

#4 – WALK IN HIM (Jo Callender)¹

- Where have you seen God at work in your life this week? (Share any brief examples and encouragements).
- Was there anything from Sunday's message which you found particularly inspiring or challenging?
- Was there anything else you particularly noticed?

Colossians 2:6-7 (ESVUK)

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

1. *The Message* translation puts it like this: "You received Christ Jesus, the Master; now *live* him." The NIVUK reads, "just as you received Christ Jesus as Lord, continue to live your lives in him." Jesus said a very similar thing in John 15:4, "Live in me. Make your home in me just as I do in you... you can't bear fruit unless you are joined with me." (MSG)
 - *We probably understand what it means to receive Christ, but what does it mean to you to 'walk in him' or 'live your life in him'?*
2. "Pray continually," wrote the Apostle Paul (1 Thessalonians 5:17 NIVUK). Nicholas Herman, the 17th Century Monk, known as Brother Lawrence, urged, "Let us occupy ourselves entirely in knowing God. The more we know Him, the more we will desire to know **Him**. As love increases with knowledge, the more we know God, the more we will truly love Him. We will learn to love Him equally in times of distress or in times of great joy."
 - *Is it possible to pray all the time? How can we do that and concentrate on other necessary things at the same time? Is it an impossible 'super-spiritual' dream?*
3. Jo suggested 3 things we can do: **(1) Pray for help.** Brother Lawrence used to pray, "Lord, I will never be able to do that if you don't help me..." **(2) Stay focused.** Find things to help remind you to pause and pray. **(3) Play a game.** In his book, *The Game With Minutes*², Frank Laubach writes, "We shall not become like Christ until we give Him more time... To his disciples he said: "Come with me, walk with me, talk and listen to me, work and rest with me, eat and sleep with me, twenty-four hours a day for three years." That was their college courses—"He chose them," the Bible says, "that they might be with him," 168 hours a week!" Laubach contends that if we are serious about living our lives in Christ, two things are needed. First, "We have a study hour.. We read and reread the life of Jesus recorded in the Gospels thoughtfully and prayerfully at least an hour a day." Second, "We make Him our inseparable chum. We try to call Him to mind at least one second of each minute. We do not need to forget other things nor stop our work, but we invite Him to share everything we do or say or think."
 - *What could we do to playfully (as Frank Laubach suggests) 'practice God's presence'? (Write notes on mirrors, pray with hand driers! Etc.)*
 - *Read the passage below from The Message. How do we stay focused on this big picture of Christ?*

Colossians 1:15-23 (The Message)

We look at this Son and see the God who cannot be seen. We look at this Son and see God's original purpose in everything created. For everything, absolutely everything, above and below, visible and invisible, rank after rank after rank of angels—everything got started in him and finds its purpose in him. He was there before any of it came into existence and holds it all together right up to this moment. And when it comes to the church, he organizes and holds it together, like a head does a body. He was supreme in the beginning and—leading the resurrection parade—he is supreme in the end. From beginning to end he's there, towering far above everything, everyone. So spacious is he, so expansive, that everything of God finds its proper place in him without crowding. Not only that, but all the broken and dislocated pieces of the universe—people and things, animals and atoms—get properly fixed and fit together in vibrant harmonies, all because of his death, his blood that poured down from the cross. You yourselves are a case study of what he does. At one time you all had your backs turned to God, thinking rebellious thoughts of him, giving him trouble every chance you got. But now, by giving himself completely at the Cross, actually dying for you, Christ brought you over to God's side and put your lives together, whole and holy in his presence. You don't walk away from a gift like that! You stay grounded and steady in that bond of trust, constantly tuned in to the Message, careful not to be distracted or diverted. There is no other Message—just this one. Every creature under heaven gets this same Message. I, Paul, am a messenger of this Message.

¹ Message preached at Yvonne Arnaud Theatre, Guildford, August 1, 2021

² <http://www.howtolovegod.org/wp-content/uploads/2012/02/The-Game-with-Minutes.pdf>