

Overcoming the Pressures of Life

Introduction

- Share an example of a gift you received in your life that left a lasting impression and why it left a lasting impression.

Colossians 3:12-17

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³ Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. ¹⁴ And over all these virtues put on love, which binds them all together in perfect unity. ¹⁵ Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. 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.

1. *Scriptural Case Studies:* There is much to learn from these sections, but let's narrow it down. Identify one key point God is teaching in this section.

a) Psalm 1

c) Luke 16:19-31

b) Luke 10:38-42

d) John 15

2. *Discuss:*

- Top time wasters: Procrastination; Perfectionism; Unresolved conflict... Any others you would add? Explain how time in the Word helps avoid those time wasters.
- Think of different metaphors used in the Bible to describe God's Word. Give examples or situations where Christians need to be reminded of these things.