

Bible Study Topic: Removing chains from my heart

Text: Col. 3.14-15

Big Idea: Removing chains from your heart will elevate your love

Removing chains from my heart

W. E. B. Du Bois once said, *“There is in this world no such force as the force of a person determined to rise. The human soul cannot be permanently chained.”*

Answer the question: What are chains?

Chains are something that binds or restrains things figuratively and literally. You can bind up a prisoner by using chains so that they can't get free. You can use a chain to secure your fence so that no one can open it. Chains can be used to lock up your bike so that no one can steal it. You can chain up outdoor items so that in the time of a storm, they won't get blown away.

Answer the question: What does it look like when your heart is chained?

Earlier in this 3rd chapter of Colossians, Paul said that believers *have died and that your life is hidden in Christ* (Col. 3.3). Since your life has been hidden in Christ, there is a taking off the old man (vv5, 8-9) and putting on the new man (v12).

As God's chosen put on:

1. Compassion: show mercy and concern, with the implication of sensitivity (Mark 6.34; Eph. 4.32)
2. Kindness: to provide something beneficial for someone (Lk 6.35; Prov. 11.17)
3. Humility: The personal quality of being free from arrogance and pride and having an accurate estimate of one's worth (Prov. 11.2; Jam. 4.10)
4. Gentleness: an attitude and behavior in contrast to harshness (Titus 3.2; Prov. 15.1)
5. Patience: Active endurance of opposition. A state of emotional calm in the face of provocation or misfortune

- and without complaint or irritation (**Rom. 12.12; Gal. 5.22**)
6. **Forbearance**: enduring **possible** difficulty (**Is. 53.6; Rom. 5.8**)
 7. **Forgiveness**: on the basis of one's gracious attitude toward an individual forgive. Show **favor**. Allow room for error. (**Mrk. 11.25; Matt. 6.15**)
 8. **Love**: unconditional love where God is the **motivator** (**1 Cor. 16.14; 1 John 4.19**)
 9. **Peace**: a set of favorable circumstances involving peace and tranquility (**Matt. 5.9**)
 10. **Thankfulness**: conscious of **benefit** received (**1 Thess. 5.18; Phil. 4.6**)