

SERMON STUDY GUIDE



Set Your Mind Above Your Feelings – April 12, 2026

BIG IDEA: *You cannot experience a resurrected life with a buried identity.*

READ

Colossians 3:1–4 (NIV)

“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.”

DISCUSS

1. What’s one thought or feeling that tends to show up automatically when you wake up in the morning?
2. Would you say that thought is rooted more in truth—or in habit?
3. Where have you experienced an “unexpected blessing” this week?
4. The sermon describes many of us as “living in an old year.” What do you think that means? Where do you see that in your own life?

COME AND SEE

Paul begins with a **“since”**—not *if*, but *because this is already true*.

Your identity is not something you achieve—it is something you receive.

What is True Because of the Resurrection

- You have been **raised with Christ** (v.1)
- You **died to your old identity** (v.3)
- Your life is now **hidden with Christ in God**—secure and untouchable (v.3)
- Christ **is your life** (v.4)

This means your identity is no longer defined by:

- Your past
- Your failures
- Others’ opinions
- Your current feelings

It is defined by your union with Christ.

Cross References

- Romans 6:4–6 — Raised to walk in new life
- 2 Corinthians 5:17 — New creation in Christ
- Galatians 2:20 — Christ lives in me
- Ephesians 2:4–6 — Seated with Christ

Discussion Questions

1. Why do you think Paul starts with identity before giving any commands for behavior?
2. What does it mean to you that your life is “hidden with Christ in God”?
3. Where are you most tempted to ground your identity apart from Christ?



FOLLOW ME

“Set your minds on things above...”

This is not a one-time decision. It is a **daily practice of reorientation**.

Cross References

- Romans 12:2 — Renewing the mind
- Philippians 4:8 — Think on what is true
- Isaiah 26:3 — Steadfast mind = peace
- Psalm 1:2 — Meditating day and night

Discussion Questions

1. What is one recurring thought pattern you notice in your life?
2. Where do you see a gap between what you believe and what you feel?
3. Why is it difficult to “set your mind” instead of just reacting?
4. What is one lie you’ve believed about yourself that shapes your behavior?
5. What truth from Colossians 3 directly challenges that lie?

GO AND BE

You are **creating** a new identity—You are learning to **live from the one you already have**.

Practices for the Week

1. The Morning Anchor (Daily)

Before anything else, read Colossians 3:1–4 aloud.

Ask: What is true about me today because of Jesus?

2. One Lie, One Truth

- Identify one false belief
- Replace it with truth from Scripture
- Keep it visible throughout the week

Discussion Questions

1. What would change if you truly lived from your identity in Christ this week?
2. Where do you need to “look up” instead of reacting to circumstances?
3. Which of these practices feels most challenging—and why?
4. Who can help remind you what is true when you forget?
5. Who in your life might need to hear this message of new identity?

CLOSING PRAYER