

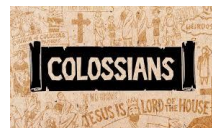
[Colossians 2:8-15](#) – What does it feel like to be fully alive? How do we become fully alive? Is there an elixir we can take? Is there a prescription we can receive? Paul points to Jesus as the way to be fully alive. He says that we were dead in our sins and uncircumcised in our flesh. He means that we were not following Jesus at all, not in our hearts, our minds, or our actions. Then something changed, we heard about Jesus, and understood that we are forgiven. The debt of sin is no longer ours to carry. It was nailed to the cross with Jesus. The powers and authorities were disarmed, meaning their accusations held no weight in God's sight because of Jesus' death on the cross.

How does Jesus' death bring us fully alive?

What does fully alive look like?

How do our lives reflect what Jesus has done and being fully alive?

Sermon Notes



Our Journey for July 20 – July 26, 2026

When was the last time you felt fully alive? Was it after an adrenaline rush? Was it after a good conversation? Was it working on a project? The level of our engagement usually indicates how we feel during our activities. The more engaged we are, the more alive we feel. As we continue reading Paul's letter to the church in Colossae, we come to a section where he tells them to pay attention to what they are learning. Some activities will lead us away from Jesus. Paul reminds us that we are made alive through Jesus, specifically through the forgiveness of our sins brought about by his death and resurrection. What are you doing to be fully engaged with the forgiveness of Jesus? Are you telling others? Are you focusing on leaning into the forgiveness of Jesus and opening more of your life to the power of his forgiveness?

~ Pastor Seth

AN UNDERSTANDING OF SIN

Mon. 7/20

[Psalm 51](#) – How heavy does sin feel? We may say that sin has no weight to it, but what about the emotional weight of it? We may say that sin has no effect on our relationships, because we are forgiven, but it does. David shows the heaviness of sin upon our lives. When he committed adultery and murder in his affair with Bathsheba, his first reaction was a sigh of relief, but when he faced God's judgment through Nathan, the heaviness hit him hard. He realized how far from God he was. He felt the hole in his spirit where he used to sing his songs of praise and worship. He felt his prayers going nowhere when, before, he had delight in his conversations with God. In Psalm 51, David pours out his heart and seeks God's face. The righteous and just God disciplines David and restores him into a faith-filled relationship.

Have you ever felt the weight of sin in your life? Describe it.

How do David's words resonate with how you feel the weight of sin?

DOES IT HAVE TO BE THIS WAY?

Tue. 7/21

[Genesis 17:1-15](#) – Some ideas in the Bible do not make sense in our present lives. An example of this is circumcision. In our current time, we see the medical aspects of circumcision and its benefits. When Abraham was circumcised, it was not for medical reasons. God circumcised Abram to show that he and his family would be set apart from the rest of the nations around them. God made a promise to Abram and changed his name to Abraham, meaning "father of many nations." The circumcision was part of the covenant. A covenant is a formal agreement between two parties. This is an extension of the first covenant God made with Abraham. The first part of the covenant was God walking between the sacrifices and promising Abram land. The next part was Abraham sacrificing part of himself and his descendants to be God's people.

Why is it important to understand God's covenant with Abraham?

How do we live out this covenant today?

HUMAN RULES

Wed. 7/22

[Isaiah 29:13-16](#) – Did you know in Tarentum, it's illegal to tie a horse (but not a dog) to a parking meter or streetlight pole? It's one of those laws that makes you wonder why it was written. Or better yet, why hasn't it been repealed? People can come up with some strange laws that do not make sense to us today, but when they were enacted, they made a lot of sense. In our reading for today, God speaks to Isaiah about the trouble of Jerusalem. They know part of the covenant their ancestors made with God, but they don't live it out. They come to the Temple and follow the rituals, not because they want to but because they have to. God says they honor Him with their lips, not their hearts.

What is the difference between honoring God with our lips versus honoring God with our hearts?

How do we worship God today?

WHAT MAKES THIS CLEAN?

Thur. 7/23

[Matthew 15:1-20](#) – If you want to confuse younger people, show them your non-digital watch. It's not that they can't learn to tell time; their rationale is: why should they, when everything is now digital? The Pharisees ask Jesus a legitimate question based on the laws of their day. The law said that to be in good standing with God, one should wash one's hands. Jesus changes the Law, which, in the religious leaders' minds, isn't possible; only God can change the Law. The religious leaders were understandably upset. Later, the disciples remained confused by what they had heard and seen, so they asked Jesus to explain it. Jesus told them something new. It's what came out of the person's heart that made them sinful, not what they ate or which Law they broke. There are times when we struggle with this today.

What comes out of a person that is sinful?

What is coming out of your heart that is sinful?

WHO AM I FIGHTING?

Fri. 7/24

[Ephesians 6:10-20](#) – You probably heard about the armor of God throughout your spiritual journey. There are plenty of teachings on it, and plenty of people who can help you strategize with putting on the armor of God. Why do we need it? Why would Paul even share this with us? Paul points out that our battle isn't against other people. The armor of God is not to help us win arguments with other people, but with forces more powerful than people. Paul uses words like rulers, authorities, and powers of this dark world. Paul saw how those powers had used people and led them away from faith in Jesus. He wanted the church in Ephesus and us to stay strong in our faith and to protect ourselves.

What do you think Paul meant by the words found in verse 12?

How does the armor of God protect us?