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# EQUIP 5.3

**New Coat - Small Group Session Three**  
**Week beginning 18th June**



# Gospel Action...

We are now on the home straight of EQUIP with only a couple of sessions left.

Over the year (and especially over the last few weeks) we have been thinking about how we might be equipped for our service of Jesus. That will look different for each one of us. It might be a change in our priorities, a desire to grow in our Christian character, a renewed commitment to others or even a new direction for our lives...

Last week we started trying to describe these things specifically - SMARTER. The SMARTER sheets are included at the end of this study as well. You might not find this model works for you, but the questions it raises are helpful for all of us. Now is the time to be clear with yourself about what it is you think you need to 'attend to'. Now is also a good time to start to sharing those things with one another.

To help us do this we have been looking at a small section of Colossians that focusses specifically on discipleship. We have seen that as disciples we have Gospel Freedom and we need Gospel Focus.

This week we come to think about what that looks like in practice - Gospel Action. Having been encouraged to set our minds and our hearts on "things above" (Col 3:1-3) Paul now applies this to our lives.

So why not begin this session by praying to our Father in Heaven, that His Spirit might help us as we read and reflect on His word.

Set your minds on things above  
- not on earthly things.  
Colossians 3:2

# Put Off / Put On

Read Colossians 3:5-14

## 1 Put to Death

So it is time for some paper and a list (we have not done that for a while). List out the different things we are told we should get rid of from our lives in verses 5-11. Make sure you understand something of what the different words mean.

Now here is the key: we can't just will these things away. In order to put these things to death we need the right motivation - we need our minds fixed on 'heavenly things'. So what different reasons are we given in verses 5-11 to help us remove these things from our lives? How might the reasons help us with this in practice? Discussing this will take 10-15 mins.

OK, so now it is time for the positive. On the same page list out the things we are told to clothe ourselves with in verses 12-14. Again, make sure you understand the different ideas.

For these ideas we are again given gospel reasons to help us clothe ourselves in this way (all be it more briefly). How might the reasons help us to put on these virtues?

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## 2 So What About You

So now to take today's teaching and let it impact the goals or targets we might be considering for our future. Some of us can be very task or achievement driven. Our goal might be to financially fund three new church plants in three years or to volunteer our time to double the size of the church youth group or to grow in our ability to lead in our small group. These are all obviously good things - but it is striking how God's word focuses on our character first - what we are calling habit goals.

How does the teaching this week impact your life - what difference should it make? In practice how might you allow the gospel reasons to motivate you to change? How might the teaching this week change or develop your SMARTER sheets?

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## 3 Trust Him

Change is very hard. It is something that can only happen as the Spirit applies the 'gospel reasons' in this passage to our hearts, to motivate us. Be honest. Share how you might pray for one another in response to this session.

Now turn to prayer.



# SMARTER GOAL-SETTING TEMPLATES



FOR ACHIEVEMENT GOALS

1

ACTIONABLE \_\_\_\_\_ SPECIFIC, MEASURABLE, RISKY & EXCITING \_\_\_\_\_ TIME-KEYED \_\_\_\_\_

RELEVANT

2

ACTIONABLE \_\_\_\_\_ MEASURABLE, RISKY & EXCITING \_\_\_\_\_ SPECIFIC \_\_\_\_\_ TIME-KEYED \_\_\_\_\_

RELEVANT

3

ACTIONABLE \_\_\_\_\_ SPECIFIC \_\_\_\_\_ MEASURABLE, RISKY & EXCITING \_\_\_\_\_ TIME-KEYED \_\_\_\_\_

RELEVANT



FOR HABIT GOALS

4

ACTIONABLE \_\_\_\_\_ MEASURABLE, RISKY & EXCITING \_\_\_\_\_ SPECIFIC \_\_\_\_\_ TIME-KEYED \_\_\_\_\_

TIME TRIGGER \_\_\_\_\_ STARTING DATE \_\_\_\_\_ STREAK TARGET \_\_\_\_\_

RELEVANT

# SMARTER GOAL-SETTING TEMPLATES

## FOR ACHIEVEMENT GOALS

**1** Run the Country Music Half Marathon by April 21  
ACTIONABLE SPECIFIC, MEASURABLE, RISKY & EXCITING TIME-KEYED

**2** Read 50 business books by December 31  
ACTIONABLE MEASURABLE, RISKY & EXCITING SPECIFIC TIME-KEYED

**3** Lower my golf handicap from 22 to 18 by September 30  
ACTIONABLE SPECIFIC MEASURABLE, RISKY & EXCITING TIME-KEYED

## FOR HABIT GOALS

**4** Walk two miles at Pinkerton Park M-W-F  
ACTIONABLE MEASURABLE, RISKY & EXCITING SPECIFIC TIME-KEYED

at 6:00 am starting June 1 for 12 weeks  
TIME TRIGGER STARTING DATE STREAK TARGET

RELEVANT