



A New Creation

FREEDOM FROM



Freedom From Who We've Been

COLOSSIANS 3:1-4



Life is being hidden *with* Christ.

Misery is being hidden *from* Christ.

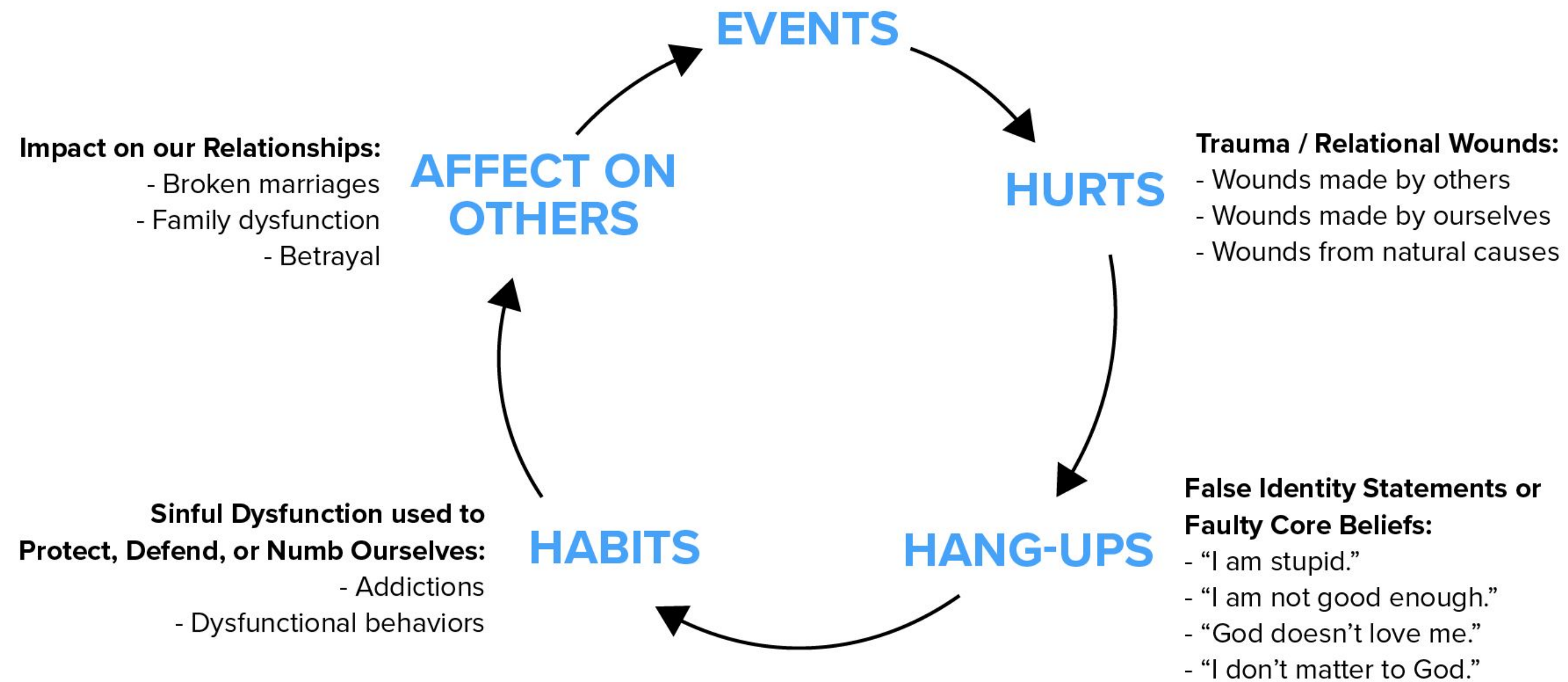
Colossians 3:1-4 NIV

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

Colossians 3:1-4 NIV

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

CYCLE OF UNHEALTH



Colossians 3:1-4 NIV

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Ephesians 2:13 NIV


But now in Christ Jesus you who once were far away
have been brought near by the blood of Christ.

A Life Hidden With Christ

Lean into the pain

Romans 7:18-19 NIV

For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. ¹⁹ For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.



Lean into the pain
Don't face the pain alone

1 John 1:9 NIV

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Colossians 3:1-4 NIV

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“”

Beware of no man more than yourself;
we carry our worst enemies within us.

- Charles Spurgeon

Colossians 3:1-4 NIV

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Lean into the pain
Don't face the pain alone
**Vulnerability and
empathy kill shame**

“”

**If we can share our story with someone
who responds with empathy and
understanding, shame can't survive.**

- Brené Brown

Colossians 3:1-4 NIV

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Romans 12:1-2 NIV

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



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