



Life Groups: Spiritual Self-Defence

Colossians 2:16-23

Thinking of Spiritual Self-Defence and the example of Ricky's Judo experience:

- has life ever unexpectedly kicked you in the unmentionables?
- how did you respond?
- is there anything you wish you could've done to prepare?

Can you think of a time you've been led astray by **“human teaching/commands” [v22]** which have had the **“appearance of wisdom” [v23]**?

You may have discussed this last week, but relating to **v20**, are there instances/areas where you still submit to the world's rules or live as though you still belong to the world?

See **Jude v17-21**:

- how can we **“build ourselves up in our faith” [v20]** and **“keep ourselves in God's love” [v21]**?

See **Ephesians 6:10-18**:

- which element of the **“whole armour of God”** do you rely on the most?
- which do you rely on least or least frequently?
- which should you probably rely on more?

Close by reading **Jude v24-25** together (perhaps in different translations) and praying it over one another:

To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy - to the only God our Saviour be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen.