**Colossians 3:1-4**

I. Are you satisfied with Jesus?

A. Most of us would say, “yes, but not as much as I’d want to be.”

B. Today we focus on a practice (meditation) that can enhance our hunger for Jesus and our satisfaction in him.

II. The reality: death and new life

A. We have died to the world (3:3 and 2:20).

1. The part of us that died is the part that wants to design, direct, and deliver our own lives

2. It’s that part that has a tight grip on worldly things (materialism, power, sensuality, self-righteousness, etc.)

B. We have been raised with Christ (3:1)

1. One day we will be raised physically

2. But already what happened to Christ physically (death and resurrection) has happened to us spiritually

3. So now we have the power to overcome worldly habits because the Spirit is living within us.

C. Your life is hidden with Christ

1. When he appears we will be like him

a. Consider the transfiguration

b. We will share in that same glory someday

2. For now that is hidden and secret, but it will be revealed one day

III. The command: set your hearts and minds on things above (3:1-2)

A. “Seek” = to desire, endeavor, enquire, require. Seeking is a passion, a life work.

B. “Above” = Greek = “anti” (anti the earthly things)

C. “Where Christ is seated”

1. Meditate on where Christ is seated

a. God dwells in unapproachable light

b. Jesus is there with the Father, ruling and reigning above all other rule

2. There is nothing sweeter and more glorious than that!

IV. Practical tools to access that truth

A. Take time to meditate and imagine what heaven might be like

B. Read the whole Bible so that you understand the whole story (consider the Chronological Bible)

C. My Utmost for his Highest and Jesus Calling

D. Ask and share with one another regarding your lives with Jesus so that, as iron sharpens iron, we might encourage each other.

E. “There is only one being who can satisfy the last aching abyss of the human heart, and that is the Lord Jesus Christ.” -- Oswald Chambers

**Discussion Questions**

1. As you consider Sunday’s message, what idea stands out to you the most and why?

2. Paul regularly reminds us that we have died with Christ and been raised with Christ. How do you understand that? In what sense have we died and been raised? What practical implications does that have with how we approach our daily lives?

3. As you try to do what Paul encourages us to do (“set your mind on things above”), what pictures or ideas come to your mind? Is what you find compelling and interesting?

4. Is there anything specific you are being encouraged to do or practice in the coming week as a result of this passage?