



Sermon Study - Conversation Guide

May 26, 2024

“The Nitty Gritty of Relationships”

Colossians 3:18-25

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

NOTES: The Nitty Gritty of Relationships (Col. 3:18-25) Andy Rock

Let's talk about the nitty gritty of our relationships - our desire for control, to be loved or to earn love, our need to determine outcomes. We'll see how the root of these strategies is an issue of belief, first and foremost. We'll discover practical tools to overcome false beliefs and bad habits, and choose Jesus, His way, His truth, and His life instead, so that our relationships with God, with ourselves, and with others can be full of life.

3:17 *And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.*

Notice the phrase, 'in the name of.' Whatever we do and say, we're to speak and act in the same way Jesus speaks and acts towards us. Paul gives us the 'why' behind the 'how' of what we do. What's the why? We want fulfillment out of life. We want significance and love. We want the pain to stop. We want someone to start or to stop doing something. Those reasons move us to the 'how' - we seek to control ourselves, others, and every outcome. That's living in the name of the world.

We're really living 'in the name of me.' I'm at the center of this entire strategy. It's for me, dependent on me, and controlled by me. This is not the Jesus way. If we could see what we're doing to our souls and the souls of others with our broken tools, we'd be horrified by the damage we inflict. The Jesus way works so much better. Let's read about it...

3:18 *Wives, submit yourselves to your husbands, as is fitting in the Lord.*

Ladies, you care about everything. You know how to get things done. So does Jesus. And what does Jesus do? He submits Himself to us. He's patient with us. He works for our best. He tells us the truth but doesn't force us to comply. He submits to the Father's plan no matter what.

Wives, your husbands need your support. They're crushed by this world, and they need you to come alongside them, just like Jesus comes alongside us. Submission isn't slavery. Submission is choosing to bear the load with your husband as his support, so he knows he's not alone. Tell him and show him that, because he's asked to do even more.

3:19 *Husbands, love your wives and do not be harsh with them.*

Husbands, your wives are not your employees. Don't bark at them like you do on the job. Love them. Loving someone is sacrificing for their benefit while you pay the cost. Loving your wife doesn't stop when you

enter the door after work, like they're supposed to do everything for you. It's being gentle and kind and serving when you're exhausted, when you feel like you'd rather just sit on the couch than help them with the chores.

Love your wife just as Jesus loves you. When we were exhausting in our attitude or pride, Jesus didn't say, "Well, I've loved you and loved you, and since you're not loving Me back now, I'll withdraw." Jesus NEVER stops loving us. We're called to do the same. That's a challenge when we see and repeat the patterns our parents or friends use to relate to us.

3:20 *Children, obey your parents in everything, for this pleases the Lord.*

Obedying our parents is how we practice listening to and obeying God. Your parents know things you don't. Even if you're 60, your parents still know things you don't. Learn to listen, follow directions, and ask for help. Jesus showed us what this looks like as He spent time alone listening to His Heavenly Father so He could obey His Dad in every moment.

3:21 *Fathers, do not embitter your children, or they will become discouraged.*

How does Jesus discipline us? It's NOT with condemnation, shame, or harshness. We'd become bitter, just like our children will if we use those strategies. Instead, Jesus allows us to live with our consequences. He never stops being loving and gentle, never stops listening to us, even when He hands us over to our choices. Can you imagine that when you prayed, you had to manage every word you said? Can you imagine if prayer only amounted to God giving you instructions? Slow down. Be present. Listen to your loved ones. See them before anything gets fixed!

3:22 *Slaves, obey your earthly masters in everything; and do it, not only when their eye is on you and to curry their favor, but with sincerity of heart and reverence for the Lord. 23 Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, 24 since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.*

Relate to others as though you are relating to Jesus Himself. In codependent relationships, what we do or say is all used to control the other person, to prevent them from sliding into unhappiness, or to get them out of it. Whatever emotions they have are theirs, not mine. I can respond to them without having to move them to a different emotional space. That's God's job, not mine. This week, we have a chance to do everything in the name of Jesus, so those around us experience the love of God who wants nothing more than to just be with you.

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.*)