

Freedom Hope 5-Day Self-Study Guide

Week 5 Theme: Seek the Things of Christ Above

Text: Colossians 3:1-17

Framework: Behold → Believe → Become

Day 1 — Behold Christ Above (3:1-4)

 Read Colossians 3:1-4

Reflect: Where is your focus—earthly concerns or Christ’s reign?

Pray: “Jesus, lift my eyes to You. Let my heart dwell where You reign.”

Day 2 — Believe What’s True (3:5-11)

 Read Colossians 3:5-11

Reflect: What “old garment” needs to be left behind this week?

Pray: “Lord, I trust that my old life is gone. Help me live as Your new creation.”

Day 3 — Become Like Christ (3:12-14)

 Read Colossians 3:12-14

Reflect: Which new garment—compassion, kindness, humility, patience—will you intentionally wear today?

Pray: “Holy Spirit, clothe me in Your love.”

Day 4 — Let Christ Rule and Dwell (3:15-16)

 Read Colossians 3:15-16

Reflect: Where do you need Christ’s peace to rule? Where do you need His word to dwell?

Pray: “Jesus, bring Your peace into my thoughts and Your word into my speech.”

Day 5 — Do All in the Name of the Lord (3:17)

 Read Colossians 3:17

Reflect: What would change if everything today was done “in the name of the Lord Jesus”?

Pray: “Lord, let gratitude shape my work, my words, and my worship.”

This Week’s Challenge

- Begin each day by reading one verse from Colossians 3 aloud.
- Practice daily gratitude—name three blessings and give thanks.
- Ask: “Where can I bring Christ’s peace into someone’s chaos this week?”