Colossians 3:1-11

A new focus

Paul invites those who have been raised with Christ to have a new focus: to look beyond everyday realities to the life hidden with the risen Christ, who is seated at God's right hand. Those who share Christ's new life have stripped off the old self and must put to death old ways of living that separated them from God.

Read this week's passage:

EXPLORE

How much of the world and of God can we see if we change our focus and look up? Try star gazing, on a clear night. What do you see? What happens if you look up in a different direction?

PLAY

If you have access to a telescope, microscope, binoculars, VR headset or different coloured sunglasses, have fun viewing items from different perspectives.

LOOK

Go fruit picking at a 'pick your own' farm or go blackberry picking. Pick the fruit you can see. Then look up. Can you see lots more fruit to gather, when you change your viewpoint?

Find more free Roots resources to reflect on this week's theme:

Living Scripture

'Your life is hidden with Christ in God.' Colossians 3:3

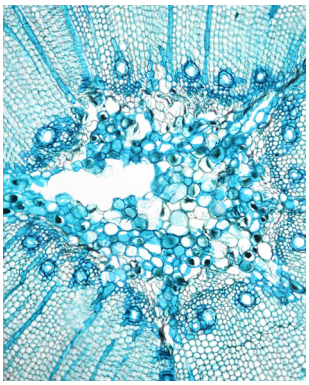
A friend gained her UK citizenship recently. Although there is no change in her outward appearance, she has a new identity, a new passport, a new sense of welcome or home. People passing her on the street wouldn't notice the difference. Her new status is hidden, but still very real. Now she can vote, work without restriction, travel without needing a visa. We recommended she celebrate in a very British way, with a cup of tea.

Similarly, the apostle Paul reminds us that we have a new identity in Christ, our baptism has created a new reality for us: a new life, not something that would be noticed on the outside, but something has changed in us – our loyalty, or allegiance, our status as sons and daughters of God. We see things differently now: we know we are forgiven, we have a new heavenly perspective, access to the goodness of God. And that new identity prompts us to live differently – to behave like Christ.

Can you remember starting a new job, moving to a new school, moving to a new town/city/country, or following a new sports team? How quickly did your loyalty or sense of identity shift from the old to the new? Do you feel like your identity is rooted or hidden in God? Does that identity impact your behaviours?

First impressions

- This image is a microscopic close-up of a piece of pine. When has a new focus changed your perspective on a situation?
- Where do you need to change focus in your life right now?
- Is your church focusing on the right things at the moment?



Pray

This week, Lord,
when we don't know what to do,
when we feel like giving up,
when we feel down,
when we feel overwhelmed by things on the earth:
help us look up to heaven as our focus,
and keep going.
Amen.

Pray

Take some photos of things which are small in a way that makes them look massive. Can you think of stresses/worries in your life which you sometimes blow out of proportion? Take time to pray and remember that God is bigger than any of our problems.

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