



OVERFLOW

STUDY GUIDE

WEEK 4
THE PRESENT

OVERFLOW

INTRODUCTION

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:1-2 NIV

Have you conceded defeat on a particular sinful behavior or attitude? Don't give up hope for change. Don't resign yourself to living a less than abundant life. Rid yourself of the weights that slow you down and run after Jesus. His transformative power is still at work in you. There is hope for real, lasting change in your life because Jesus isn't through with you yet.

DISCOVER

Below you will find questions for use in your own personal study, Bible study, neighborhood gathering, or dinner table with family and friends. Record your answers to help you reflect on and share the things God is teaching you.

Read: Colossians 3:1-11

How can “setting our minds on things above” drown out temptations to sin?

Why does Paul instruct us to deal so harshly with our sinful nature?

What specific attitudes or actions in your life need to be put to death so that you can experience the fullness of life with God?

OVERFLOW

DISCOVER

Read: Colossians 3:12-17

Before we put on our new clothes as followers of Christ, we need to remove the old. How does Paul instruct us to actively fight against sin?

Once we rid ourselves of the old, we're ready for the new. What are some practical ways we can act upon Paul's encouragement to allow the peace and message of Christ to transform us?

What is the final encouragement in verse 17 of Paul's instruction, and how might it guard us from growing weary?

List ideas for incorporating the worship of God at uncommon times that might otherwise be filled with temptation.

PRAY

Seeking and listening to God in prayer are vital to our relationship with him. Take a moment to encounter God in prayer before you conclude your study.

Begin your time of prayer by reading Romans 8:26-27. Allow the power of this truth to soak in. The Holy Spirit is praying for you. Seek the Spirit's help to pray in accordance with God's will.

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ACT

The best thing you can do to grow in your relationship with Jesus this week is to put into practice the discoveries you've made during your study.

Fixing our eyes on Jesus can be challenging with so many things competing for our attention. Consider fasting one day this week from a normal activity such as eating a meal, scrolling through social media, or watching television. Use the time gained to intentionally turn your attention to Jesus.

WEEKLY SCRIPTURE READING

Filling our hearts and minds with the Word of God enables us to discern what is right and true. Use these additional scripture passages to continue your study this week.



YOUVERSION DAYS 22-28

Hebrews 12:1-2

Philippians 1:12-18

1 Peter 5:7

Colossians 3:1-17

2 Corinthians 12:6-10

1 Corinthians 10:13

1 Samuel 17:31-51

2 Corinthians 4:16-18

Psalm 51:1-19

Exodus 4:10-16

Romans 8:18-38

Philippians 4:8-9