



Discussion Guide
Over/It – Part 2
LEADER GUIDE

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We spend so much of our lives trying to prove we're okay—to ourselves, to others, even to God. But the resurrection is God's final word: you are fully forgiven, fully accepted, and free to live differently. This series explores how that truth becomes real, present power in our everyday lives.

NEED A RESOURCE, HAVE A QUESTION, OR WANT TO HAVE A CONVERSATION?
Let us know how we can help! Contact your groups director or discipleship@rockbridge.cc

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"I have been accustomed to call this book, I think not inappropriately, *An Anatomy of the Soul*; for there is not an emotion of which anyone can be conscious that is not here represented as in a mirror."
[John Calvin, on the book of Psalms]

LEADER RESOURCES || **Leader Note** *We do our best to equip, empower, and encourage you to shepherd your group well.*

- **Passage Summary**
 - Paul teaches that the peace of Christ is to rule (umpire) our hearts. This peace of Christ is the reality accomplished by Jesus' resurrection and subsequent union with Him (vv. 1-4). Jesus' vindication is ours, too, and we do not have to be ruled by complaint, anger, grievance, etc.

ENGAGE & CONNECT || **Leader Note** *The goal for the icebreaker is to prepare your group for the conversation ahead by connecting with one another's hearts and building joy together.*

What is a "pet peeve" for you, something that gets on your very last nerve?

BEGIN WITH PRAYER || **Leader Note** *Begin your time together thanking God for his presence and praying His word back to Him. Ask a few people to pray, taking a posture of humility and dependence!*

Spirit of God, be present with us as we take some time to be present in how we are feeling. We want to be ruled by Your peace in times when the world offers no peace. Help us along that journey. Amen.

MEMORIZING SCRIPTURE || **Leader Note** *Help your group memorize this verse together by having each person read it aloud, then see if someone is willing to try to quote it from memory. The goal is to enjoy hiding God's word in our hearts together.*

"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."
[Ephesians 4:31-32]

PASSAGE & DISCUSSION || **Leader Note** *Have someone read aloud Colossians 3:1-17 in the ESV. Your role is to FACILITATE, so keep your group moving along, encourage people to share, and look for*

opportunities to point out the grace and glory of God! Here are two reminders: 1) Every question does not have to be answered ... go where the Spirit leads! 2) Answers do not have to be read aloud ... they're for guidance!

1. What are the earthly things in these verses that need to be "put to death"? What do you need to "put away"? Why are some of them getting a death sentence and some are just gotten rid of? *A. sexual immorality, impurity, passion, evil desire, covetousness. B. Anger, wrath, malice, slander, and obscene talk. C. This is going to be worth some discussion and perhaps even debate. There does seem to be a ranking—the first set appears to be idolatrous. The second appears to be things that might arise in us that we don't need to keep.*
2. We all have default emotional responses when things don't go our way. What's yours? *Before we get over or move past something, we process it. Before we process, we feel our feelings. Acknowledging that we have these responses—some more buried than others—lets us have a measured response and ask questions of those emotions. We don't have to rush it.*
3. There's another list in these verses, the things that are the goal. What should we put on instead of our old ways? *Compassionate hearts, kindness, humility, meekness, patience, bearing with, forgiving, loving, letting peace rule, making Christ's word home in us, teaching, singing, thankfulness, do and say everything as though you're an agent bearing the name of Jesus as you do.*
4. What items from these lists are legit parts of your life? Is there a list your life looks like more? *This is probably going to be a mix for each person. We are a work in progress. Even very holy, very beloved people still must work to put off the old things and put on the new ones.*
5. Pause with your group here and pray. "Lord, it's hard to even want this. We want to wear compassion and kindness and all that, but we also want these other things that are incompatible with Your new path. We cannot do this. We need You to do it in us. Help us."
6. What is motivating the old things in you? *These patterns tend to be because of a couple umbrella situations: "I learned that way when I was young" means parents or role models acted that way and taught these things, "I've always struggled with that" means you've coped with life's disappointment this way as long as you can remember, and "It's how I survived" means it was what was available to you at the time when you were hurt and just trying to make it through the day.*
7. What are you afraid will happen if you let those old things go? *They are often structural, not recreational. They're holding something up or guarding against something else. That is what needs to be brought as tribute to the throne of grace. The thing underneath is different for everyone, but the fact that fear is the chain keeping that thing in place is common to us all.*
8. What has the Holy Spirit worked in you already? How can you see that you've become more like Christ since first following Him? *The path is long and difficult, so it's good every now and then to look back and see what He's done. But sometimes it's hard for us to see that ourselves, so if people in your group can encourage each other about the fruit they've seen in each other's lives, that would be fantastic.*
9. How well has He cared for your needs while He's worked these things in you so far? *There may be hidden needs or needs we don't want to acknowledge at play here, but we should all be able to look back and see His faithfulness. It helps us trust as we look ahead—knowing that, as we replace the old bricks with the new ones, that the new ones are better and will hold us.*

10. How can we make the word of Christ “dwell” in us like we’re it’s home this week? *Meditating on Jesus’ teachings, taking a parable to really consider over and over, living like a Samaritan... the ideas are endless. When Christ is our obsession, there’s less time left to be obsessed with our own kingdoms and self gratification.*

STEP OF OBEDIENCE || Leader Note This is an opportunity for people to put into practice what the Spirit is inviting them to do and live in obedience to God for the sake of love! You can encourage your group to be accountable to one another and use these to follow up with one another throughout the week.

The reality of the resurrection makes some things *unthinkable and incompatible*.

As you consider your next step, reflect on: 1) What thing needs to go? 2) What thing needs to replace it?

Give your group a few moments to reflect on their answers to the questions above. Then have your group answer the question aloud. Feel free to separate into smaller groups of 2 or 3 for this question, so each person has others praying with them for the needs they’re taking before the throne.

PRAYER FOCUS || Leader Note Be intentional about saving at least 5 minutes to pray together. Pray for one another’s personal requests as practice in bearing one another’s burdens—it makes them lighter for everyone!

- Close your time by reading this prayer together:
 - *“Lord Jesus, work in us to free us from sexual immorality, impurity, passion, evil desire, and covetousness. Help us be rid of anger, wrath, malice, slander, obscenity, and lies that separate people into categories. Let us be Your chosen, holy, and beloved ones. Fill us with compassion, kindness, humility, meekness, and patience so we can bear each other’s burdens and forgive each other freely, as You forgave us. Fill us with Your love, and may we put it on as a belt that ties the whole thing together in perfect harmony. Let Your peace rule our hearts, so we will be thankful, sing for joy, and wear Your name the way it was meant to be worn. Amen.”*