

Bible Study



**Colossians:
Christ Above All**

What truly holds your life together?

In a world pulling us in every direction—through distractions, demands, and distorted truths—Paul’s letter to the Colossians reminds us where our center must be: Christ above all. This short but powerful book lifts our eyes to see Jesus not just as Savior, but as the sustaining force behind all creation. He is not a part of life—He is the source, goal, and glue that holds it all.

The Colossians were facing pressure from false teachings and cultural confusion, much like we do today. Paul didn’t respond by giving them a list of dos and don’ts—he gave them a clearer vision of Jesus. He reminded them that when we know who Christ is, we remember who we are. And when Christ is the center, everything else begins to align.

This study will lead you to refocus your life around Jesus, deepen your understanding of His fullness, and strengthen your walk of faith. You’ll be reminded that you don’t need to strive for approval, follow trends, or fill your life with noise to find purpose. You simply need to root yourself in Him—because in Christ, you already have everything you need.





Lesson 1: The Supremacy of Christ — Holding It All Together

Christ Above Creation

Paul opens his letter with one of the most powerful declarations of Jesus in all of Scripture. In Colossians 1:15–20, we see Jesus not just as the Savior, but as the Creator, Sustainer, and Head over all things. He is the visible image of the invisible God—meaning when we look at Jesus, we see the fullness of God’s character and nature. He’s not one option among many or a figure of history. He is preeminent, the One through whom and for whom all things were created. And more than that, He holds all things together. Your life. Your family. This world. All of it.

This truth should change everything about how we live and believe. Jesus isn’t someone we squeeze into the margins of our life—He is the center. When we root our confidence in who He is, we can face uncertainty without fear. We can release the need to control outcomes or carry burdens that are not ours to bear. He holds it all, and He holds you.

Power to Live a Worthy Life

Paul’s prayer in Colossians 1:9–14 flows directly from the supremacy of Christ. Because of who Jesus is, we are empowered to live a life worthy of the Lord. But we don’t do this in our own strength. Paul prays that believers would be filled with wisdom and spiritual understanding, strengthened with God’s power, and joyfully enduring with patience. Why? Because we’ve been rescued from darkness and transferred into the kingdom of His beloved Son. That’s not a future promise—it’s our present reality.

This kind of transformation doesn’t come from behavior modification—it comes from knowing Jesus deeply and letting Him shape our thinking, priorities, and daily choices. When Christ is above all, our lives begin to reflect His light in every area.

Christ Is the Source of Life

John 1:1–4 brings it all full circle. Jesus was there from the very beginning. He was with God and was God. All things were created through Him, and in Him was life—and that life was the light of all mankind. That means Jesus isn’t just the center of the gospel—He’s the center of history, of the universe, and of your story. When we’re overwhelmed, confused, or burdened by life’s chaos, we need to return to this truth: Christ is above it all, and nothing is outside His reach.

Placing Jesus at the center brings peace where there was striving, clarity where there was confusion, and power where there was weakness. This week, let this be your focus: not trying harder, but beholding Him more.

Scripture References

- Colossians 1:15–20
- Colossians 1:9–14
- John 1:1–4

Reflection Questions

What part of Christ’s supremacy stands out most to you today—and why?

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How does knowing Jesus holds all things together give you peace in a specific area of your life?

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What might change this week if you lived like Christ truly is above all in your daily decisions?

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Lesson 2: Rooted and Growing in Faith — A Life Built on Jesus

Walking Daily with Christ

Paul's words in Colossians 2:6–7 are both a reminder and a call to action. "Just as you received Christ Jesus as Lord, continue to live your lives in Him." Becoming a Christian isn't the end of the journey—it's the beginning of a new way of life. Paul encourages believers to be rooted and built up in Jesus, strengthened in the faith, and overflowing with gratitude. These aren't passive traits—they're active pursuits. Just like a tree needs soil, water, and sunlight to grow strong, we need time in God's presence, nourishment from His Word, and a heart that leans on Him in every season.

Spiritual maturity doesn't happen overnight. It grows as we remain rooted in who Jesus is. And when the storms come—and they will—it's those roots that keep us anchored. Instead of being tossed by emotions, opinions, or cultural trends, we stand firm in truth. Your strength isn't found in doing everything right, but in staying connected to the One who is your source.

Strength Through Encouragement and Truth

In Colossians 2:2–5, Paul expresses his desire that believers be encouraged and united in love, fully confident in their understanding of Christ. He warns them not to be deceived by fine-sounding arguments—because not everything that sounds good is grounded in truth. In our world today, voices come from every direction: social media, culture, friends, influencers. Some of it sounds convincing, even spiritual, but if it doesn't align with the truth of Jesus, it leads us off course.

That's why we must be grounded in Christ. When we know Him, we can discern truth from deception. When we're encouraged by others who are also rooted in Him, we grow stronger. Spiritual growth isn't meant to happen in isolation—it thrives in community and connection.

Flourishing with Deep Roots

Psalm 1 paints a picture of the one who delights in the Lord: they're like a tree planted by streams of water, yielding fruit in season and never withering. That's what it looks like to be rooted in Jesus. Your strength won't come from hustle or perfection, but from being planted in the right place. The Word of God becomes your nourishment, and even in hard seasons, you continue to grow and bear fruit.

This kind of rooted life brings peace, resilience, and joy that doesn't depend on circumstances. The deeper your roots, the steadier your walk—and the more your life becomes a reflection of Christ above all.

Scripture References

- Colossians 2:6-7
- Colossians 2:2-5
- Psalm 1:1-3

Reflection Questions

Are there areas in your life where you feel spiritually dry or unstable right now?

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What helps you stay rooted in Christ when life feels overwhelming or distracting?

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Who encourages your faith, and how can you intentionally grow together in Christ?

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Lesson 3: Guarding Your Heart Against Empty Deceit

Recognizing the Counterfeit

In Colossians 2:8, Paul gives a strong warning: “See to it that no one takes you captive through hollow and deceptive philosophy.” In other words, just because something sounds good doesn’t mean it is grounded in truth. The world is full of ideas that claim to offer peace, purpose, or enlightenment—but they often leave us confused, drained, or further from God. Paul tells us to be on guard because false teaching doesn’t always wear a warning label. It’s subtle, attractive, and often cloaked in spiritual language.

At the core of all truth is Christ. He is not just part of the truth—He is the fullness of truth. When we measure what we hear against who He is, we learn to discern wisely. We must be intentional about what we allow into our hearts and minds—because whatever shapes our thinking will shape our lives.

Empty Rules vs. Abundant Life

In Colossians 2:20–23, Paul addresses another trap: legalism. He explains that following rules for the sake of appearance or religious performance may look impressive, but they don’t produce true spiritual life. Rules without relationship are empty. They create pressure, pride, or shame—but never lasting change. Paul makes it clear that the power to live a godly life doesn’t come from external regulations but from being united with Christ.

This matters because it’s easy to fall into the belief that if we just try harder or do better, we’ll finally feel worthy. But striving can never replace surrender. Our transformation begins when we stop performing and start abiding. Christ has already fulfilled what we could never earn—and His Spirit within us is what changes us from the inside out.

Rooted in God’s Word

2 Timothy 3:16–17 reminds us that all Scripture is inspired by God and useful for teaching, correcting, and training us in righteousness. God’s Word is our compass. In a world full of conflicting voices, Scripture is the steady voice of truth that leads us into wisdom. When we let the Bible shape our thinking, we become people of clarity and conviction—not tossed about by every opinion or cultural trend.

If we want to stay grounded in truth, we must know what truth is. That means opening our Bibles, asking hard questions, praying for discernment, and leaning on the Holy Spirit to guide us. Living with Christ above all means letting His truth have the final say.

Scripture References

- Colossians 2:8-10
- Colossians 2:20-23
- 2 Timothy 3:16-17

Reflection Questions

Are there any beliefs or ideas you've accepted that don't align with Scripture?

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In what ways has legalism (rules-based faith) crept into your walk with God?

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How can you deepen your understanding of God's Word this week to grow in discernment?

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Lesson 4: Alive in Christ — Embracing the Freedom of Grace

From Death to Life

Paul paints a vivid picture in Colossians 2:13–15: we were once dead in our sins—hopeless, stuck, and spiritually cut off. But then Christ stepped in. He forgave all our sins, canceled the record of our wrongs, and nailed them to the cross. That phrase alone should stop us in our tracks. The shame, the guilt, the mess of our past—it has all been paid for. You are no longer defined by your mistakes. You are alive in Christ.

This isn't just a fresh start. It's a new identity. God didn't clean you up—He made you brand new. He disarmed every spiritual force that once held you captive and declared victory over them. The freedom we walk in isn't because we're strong—it's because Christ has already won.

Setting Our Minds on What Matters

Colossians 3:1–4 continues this idea of new life by calling us to shift our focus. Paul urges us to “set our minds on things above, not on earthly things.” That's not about ignoring reality—it's about anchoring our hearts in what's eternal. We are no longer defined by what the world says about us. Our lives are now hidden with Christ in God, and that changes everything.

The more we remember who we are in Him, the less we get swept up in comparison, striving, and people-pleasing. Living “above” doesn't mean floating through life with blind optimism—it means choosing eternal truth over temporary distraction. When Christ is our focus, grace becomes our fuel.

Freedom to Flourish

Galatians 5:1 reminds us of a powerful truth: “It is for freedom that Christ has set us free.” This freedom is not permission to live however we want—it's the power to live fully as God designed. We're free from sin's grip. Free from the pressure to earn love. Free to pursue holiness out of joy, not fear. God didn't rescue you to keep you in chains—He rescued you so you could flourish in grace.

But here's the catch—freedom requires maintenance. We have to continually return to the truth of who we are in Christ. We have to silence the lies that whisper we're not enough. We have to rest in the finished work of Jesus. Living in the freedom of grace is not a one-time decision—it's a daily choice.

Scripture References

- Colossians 2:13-15
- Colossians 3:1-4
- Galatians 5:1

Reflection Questions

What lies or past mistakes try to make you forget your freedom in Christ?

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How can you intentionally “set your mind on things above” this week?

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Where in your life do you still feel the pressure to perform rather than rest in grace?

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Lesson 5: Putting Off the Old, Putting On the New

Letting Go of the Old Self

Paul doesn't sugarcoat the transformation that happens when we belong to Christ. In Colossians 3:5–10, he calls us to put to death the sinful behaviors that once defined our lives: impurity, greed, anger, slander, and more. These aren't just bad habits—they are patterns rooted in the old life, the one ruled by sin and selfishness. Now, because we are in Christ, we're called to remove those worn-out garments and leave them behind.

This doesn't happen overnight. It's a process of daily surrender. Each time we choose to forgive instead of resent, speak truth instead of gossip, or walk away from temptation, we are stepping further into who we were made to be. Christ didn't save us to leave us as we were. He saved us to transform us—inside out.

Putting On the New Self

Colossians 3:12–14 gives us a beautiful picture of the “new clothes” we're meant to wear: compassion, kindness, humility, gentleness, patience, and love. These are not just moral upgrades—they are reflections of Christ Himself. When we clothe ourselves in these virtues, we become visible evidence of God's work in our lives.

Love is the thread that ties it all together. It's not surface-level politeness or conditional affection. It's a sacrificial, others-focused love that mirrors Christ's heart. And when we wear that love openly and consistently, we bring unity, healing, and grace into the relationships around us. This is the mark of a believer who is growing into maturity.

Transformed by the Renewing of Your Mind

Romans 12:2 reminds us that true transformation comes not just by trying harder, but by renewing our minds. As we soak in God's Word, walk in step with His Spirit, and stay rooted in truth, our thinking begins to shift. We see sin for what it is. We hunger for righteousness. We stop trying to fix ourselves and start cooperating with God's refining work.

This “putting off and putting on” is not about shame or pressure—it's about freedom and identity. When we know who we are in Christ, we're empowered to become who He created us to be. It's not always easy, but it's always worth it. Every step of obedience leads to deeper joy and purpose.

Scripture References

- Colossians 3:5-10
- Colossians 3:12-14
- Romans 12:2

Reflection Questions

What “old clothes” do you sense God calling you to remove from your life right now?

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Which of the “new clothes” from Colossians 3:12-14 do you want to intentionally wear this week?

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How can you renew your mind daily to stay focused on transformation?

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Lesson 6: Rooted in Peace — Letting Christ Rule Your Heart

Let Peace Be the Umpire

In Colossians 3:15, Paul says, “Let the peace of Christ rule in your hearts.” That word “rule” is powerful. It means to act as an umpire, calling the shots, deciding what stays and what goes. When anxiety, fear, or conflict rise up in us, we’re invited to let Christ’s peace—not our emotions—have the final word.

This peace isn’t something we manufacture. It’s the result of being rooted in Christ, living in harmony with others, and remembering who we belong to. When we prioritize unity in the body and thankfulness in our hearts, we begin to experience a supernatural calm that the world can’t offer or explain.

Living Out the Peace of Christ

Paul continues in Colossians 3:16–17 and 4:2–6, urging believers to let the message of Christ dwell among them richly, to teach and encourage one another, and to let every word and deed be done in His name. This isn’t just private peace—it’s public influence. The peace of Christ is meant to overflow from our hearts into our homes, churches, and workplaces.

When we’re rooted in His Word and consistent in prayer, we carry peace into chaotic places. We speak with grace. We act with wisdom. We reflect Jesus in the way we live. That kind of peace brings healing, not only to us, but to everyone around us.

A Guard for Our Hearts and Minds

Philippians 4:6–7 paints a beautiful picture of what happens when we bring everything—our worries, our needs, our praises—to God in prayer. He responds by guarding our hearts and minds with a peace that goes beyond understanding. Not a shallow calm, but a deep, anchored stillness that comes from trusting that He is in control.

This kind of peace is not based on circumstances. It’s based on surrender. When we let Christ rule, we stop striving to control everything and instead learn to rest in His wisdom, provision, and presence. That is how peace becomes not just a feeling—but a way of life.

Scripture References

- Colossians 3:15-17
- Colossians 4:2-6
- Philippians 4:6-7

Reflection Questions

What tends to disrupt your peace most often, and how might Christ be inviting you to respond differently?

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How can you create space in your daily life to let the Word of Christ dwell in you richly?

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Where in your life do you need to be a peacemaker, carrying Christ's calm into a chaotic space?

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Lesson 7: Fully Equipped — Living Out Your Purpose in Christ

Faithfulness in the Ordinary

As Paul closes his letter in Colossians 4:7–18, we’re introduced to a list of names—faithful friends, co-laborers, and messengers of encouragement. These weren’t superstars. They were ordinary people living out their faith in difficult times. Some delivered letters. Some opened their homes. Some simply stood by Paul when others walked away. And yet Paul names them with affection, showing us that God honors faithfulness, not fame.

You don’t need a stage or spotlight to live with purpose. Sometimes the most powerful ministry happens in the quiet corners—when you show up for a friend, speak truth in love, or pray when no one sees. In God’s Kingdom, nothing is wasted. He uses every act of obedience to weave His story of redemption.

Rooted and Built Up in Christ

Earlier in the letter (Colossians 2:6–7), Paul gave us a blueprint for living on purpose: “Just as you received Christ Jesus as Lord, continue to live your lives in Him, rooted and built up in Him, strengthened in the faith... and overflowing with thankfulness.” This is how we grow strong. Not by striving harder, but by staying rooted deeper.

When Christ is our foundation, we don’t have to guess our way through life. He equips us with wisdom, strength, and clarity as we stay connected to Him. It’s in that connection that our calling becomes clear and our courage becomes real.

Created for Good Works

Ephesians 2:10 reminds us that we are God’s workmanship, created in Christ to do good works—works He prepared for us long before we even saw the need. That means your life isn’t random. Your gifts aren’t accidental. Your presence on this earth is on purpose, for a purpose.

No matter your age, past, or limitations, God is still writing your story. He’s still inviting you to walk it out. Whether you’re leading a ministry, raising a family, showing up at work, or helping a neighbor—you are a vital part of His plan. When Christ is above all, your life becomes a living testimony of His grace and power.

Scripture References

- Colossians 4:7-18
- Colossians 2:6-7
- Ephesians 2:10

Reflection Questions

Which of the people mentioned in Colossians 4 inspires you, and why?

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How can you stay rooted and built up in Christ during busy or dry seasons?

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What specific “good works” has God placed before you in this season, and how will you step into them?

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Anchored in Christ, Alive with Purpose

Colossians reminds us that Jesus is not part of our lives—He is the center of it all. Every chapter, every verse calls us back to this unshakable truth: Christ is supreme, sufficient, and completely worthy of our trust. When life feels unstable or uncertain, when culture shifts and priorities compete, we are invited to fix our eyes on the One who never changes.

This study hasn't just given us theology—it's given us perspective. We've seen how Christ reconciles, renews, and reigns. We've been reminded that we are deeply rooted in Him, fully forgiven, and completely free. And in that freedom, we've been called to live differently—to set our minds on things above, to clothe ourselves with compassion, and to reflect Jesus in the way we work, serve, and love.

So now what? Now we walk it out. One choice at a time, one conversation at a time, one act of obedience at a time. This isn't about being perfect. It's about being anchored—in truth, in love, and in purpose. Keep showing up with a heart that says, "Christ above all." Because when He is your foundation, everything else begins to fall into place. Not without challenge—but with clarity, courage, and confidence that your life matters and your faith makes a difference.

You are not alone. You are not forgotten. You are chosen, called, and empowered to live with purpose and power—because Christ lives in you.

