about yourself as well as other people?

**GOSPEL EXCHANGE (REDEMPTIVE WORK)**

*Jesus asks us to give Him our burdens (Matthew 11:28-29), whatever they may be (a lie we have believed about God or ourselves, our hurt or negative emotions, or even our concerns for loved ones), so He can carry them for us, giving us His peace (His completeness) in exchange.*

What do you want to exchange with Jesus today?

What is the burden? "Lord Jesus, I give you my..."

What's His gift? "Lord Jesus, I receive your..."

**ACTION QUESTIONS**

1. What is one step of obedience you can take this week, based on what you've discovered today? *(NOTE – Consider prayerfully asking God to answer this question for you, taking 30-45 seconds to listen in silence, writing what you heard. If nothing comes clear, keep praying this week.)*
2. During the coming week, who can you share what you learned today? *(NOTE – Consider repeating the same step with this question as the previous question.)*