



## **Sermon Study - Conversation Guide**

May 12, 2024

“A Quiet Strength in Crazy Times”

Colossians 3:12-17

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)

## **NOTES: A Quiet Strength in Crazy Times (Col. 3:12-17) Andy Rock**

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We're not just carrying a message of God's love into this weary world; we are a message. How we speak the truth is just as important as the truth we speak. How we love is just as important as the feeling of love we have. You are a message of hope and life and forgiveness and love. We get to choose the quiet strength of walking with Jesus in crazy times so our lives are the message, so what we say and do is the same as Jesus.

**3:12 *Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.***

Back in Paul's day, when guilds were a thing, think of them like unions, people would clothe themselves to show you what they did for a living. Paul says, "Clothe yourself with a different uniform." Compassion is when you open your heart to what a person is going through and let yourself feel their pain, hurt, joy, and then love them with that in mind.

Humility is knowing your great worth and your great need. You don't have to always be right. You see others needs as just as important as your own. Gentleness is going slow, being careful, intentional, soft. It's your tone and awareness that your words and actions can do damage so that you speak and act to bless. Patience is not rushing ahead to get what you want. It's waiting with faith. It's trusting God by slowing down, listening, not moving until He says so.

It feels impossible to hold all these things in our head at one time. That's why Paul starts the verse with the truth that Jesus already loves you in the same way! Jesus has compassion for you; he feels what you feel. Jesus is gentle and kind towards you, putting you first and being so attentive to you. Jesus is patient with you. This is what love looks like.

**3:13 *Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.***

In all the crunchy parts of my life, I currently have friends who tell me when I hurt them. They bear with me and forgive me. This week, Shahrads told me how much he loves me and also that when I'm distant, stressed, and try to micromanage him, it's really painful for him. He bore my hurt with me, even though it was hurting him. And he told me the truth while forgiving me at the exact same time. Real friends apologize. Real friends forgive. Real friends talk it out and stay.

Why? That's what Jesus did for us. When I blew it, He didn't leave me. Even now Jesus carries the weight of my heartache and forgives my

sins. He is never sick of me. He loves me. So, forgive those who hurt you. Tell them the truth. Stick around long enough for them to wake up and change. Bear the pain of their foolishness so the relationship can continue. If they don't repent, you'll let them live with their choices even if that means they walk away. Choosing love isn't easy.

**3:14 *And over all these virtues put on love, which binds them all together in perfect unity.***

Love isn't a feeling. It's a choice. Love is our tone, approach, our generosity, and expressions. You can turn your heart off or be compassionate. You can rush and insist or be patient. Forgive or hold onto bitterness and resentment. When you choose love, you are building unity. Choose to let Jesus love you so that you have love to give away.

**3:15 *Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.***

You want peace to rule your home? Let Jesus give you His peace. Be thankful He made peace with you, and you'll all have all the patience you need with the twits who are acting as you once did. "Yeah, Andy, but I can't just let them run over me. I need good boundaries." Paul gets it.

**3:16 *Let the Word of Christ—the Message—have the run of the house. Give it plenty of room in your lives. Instruct and direct one another using good common sense.***

Do you want to speak the truth to your family and friends and coworkers? Let the Gospel message soak into your own heart first. God now dwells with us. Our life and way forward in every situation is found in asking Him what to do next. In times of crisis, my first instinct is to go it alone and push everyone out, including Jesus. I deal with the crisis by myself. It's a terrible strategy which I'm unlearning right now in real time. But how?

**3:16-17 *And sing, sing your hearts out to God! Let every detail in your lives—words, actions, whatever—be done in the name of the Master, Jesus, thanking God the Father every step of the way.***

Worship isn't about us. Thus, all of our lives become an act of worship. Our words and actions are meant to be ways of expressing our gratitude to Jesus for all He's done. So, we learn to continually thank God for sticking with us when we push Him out. You have a quiet strength in these crazy times and it's Jesus Himself. You're not just speaking a message. You ARE the message, so set your mind on Jesus because only He knows how to do that perfectly.

**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.*)