

Introduction

Theme Overview: This activity set is designed to help participants deeply explore and embrace the transformative power of Jesus in their lives. Reflecting on Colossians 3:5-17, participants will not only identify ways to "cast off the old self" but also uncover practical steps to "clothe themselves with virtues." Through guided reflections, engaging creative projects, group discussions, and practical applications, this guide equips individuals and families to experience the renewal and peace found in Christ with lasting impact.

Key Scripture: Colossians 3:5-17: "...You have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator."

Memory Quote: "Christ in you means a transformed heart and a renewed life."



1. Reflective Discussion Questions

Identifying the Old Self:

- What are specific habits or attitudes that you feel hinder your relationship with God?
- How do these behaviors affect your relationships with others and your overall spiritual growth?
- Why do you think it can be difficult to let go of old patterns, even when they no longer serve your faith?

Embracing the New Self:

- Which virtues (e.g., compassion, kindness, humility, patience, forgiveness, and love) do you feel called to embrace in your daily life?
- How can you cultivate these virtues intentionally and consistently in your relationships?
- Share examples of how living out these virtues has brought peace or healing to your life.

The Role of Forgiveness:

- Reflect on a time when forgiveness—either giving or receiving—transformed a situation for the better. How did it bring freedom?
- How does embracing forgiveness mirror the grace and renewal offered by Christ?
- In what ways can forgiveness strengthen your faith and relationships?

2. Interactive Activities

Activity 1: Casting Off the Old Ceremony

Objective: Symbolically release old habits, struggles, or sins and embrace a renewed life in Christ.

Materials Needed:

- Small stones or river rocks
- Markers or paint pens
- A basket, box, or decorative container
- A printed copy of Colossians 3:5-17 for group reflection

Instructions:

1. Spend time reflecting on personal struggles, habits, or sins you wish to release. Write or draw these on small stones.
2. Share (if in a group setting) the significance of the stone's message and why you want to let it go.
3. Place each stone into the container, symbolizing the act of surrendering these burdens to God.
4. Together or individually, read Colossians 3:5-17 aloud, focusing on the renewal promised through Christ.
5. Conclude with a communal prayer, asking for God's strength and guidance to live a life aligned with His purpose.

Reflection: How does the act of releasing these "old self" burdens bring clarity and peace? How can this exercise help you approach daily life with renewed trust in Christ?

Activity 2: Clothing Ourselves in Virtues Craft

Objective: Create a meaningful, visual representation of the virtues described in Colossians 3:12-14 to inspire daily practice.

Materials Needed:

- Paper cutouts of clothing items (e.g., shirts, pants, shoes, hats)
- Decorative supplies (markers, glitter, stickers, fabric scraps)
- Poster board or bulletin board
- Scripture cards with Colossians 3:12-14 printed on them

Instructions:

1. Choose a virtue from Colossians 3:12-14 for each clothing item cutout (e.g., write "compassion" on a shirt, "humility" on a pair of pants).
2. Decorate the clothing cutouts to make them visually meaningful and beautiful.
3. Attach the clothing items to a poster board labeled "Clothed in Christ." Surround the board with scripture cards or affirmations that highlight the importance of these virtues.
4. Display the finished board in a prominent place as a daily reminder to embody these traits.

Reflection: Discuss specific ways to "put on" these virtues in challenging situations. How does seeing these virtues daily impact your perspective and behavior?

Activity 3: Gratitude and Forgiveness Journal

Objective: Foster daily habits of thankfulness and forgiveness as a reflection of a renewed heart in Christ.

Materials Needed:

- Journals or notebooks
- Pens, markers, and optional decorative materials
- Scripture prompts such as Philippians 4:6-7 and Matthew 6:14-15

Instructions:

1. Dedicate two sections in the journal: one for gratitude and one for forgiveness.
2. In the gratitude section, write daily reflections on blessings and moments of joy or peace.
3. In the forgiveness section, reflect on any unresolved conflicts or grudges, and write prayers or steps toward reconciliation.
4. Review entries weekly, noting areas of growth or where more focus is needed.

Reflection: How does maintaining this journal deepen your relationship with God and others? Share moments where gratitude or forgiveness changed your outlook.

3. Group Discussion and Sharing

Testimonies of Transformation:

- Encourage participants to share stories about how Christ's renewal has impacted their relationships, choices, or personal challenges.
- Highlight the power of vulnerability in fostering community and accountability.

Supportive Community Building:

- Create small groups to discuss weekly progress in "casting off the old" and "putting on the new."
- Offer encouragement, prayer, and scripture-based guidance to one another.

4. Closing Reflection and Prayer

Meditative Reflection:

- Spend 5-10 minutes in silence, inviting participants to reflect on one virtue they want to focus on for the week.
- Consider writing a personal prayer or commitment for the week ahead.

Communal Prayer:

- Close with a group prayer of gratitude for Christ's renewing power and strength to live as His representatives.
- Include specific requests for guidance in fostering forgiveness, humility, and love.

Practical Applications for Daily Life

Daily Reflection Prompts:

1. How did I practice compassion, kindness, or patience today?
2. Where did I feel challenged to live out Christ's virtues?
3. What can I surrender to God tomorrow to experience greater peace?

Family Plan for Living Out Christ's Renewal:

- **Monday:** Read and discuss Colossians 3:5-17 as a family, focusing on one verse to memorize.
- **Tuesday:** Conduct the "Casting Off the Old Ceremony" together, sharing prayers of release.
- **Wednesday:** Create a "Family Virtue Board" using the Clothing Ourselves in Virtues activity.
- **Thursday:** Begin Gratitude and Forgiveness Journals, sharing one entry at dinner.
- **Friday:** Reflect on the week in prayer, highlighting growth and areas needing work.
- **Saturday:** Share moments of transformation and celebrate God's work in your lives.
- **Sunday:** End the week with a gratitude celebration, thanking God for renewal.