

Going Deeper

Your weekly guide to understanding God with others

GUNK - Part 3 Dress From God's Wardrobe

MARK PURSER

IMPORTANT NOTE

This study touches on family and domestic violence. If you are experiencing this or need to discuss it further, here are a few ways to get professional help:

Crossway LifeCare 9886 3899

crosswaylifecare.org.au

1800 RESPECT 1800 737 732

National service providing free family violence and sexual violence counselling over the phone, as well as information and support. Both victim-survivors and people supporting someone affected by family violence can call.

Safe Steps 1800 015 188

Crisis family violence support, available 24/7.

The Orange Door

1800 354 322 (Inner Eastern Melbourne)

1800 271 150 (Outer Eastern Melbourne)

Local support, available Monday to Friday, 9am - 5pm .

Feel free to call the pastoral team if this topic raises concerns for you personally.

Dear Life Group Leaders, please be wise and sensitive to the Holy Spirit as you lead this study. God bless you.

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Introduction

Isaiah 61:10 says, “I delight greatly in the LORD; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of his righteousness”; and in Colossians, Paul speaks of being dressed in compassion, kindness, humility, quiet strength and discipline. And yet, with the challenges and stresses of life, we risk carrying ‘gunk’, which may be unfairly dumped on our loved ones in unhealthy and even abusive ways.

Read Colossians 3:7-14

Discuss

1. Pastor Mark suggests that we are prone to “dump the gunk from our lives on those we love most.” Why do we have a tendency to do this? What may assist us to prevent this from happening?
2. Read Colossians 3:7, “You used to walk in these ways, in the life you once lived.” What does ‘life you once lived’ mean? Does it mean that everyone has the issues listed in verse 8 – “anger, rage, malice, slander, and filthy language from your lips”?
3. Are there any specific examples of behaviours mentioned in Colossians 3:8 that have been difficult for you to deal with? What might be a better way to respond to that specific behaviour?
4. Read Colossians 3:12. What do we need to clothe ourselves with? What often hinders you from applying this?
5. The faith community is not immune to family and domestic violence, and it is an issue that we may find difficult to speak up about. How can we better equip ourselves – as individuals, couples, families or as a group – to support people in this situation? What can we change to improve this?
6. Read Colossians 3:15-17 in The Message translation. What does a house filled with the Word of Christ look like? What do you need to do to take a step closer to this?

Respond

What are some practical steps that believers can take to ensure we are living according to this teaching when it comes to preventing or responding to domestic and/or family violence? Is there any personal value change that needs to be addressed for you personally? Pray together.

Several professional helps for men using violence:

- Crossway LifeCare: 9886 3899 / crosswaylifecare.org.au
- Men’s Line: 1300 78 99 78
- Men’s Referral Service: 1300 766 491
- The Orange Door: 1800 354 322 (Inner Eastern Melbourne) / 1800 271 150 (Outer Eastern Melbourne) / Local support, available 9am-5pm Monday to Friday.