

Sunday 11th October 2026

Colossians 3: New Life In Christ – Glenys Hart

Key Outcomes

- **Transformation** is the central goal: the Word of God should not be theoretical but should actively transform the believer's life so that others see Jesus reflected in them.
- **Mindset shift** is the key to change: believers are called to set their hearts and minds on "things above" rather than earthly things, recognizing they have died to their old life and are now "hidden with Christ in God."
- **Two primary areas of old behavior** must be "put to death": sexual immorality and wrongful speech.
- **New identity** is symbolized by baptism and "putting on the new self," which is renewed in the image of its Creator and characterized by compassion, kindness, humility, meekness, patience, and love.

Biblical Foundation

- **Colossians 3:1–11** serves as the primary text, focusing on being raised with Christ and setting one's mind on things above.
- **Baptism** is described as a symbolic act of dying to old ways and being raised to new life in God.
- **The "new self"** is described as being renewed in knowledge and the image of its Creator, where distinctions like Gentile/Jew, slave/free, or barbarian/scythian no longer define the person, because "Christ is all in all."

Areas for Transformation

- **Sexual behavior**
 - Paul explicitly calls for putting to death sexual immorality, impurity, lust, and evil desires.
 - **Pornography** is highlighted as a modern form of this sin, with statistics cited: roughly 50–75% of men report regular access, up to 90% have viewed it at some time, and 35–40% of women (mostly young) have accessed it.
 - The speaker links pornography to broader issues of abuse and **sex trafficking**, noting it is a serious problem even in Cyprus.
- **Speech and heart condition**
 - Wrongful speech includes anger, rage, malice, slander, and filthy language.

- **Malice** is defined as the intention or desire to cause harm or pain to another.
- **Slander** is defined as a false-spoken statement that hurts a person's reputation.
- The mouth reflects the state of the heart; therefore, Paul is strong on speech because it reveals the heart's condition.
- **Righteous anger** exists (e.g., Jesus in the temple), but the general instruction is to be "quick to listen, slow to speak, and slow to become angry."

Practical Application

- **Avoid self-reliance:** Trying to change oneself is described as "really hard," like trying to lose weight or start exercising; transformation happens with the help of Christ.
- **Cultivate a heavenly mindset:**
 - Spend time in prayer and daily in the Word of God.
 - Let God's truth shape thoughts and desires.
- **Be mindful of speech:**
 - Be careful how others are spoken about, even when they are difficult to live with.
 - Avoid lying, as it is against the ninth commandment.
- **Identify "carried over" behaviors:** Reflect on which habits from life before Christ are still influencing current actions and ask God for help to put them to death.

Next Steps

- **Kevin** will speak next week on the "new character in Christ," focusing on the "lovely new garments" believers put on, such as compassion, kindness, humility, meekness, and patience.



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