

Spiritual Disciplines for New Life

Bible Background • COLOSSIANS 4:2–17

Printed Text • COLOSSIANS 4:2–6 | Devotional Reading • 1 CORINTHIANS 9:19–27

Words You Should Know

- A. **Continue (Colossians 4:2) proskartereo (Gk.)**—To give unremitting care to a person or thing.
- B. **Watch (v. 2) gregoreuo (Gk.)**—To give strict attention.

Teacher Preparation

Unifying Principle—Support through Mentoring. Apostle Paul names spiritual disciplines and faithful people as examples for living a new life in Christ.

- A. Pray for your students and lesson clarity.
- B. Study the entire text.
- C. Provide a Spiritual Disciplines Journal for each student (a small memo pad) where they can write prayer requests and pray.
- D. Complete the companion lesson in the Precepts For Living® Study Guide.

O—Open the Lesson

- A. After receiving prayer requests, open with prayer.
- B. Introduce the subject of the lesson and have students read the Aim for Change in unison.
- C. Have a volunteer read the In Focus story. Discuss.
- D. To begin their journal, have the students keep an account of their prayers. In another section, they should analyze the conversations they have.

P—Present the Scriptures

- A. Have volunteers read the Focal Verses.
- B. Use The People, Places, and Times, Background, At-A-Glance outline, Search the Scriptures, and Discuss the Meaning sections to clarify the text.

E—Explore the Meaning

- A. Ask a volunteer to read Liberating Lesson, and ask the class to discuss: “Has there ever been a time you were not as disciplined as you should have been? How did your life change?”
- B. Include the Application for Activation section to further clarify the text.

N—Next Steps for Application

- A. Summarize the lesson.
- B. Ask the class to continue using the Spiritual Disciplines journal.
- C. Close with a prayer.