

Ice breaker: Outside of work, where would you say you spend most of your time?

Read Colossians 3:12-17

Discuss:

1. Do you have any current time distractions? For example, TV, sports, Facebook. How do you know when something is a time waster instead of just having down time with something fun?
2. How can God help us to change our outlook on time? How can we think about using all of our time to bring honor to God, whether it is in the mundane things of life, or time with friends, or work or service to others?
3. Which of these virtues listed in Colossians 3:12-17 do you struggle with and which ones do you find most natural for you?
4. Today's passage speaks of "clothing ourselves" with new clothes. How hard is it to take off old clothes (bad habits and character issues of Colossians 3:5-11) and put on new clothes (3:12-17)? How is it possible to make these changes?
5. What practical difference can this new clothing, these new attitudes and practices, make in your relationships with family? With friends? With work?
6. Reflecting on the last 24 hours, how closely is the way you spent your time aligned with God's desires and your spiritual priorities?

Prayer:

Share your prayer requests with one another and also remember those from our church family:

- > Prayers of comfort for Susie Martin and family in the death of Susie's dad.
- > Prayers of healing for Steve Gates, Ken Kolmerten, and Horst Pimmler.

Reminders for your group:

> Many service opportunities are available for your group. Check them out at zpc.org/current-opportunities.

Leaders Notes:

[Question 1] Certainly we all need to have healthy and relaxing interests. However, when an activity has too much of a hold on us, we need to decrease our dependence on it and time spent with it.

[Question 2] One tool is to track how we spend our time for a week and then review it. Once we review it our use of time, we can begin to cut and add the things we want from our schedules with hard work. Then we can do our best to claim Colossians 3:17 as truth: "Whatever you do...do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

[Question 3] Specifically, ask your group about these virtues: compassion, kindness, humility, gentleness, patience, forgiveness, and love. Which come naturally and which are difficult?

[Question 4] God is the one who can bring about change in us through the work of the Holy Spirit. We must be intentional in our actions to change. You might briefly review the sins listed in 3:5-9 before seeing the virtues starting at 3:12. We can't just think about change, we need to do something about it.

[Question 5] Apply these virtues to your family, friends and work relationships. Making these virtues real in your life and in discussing it can make them more doable.

[Question 6] Using the lens of the last 24 hours, it is easy to look at our use of time. A follow up question would be: How could you align those desires and priorities with God as you look forward to the next 24 hours?