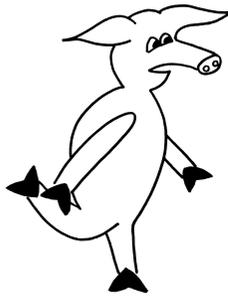


# How to maintain a healthy body

Colossians 3:1-17



Oh no - I've pulled another hamstring.

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. <sup>2</sup> Set your minds on things above, not on earthly things. <sup>3</sup> For you died, and your life is now hidden with Christ in God. <sup>4</sup> When Christ, who is your life, appears, then you also will appear with him in glory.

<sup>5</sup> Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. <sup>6</sup> Because of these, the wrath of God is coming. <sup>7</sup> You used to walk in these ways, in the life you once lived. <sup>8</sup> But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. <sup>9</sup> Do not lie to each other, since you have taken off your old self with its practices <sup>10</sup> and have put on the new self, which is being renewed in knowledge in the image of its Creator. <sup>11</sup> Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

<sup>12</sup> Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup> Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. <sup>14</sup> And over all these virtues put on love, which binds them all together in perfect unity.



<sup>15</sup> Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. <sup>16</sup> Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.

<sup>17</sup> And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

## Our true identity.

If you are a Christian...

1. you have a new life in Christ (vv 3, 10, 11, 12), having died to the old life.
2. that new life is guaranteed by Jesus' death and resurrection for you. 'You have been raised with Christ' (v1).
3. your new life is largely invisible now but will be clear to all when Jesus returns (v4).
4. you are a member of God's family, the true Church (v12), Christ's body (v15).

Verses 1-4 & 17 explain why Christians should live the kind of life described in verses 5-16.

Not to boast of our own achievements or to try by our own efforts to get right with God but **out of gratitude to God for what he has done for us and in order to live according to our new status in Christ.**

## The only lifestyle compatible with the Christian's true identity and status.

A life of...

1. thankfulness to God (vv 15, 16, 17) since our new life is only possible by what God in Christ did for us at the Cross.
2. putting God and his word first as opposed to being idolatrous (v5). Not letting the things of our earthly nature (v5) master us.
3. working with God to be the people he created us to be (vv 5 'put', 8 'rid', 12 'clothe', 13 'bear with', 14 'forgive', 15 'let', 'be', 16 'let', 17 'do').
4. holy love (v14).
5. building up the body of Christ (v15), the church family, cf 'so that the body of Christ may be built up' (Ephesians 4:12).