



LIFE GROUP DISCUSSION GUIDE



JANUARY 4, 2026

Dive In (10 Minutes)

Go around and let everyone share...

If you had to look at your phone's "Screen Time" report or your bank statement from this past week, what would it say your top three "priorities" were? (No judgment—just an honest look at where our time and money went.)

Dig Deep (40 Minutes)

Read Colossians 1:15-20 aloud.

1. The List of Attributes: In these six verses, how many different descriptions of Jesus can you find? (List them out as a group).
2. The "Sticky" Factor: Look at verse 17. What does it mean that in Him "all things hold together"? How have you seen Jesus hold your life together?
3. The Definition of Preeminence: Verse 18 says He is to be "preeminent." In your own words, what is the difference between Jesus being *prominent* (important) and Jesus being *preeminent* (first)?

Read Colossians 2:6-7.

4. **The "Walk":** Paul says we should walk in Him just as we "received" Him. How did you first "receive" Jesus? How does that compare to how you "walked" with Him this past week?
5. **Rooted vs. Built:** Paul uses two metaphors: a tree (rooted) and a building (built up).
 1. What are the "nutrients" our roots need to stay strong in a culture that tries to pull us away from Jesus?
 2. What does it look like to "build" a life on Jesus rather than just "visiting" Him on Sundays?



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Do Big (10 Minutes)

If Jesus were truly the "First Thing" in the following areas of your life this week, what would change?

1. Your morning routine?
2. How you handle a conflict at work?
3. Your "inner monologue" when you fail?
4. How you view lost people?