

Colossians 1:1-14

1 Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother,

2 To the saints and faithful brothers in Christ at Colossae: Grace to you and peace from God our Father.

3 We always thank God, the Father of our Lord Jesus Christ, when we pray for you,

4 since we heard of your faith in Christ Jesus and of the love that you have for all the saints,

5 because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel,

6 which has come to you, as indeed in the whole world it is bearing fruit and growing-as it also does among you, since the day you heard it and understood the grace of God in truth,

7 just as you learned it from Epaphras our beloved fellow servant. He is a faithful minister of Christ on your behalf

8 and has made known to us your love in the Spirit.

9 And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding,

10 so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God.

11 May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy,

12 giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light.

13 He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son,

14 in whom we have redemption, the forgiveness of sins.

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CHRIST IS ALL

This is his answer to the people in this small church, whom he hasn't ever met.  
And "Christ is all" changes everything.

TOTAL TRUST IN THE GOSPEL IS DESCRIBED BY THREE THINGS:  
FAITH, HOPE, AND LOVE

Faith is believing in what God has done in the past. What He's done in the past, in Christ Jesus, and what He's doing in us.

Hope is confidence in what God will do in the future. He has not forgotten me. And faith and hope are deeply linked. Story of Russell and Jeremiah's move to Houston.

Love. We can't love when we are caught up in ourselves, either our past or the future. The gospel clears the past, promises the future, and allows us to then love deeply in the present.

So, do you have a hard time in trusting God in your past? Can you not believe that God is

good and active in all that has happened? Or are you worried about tomorrow to the point of paralysis? And is it difficult for you to love?

Paul offers a prayer in verse 9 in response to this.

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IF YOU HAVE PLACED TOTAL TRUST IN THE GOSPEL, THERE IS THIS EXPECTATION:

#### 1. GROWTH IN GOSPEL KNOWLEDGE

v9-10 covers all of this, we must drink deep of the Word. It is the fuel for the engine. We can play the game of walking with God on campus, yet that's all it is: a game. Not pleasing Him. Not bearing fruit. In what way are you prioritizing your time with the Lord, your time in the Word?

We can't learn all of this, and then never apply it to our lives. Gain in knowledge, and then play it out in life. Study, then walk it out.

#### 2. GROW IN GOSPEL POWER

v11-12. God makes ALL of His power available. Do you feel this way? He will super-charge all things. Why don't we feel this way?

Story of Paul and Silas in the jail in Philippi. When Paul speaks of perseverance in gospel power, he knows what he is talking about; he has lived it. A life where no one can rob you of your joy.

**Gospel Growth**  
**Colossians 1:1-14**

\_\_\_\_\_ trust in the \_\_\_\_\_ is marked by three things...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If you have placed total trust in the Gospel, \_\_\_\_\_ is the

\_\_\_\_\_  
Growth in Gospel \_\_\_\_\_  
Growth in Gospel \_\_\_\_\_

Colossians 1:15-2:5

15 He is the image of the invisible God, the firstborn of all creation.

16 For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him.

17 And he is before all things, and in him all things hold together.

18 And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent.

19 For in him all the fullness of God was pleased to dwell,

20 and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

21 And you, who once were alienated and hostile in mind, doing evil deeds,

22 he has now reconciled in his body of flesh by his death, in order to present you holy and blameless and above reproach before him,

23 if indeed you continue in the faith, stable and steadfast, not shifting from the hope of the gospel that you heard, which has been proclaimed in all creation under heaven, and of which I, Paul, became a minister.

24 Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in Christ's afflictions for the sake of his body, that is, the church,

25 of which I became a minister according to the stewardship from God that was given to me for you, to make the word of God fully known,

26 the mystery hidden for ages and generations but now revealed to his saints.

27 To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory.

28 Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ.

29 For this I toil, struggling with all his energy that he powerfully works within me.

1 For I want you to know how great a struggle I have for you and for those at Laodicea and for all who have not seen me face to face,

2 that their hearts may be encouraged, being knit together in love, to reach all the riches of full assurance of understanding and the knowledge of God's mystery, which is Christ,

3 in whom are hidden all the treasures of wisdom and knowledge.

4 I say this in order that no one may delude you with plausible arguments.

5 For though I am absent in body, yet I am with you in spirit, rejoicing to see your good order and the firmness of your faith in Christ.

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IT'S TOO GOOD

PAUL TELLS US ABOUT JESUS CHRIST

- Jesus makes God visible.
- Jesus is the heir of All.

Think about the multi-generational kids that inherit; He is the heir of all.

- Jesus is the root, the means, and the aim of creation.  
"For by Him". It's all about and through Him.

- Jesus is the sustainer of creation.

Without His sustaining, all things would disintegrate. It's all about Him, for Him, and He holds it together.

- Jesus is the root, the means, and the aim of re-creation.

He is the head of the church, the new creation.

When have you stopped and been stunned by Jesus?

- Jesus is God in Flesh!

Every bit of God is in Jesus. The unapproachable is now approachable.

AND SO WE...

And in v21 he turns the attention to us:

- by our nature are alienated, hostile (hatred, for we don't want to submit to anyone; it's all about us), and we carry out evil deeds.

Story of the engagement ring. The diamond shines even greater on the black backdrop. And so it is with our Saviour.

- We are distant by nature, but by faith we are filled.

And the deal is this: Christ in you, the hope of glory. Oh, how this changes everything!!

- By Christ we are compelled.

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When He sets up shop inside of us, we can't help but tell this to EVERYONE. We are compelled. Story of being awakened from our sleep in an on-fire Winnebago.

v28 "Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ."

**Christ IN You!**  
**Colossians 1:15-2:5**

Jesus Christ

Makes God \_\_\_\_\_

Is the \_\_\_\_\_ of All

Is the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ of Creation

Is the \_\_\_\_\_ of Creation

Is the \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ of Re-Creation

Is \_\_\_\_\_ in Flesh!

We

By Our \_\_\_\_\_ Are \_\_\_\_\_

By \_\_\_\_\_ are \_\_\_\_\_

By \_\_\_\_\_ are \_\_\_\_\_

Colossians 2:6-23

6 Therefore, as you received Christ Jesus the Lord, so walk in him,

7 rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

8 See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ.

9 For in him the whole fullness of deity dwells bodily,

10 and you have been filled in him, who is the head of all rule and authority.

11 In him also you were circumcised with a circumcision made without hands, by putting off the body of the flesh, by the circumcision of Christ,

12 having been buried with him in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead.

13 And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses,

14 by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross.

15 He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him.

16 Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath.

17 These are a shadow of the things to come, but the substance belongs to Christ.

18 Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions, puffed up without reason by his sensuous mind,

19 and not holding fast to the Head, from whom the whole body, nourished and knit together through its joints and ligaments, grows with a growth that is from God.

20 If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations-

21 "Do not handle, Do not taste, Do not touch"

22 (referring to things that all perish as they are used)-according to human precepts and teachings?

23 These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.

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How do we respond to what Jesus has done? We root down in Jesus. We choose between STRIVING and BEING. Striving where we feel like we've got to do our part and make it happen.

• DON'T STRIVE FOR INDIVIDUAL INTELLECTUALISM

This is a warning against an intellectual pursuit. For now the college campus is the graveyard of faith; people bury it there. And we don't have to check our brains at the door either. What is your epistemology (theory on knowledge)? Don't toss it, and don't make an idol of it.

- **BE PERSONALLY ROOTED**

We can explore Christ personally. To be well rooted we must use all of the tools He has given us. Fasting and praying is a great example. Solitude and listening; living in a big house or dorm with constant activity, and our phones constantly feeding us with interruption; often our lives are so loud that we can't hear the whispers of God.

- **DON'T STRIVE FOR RELIGIOUS LEGALISM**

v16-23. The religious events of the past aren't the measure. and it's not by denial of everything. A college campus can breed a "live like this" mentality. Do you feel like you're better than other people because of what you do, then watch out! Story of eating a fine steak.

- **BE HISTORICALLY ROOTED**

v7 "just as you were taught," this has been handed down, over and over and over. It's an alive and vibrate faith that's been given us. Doctrine is the guardrails to our personal rootedness.

- **DON'T STRIVE FOR ECSTATIC EXPERIMENTALISM**

v18-19. Don't live for the next emotional high. Be rooted in Christ. Now, it's not that everything in your life is predictable. We may have some amazing stories and experiences; but that isn't the source and root of our journey. Sometimes you find it in the more charismatic churches. This is ok as long as the day-by-day doesn't become boring without the fireworks.

- **BE MIRACUOUSLY ROOTED**

The greatest miracle isn't the return of a chopped off leg; the amazing thing is the life that is given to a man that is spiritually dead (the paralytic lowered through the ceiling, "your sins are forgiven.") v9-15

The miraculous rooting of a dead heart is something that only Jesus can do, and it's the biggest thing ever. And since Genesis 3 the story of all of this has been playing out. In Jesus the evil forces think that this is it, the biggest twist comes and just triumphs over the shame of the Pharisees. Like a wrestle move as the enemy is pushed into a pin (full Nelson).

Jesus is the ultimate HALO mission. We don't have to strive to make this all work, just look at Jesus and the cross. Be rooted.

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**Rooted Right  
Colossians 2:6-23**

Don't Strive for Individual \_\_\_\_\_

Be \_\_\_\_\_ Rooted

Don't Strive for Religious \_\_\_\_\_

Be \_\_\_\_\_ Rooted

Dont Strive for Ecstatic \_\_\_\_\_

Be \_\_\_\_\_ Rooted

Colossians 3:1-17

1 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God.

2 Set your minds on things that are above, not on things that are on earth.

3 For you have died, and your life is hidden with Christ in God.

4 When Christ who is your life appears, then you also will appear with him in glory.

5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.

6 On account of these the wrath of God is coming.

7 In these you too once walked, when you were living in them.

8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth.

9 Do not lie to one another, seeing that you have put off the old self with its practices

10 and have put on the new self, which is being renewed in knowledge after the image of its creator.

11 Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

12 Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,

13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

14 And above all these put on love, which binds everything together in perfect harmony.

15 And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.

16 Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.

17 And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

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• EMBRACE YOUR NEW IDENTITY

Basketball story of what jersey do you wear, and as such which team do you play on. Live into your new identity. Be the new you.

Notice faith, hope, love: we died to our nature, and are new in Him.

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• BY REJECTING THE OLD

• PERSONAL VICE

v5 sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.

Sexual immorality (v5): twisted sexual sin in a broad sense. This comes from us driving our sin mood, and not letting it flow from God as our Lord. No definitional dodge here. Sex outside of marriage, oral sex. It's about where your heart is, using the other person for my purposes and gain. Where self control by the fruit of the Spirit has been cast aside.

It can come with another or by yourself. Look at the jersey you are wearing!

Impurity: when we care the shame of our life with us; like a scarlet A.

Passion: dominated by emotions and lack of self-control. Christ must be dwelling as our Lord, under His rule.

Evil desire: unchecked passions. A desire has given birth.

Covetousness: it is much the root of all of these things, a longing for more, it's all about me. If I just had this or that.

- COMMUNAL VICE

v8-9 anger, wrath, malice, slander, and obscene talk from your mouth. Do not lie to one another, seeing that you have put off the old self with its practices

Anger: a seething, settled hatred. It's at the baseline, lying awake at night in bitterness. Ephesians is the brother letter to Colossians, and in chapter 4 he speaks of the danger of letting the sun go down on your anger, that you give an invitation to the evil one. Think about the lava in the depths of the volcano.

Wrath: the eruption of the lava. Story of the guy at Buckee's with his family.

Malice: general badness and ill intent. how is this when He is the center and the circumference? Malice makes it look like we don't believe this,

Slander and obscene talk: it becomes easy to say thing when you aren't around because you've upset my world, and my thoughts on this have been brewing. Our words are the grand exposure of our heart.

Don't lie: He is the root of truth, truth should flow in everything. We may not look so good at times, but He always looks good.

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v10-11 and have put on the new self, which is being renewed in knowledge after the image of its creator. Here there is not Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free; but Christ is all, and in all.

Recall 2:23 "These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh." this isn't about doing, but being.

This is played out in a Chiasm with a vivid pivot point: Christ is all, and in all.

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- AND RECEIVING THE NEW

And we see a contrast to all of the above. Not because we do these things, but we are these things.

- COMMUNAL VIRTUE

v12-13 compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.

Compassionate heart: an empathetic spleen.

Kindness: An eruption of pouring our kindness.

Humility: not trying to be something. The same word as "not be ascetic". But here it isn't an activity, but an identity that we will take on because He is all, and in all. How can we look back at ourselves? Andrew Murray says that the litmus test of our growing in Christlikeness is "do I have humility?"

Meekness: when prideful you are defending yourself, but when you are humble you are gentle. This is in proportion to the degree that we are rooted in the Gospel.

Patience: comes when the future and the past are secure. We receive God's favor, so we are patient. It isn't doing, but being, and being in response to what God has done.

- PERSONAL VIRTUE

v 14-17 And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Love: it's poured out to us from Christ, so we can pour it out to others.

Peace: now we don't want to use others, but serve others. For Christ to RULE is to allow Him to be the umpire, set the bounds and call the shots.

Gratitude: simply be thankful. You can't hold onto pride when you live thankful. We see the goodness shown us in Christ in every step of the day.

Word dwell richly: this is the fuel that allows us to move forward in these virtues. To prioritize the Word of God over our own voice.

Sing psalms: sing. Sing. SING. For you won't sing the sermon, but you can sing the Word of God in your hearts.

Whatever you do: when this is who you are it changes everything and God receives all of

the glory.

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Put off the old and put on the new, college students. Live for His glory in all of the places  
that God has you.  
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## **Be the New You Colossians 3:1-17**

Embrace Your New \_\_\_\_\_

By \_\_\_\_\_ the Old

\_\_\_\_\_ Vice

\_\_\_\_\_ Vice

And \_\_\_\_\_ the New

\_\_\_\_\_ Virtue

\_\_\_\_\_ Virtue

Colossians 3:18-4:18

18 Wives, submit to your husbands, as is fitting in the Lord.

19 Husbands, love your wives, and do not be harsh with them.

20 Children, obey your parents in everything, for this pleases the Lord.

21 Fathers, do not provoke your children, lest they become discouraged.

22 Slaves, obey in everything those who are your earthly masters, not by way of eye-service, as people-pleasers, but with sincerity of heart, fearing the Lord.

23 Whatever you do, work heartily, as for the Lord and not for men,

24 knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.

25 For the wrongdoer will be paid back for the wrong he has done, and there is no partiality.

1 Masters, treat your slaves justly and fairly, knowing that you also have a Master in heaven.

2 Continue steadfastly in prayer, being watchful in it with thanksgiving.

3 At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison-

4 that I may make it clear, which is how I ought to speak.

5 Walk in wisdom toward outsiders, making the best use of the time.

6 Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

7 Tychicus will tell you all about my activities. He is a beloved brother and faithful minister and fellow servant in the Lord.

8 I have sent him to you for this very purpose, that you may know how we are and that he may encourage your hearts,

9 and with him Onesimus, our faithful and beloved brother, who is one of you. They will tell you of everything that has taken place here.

10 Aristarchus my fellow prisoner greets you, and Mark the cousin of Barnabas (concerning whom you have received instructions-if he comes to you, welcome him),

11 and Jesus who is called Justus. These are the only men of the circumcision among my fellow workers for the kingdom of God, and they have been a comfort to me.

12 Epaphras, who is one of you, a servant of Christ Jesus, greets you, always struggling on your behalf in his prayers, that you may stand mature and fully assured in all the will of God.

13 For I bear him witness that he has worked hard for you and for those in Laodicea and in Hierapolis.

14 Luke the beloved physician greets you, as does Demas.

15 Give my greetings to the brothers at Laodicea, and to Nympha and the church in her house.

16 And when this letter has been read among you, have it also read in the church of the Laodiceans; and see that you also read the letter from Laodicea.

17 And say to Archippus, "See that you fulfill the ministry that you have received in the Lord."

18 I, Paul, write this greeting with my own hand. Remember my chains. Grace be with you.

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- **OUR CLOSET RELATIONSHIPS SHOULD BE CHRIST CENTERED**

If Christ is all, then the closet relationships must reflect this.

- **LOVE LIFE**

18 Wives, submit to your husbands, as is fitting in the Lord. Husbands, love your wives, and do not be harsh with them.

Submission of the wives is all through the scriptures. This is the same submission that Jesus had with His Father. Ladies, wait for a man worthy of your submitting to; that you want to be lead by him and be shaped by him. A man that leads you well into the presence of Christ.

And men must love their wives. This is not a sentimental call, but the laying down of his very life. To love as Christ has loved the church, to present her holy. Decisions today effect who you are, and will effect your family. So love Jesus first. Christ is all, and in all.

- **FAMILY LIFE**

20 Children, obey your parents in everything, for this pleases the Lord. Fathers, do not provoke your children, lest they become discouraged.

No caveats in that we outgrow this; we must still love them and prioritize their place of speaking into life. Your primary allegiance will be to the Lord if your parents are pressing you away from Christ's call.

Don't provoke your family because you are the shepherd of the family, you won't do that if you are pursuing the Lord.

- **WORK LIFE**

22 Slaves, obey in everything those who are your earthly masters, not by way of eye-service, as people-pleasers, but with sincerity of heart, fearing the Lord. Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ. For the wrongdoer will be paid back for the wrong he has done, and there is no partiality. Masters, treat your slaves justly and fairly, knowing that you also have a Master in heaven.

Here the idea is that there are slaves that are members of the church, there is much being spoken to them in this passage. These slaves have a primary allegiance to the Lord. Paul isn't trying to fix the social brokenness.

This is a revolutionary impartiality that is being spoken here.

And for work we must remember that Jesus is our real boss. And this stuff really changes life. Jesus reigns over every inch of it.

• ALL OTHER RELATIONSHIPS SHOULD BE CHRIST CENTERED

2 Continue steadfastly in prayer, being watchful in it with thanksgiving. At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison- that I may make it clear, which is how I ought to speak.

He's asking how to make the mystery of Christ clear to those around him. What are our prayers like? Normally for ourself. Yet this world is all about Him.

5 Walk in wisdom toward outsiders, making the best use of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

Your life is a blip. And the real story being told is about Jesus. In a breath we appear, and then leave. Did our moment matter for the real story: Jesus. And college is a focused moment of thousands of people. Missionaries prepare for years to do this; in college you can do this now. So walk in wisdom, making the most of your time. Story of Jeremiah's house at TCU.

Let your speech be salty. Salt makes us thirsty; does your speech cause others to be drawn to Jesus.

• WHEN THIS IS THE CASE - YOURS WILL BE A STORY FULL OF NAMES

When you read Paul's mail you'll find that it's always full of people. We see the taste of love in this community. Grant Williams story. Ryan Born story. Bess Alford story. John Turner story. Morgan, Madeline, Anna story. A life full of names, and not just Facebook names. Seeing the story of Jesus reflected in our stories together, for it is all about Christ, and Christ is all.

Think about the names that you are going back to in college. Whom will you call to Jesus? For Christ is all, and this one thing simply changes everything. It would be utter foolishness to make our lives about anything else. That we might have a grander vision of who Christ is.

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**Story Full of Names  
Colossians 3:18-4:18**

Our \_\_\_\_\_ Relationships Should be \_\_\_\_\_ Centered

\_\_\_\_\_ Life

\_\_\_\_\_ Life

\_\_\_\_\_ Life

All \_\_\_\_\_ Relationships Should Be \_\_\_\_\_ Centered

When this is the case...

Yours Will Be a \_\_\_\_\_ Full of \_\_\_\_\_

**Quiet Time**  
**Tuesday Morning**

Take 5 Deep Breaths. Slow Down. Ask God to Meet with you this morning. Enjoy the quiet and rest.

Now Read Colossians 1:1-14 and look over your notes from last night. Write a few sentences to yourself below about what you do not want to forget about this passage and about what you heard last night.

Read Colossians 1:15-2:5 slowly and prayerfully.

Write a letter to Jesus, identifying things you are grateful for/love about him.

## **Quiet Time Wednesday Morning**

Start by praying. Talk to God. Share with him 3 things that you love about Him. Confess ways that you have not lived up to him. Thank Him for still pursuing you. Share with him any concerns or struggles that you have.

Now read the entire book of Colossians. Pay particular attention to things that stick out as a result of our time spent together in the last 3 sessions.

Write the most striking truths that you have learned.

Now explain how life would be different if you were to believe/implement those truths.