

Where Your Life Actually Is

COLOSSIANS 3:1-4 (WEB) · SMALL-GROUP LESSON · DIGDEEPER.AI

The Big Idea

Your real life isn't out there for anyone to grab or ruin. It's already tucked away safe with Christ in God, so you get to live today from a place that's settled instead of scrambling to make one.

Opening Lines

Ask the room a strange question: where is your life right now? Not where you are, where your LIFE is. Watch them fumble, then read them verse 3 and tell them Paul already answered it, and the answer is not a place on any map.

Before You Teach

- Goal: Move the room from earth-level anxiety to the settled fact that their life is already hidden and safe with Christ. They leave knowing their true home address changed the day they were raised with him.
- If you're short on time, cut: The full cross-reference tour. If time is short, keep Ephesians 2:6 and drop the rest, because that one verse alone shows why they can seek the things above.
- Where the moment lives: In the moment a person names the earthly thing gripping their mind and then says out loud that their real life is somewhere that thing can't reach. Not the teaching of verse 3, the personal claiming of it.
- Your prep: Sit with verse 3 yourself until you can name your own racing thought and answer it with 'my life is hidden with Christ in God.' If you can't do it, you can't lead the room into it.

Run It In Your Setting

The same lesson, sequenced three ways. Pick the one that fits your group and your clock.

CLASSROOM · ~20 PEOPLE · 45 MINUTES

Classroom opening, the 'where is your life?' question (5). Read Colossians 3:1-4 twice, teach 'seated at the right hand' as throne-room language (8). Teach the word 'hidden' with the closed-fist image (7). Questions 1-3 with deliberate silence (18). Land on the big idea, out-loud commitment sentence, close in prayer over what was named (7). Cut first: the cross-reference tour.

SMALL GROUP · ~8 PEOPLE · 60 MINUTES

Small-group opening, everyone names the 2 a.m. default (6). Read the passage, teach the three tenses and 'hidden' (12). Questions 1-5, holding silence after answers this week

(28). Table question on the voice you're trusting more than Christ (8). Commitments out loud and prayer over specifics (6). Transformation lives in questions 2 and 5 where people name the worry and the waiting. Cut first: question 4 if time is tight.

COFFEE · 2-3 FRIENDS · 30 MINUTES

Coffee opening, the 'what does your mind circle at night?' admission — you go first (5). Read Colossians 3:1-4 once, slowly (3). One idea only: your life is already hidden and safe, with the closed-fist image (7). Questions 3 and 5 only (10). One commitment sentence each and a short spoken prayer (5). Transformation lives in saying the sentence back at a real worry. Cut first: nothing — just go slower on fewer questions.

Silence

Silence is a habit for every lesson you'll ever teach — this week we drill it deliberately. Remember week 2 and week 7, where you practiced asking a question and then shutting your mouth for a full ten seconds without rescuing the room? Level three raises the bar: this week you hold silence AFTER an answer, not just after a question. When someone names the earthly worry gripping them, do not jump in to fix it, affirm it, or tie a bow on it. Let three to four seconds of quiet sit on top of their words. That silence tells the room their honesty was received and it invites the next person to go just as deep. The reflex to fill that gap is strong. Beat it on purpose this week.

Why This Passage Matters

Most people in your room are quietly assembling their life from scratch every morning, and they're exhausted. They wake up already behind, already anxious, already measuring their worth against the day's unfinished business. This passage does something almost no self-help voice can do: it tells them the assembling is over. Their life already happened, in Christ, past tense. It's hidden now, present tense, in the safest place there is. And it will be revealed with him in glory, future tense, when he appears. Paul speaks in three tenses and the whole gospel runs through them. That's not a coping tip. That's a different foundation to stand on. The people in front of you are waiting on something this week — test results, a reply that hasn't come, a situation they can't fix. You get to hand them a life that is not up for grabs, not depending on how today goes, seated where Christ is seated. Few things you'll ever teach are this directly aimed at the fear people carry into the room and try to hide. Teaching this well is a rare privilege, because you're not managing their anxiety, you're relocating their whole life.

Catch the Fire First

Before the room does it, you do it. The night before you teach, when your own mind starts racing through the day's loose ends, catch one specific worry — the reply you're waiting on, the thing you can't fix — and say it out loud to God. Then say the sentence back at it, slowly: my life is hidden with Christ in God. Do it until you feel the difference between knowing the verse and standing on it. Then you can walk into the room and lead them

somewhere you've actually been.

Bring Your Own Story

- A time your whole sense of being okay depended on how one day went — and how that felt.
- Something you're waiting on right now, or recently were: a result, a reply, a situation you couldn't fix.
- A moment a settled truth quieted a racing mind at 2 a.m. — what the truth was and what changed.
- SAMPLE (polished vs. real): Polished — 'I've learned to rest in God's sovereignty over my circumstances.' Real — 'I laid awake at 3 a.m. two nights ago waiting on a biopsy result, and the only thing that let me breathe was saying out loud that my life is already safe somewhere they can't cut into.'
- Guardrail: bring it real, not raw — tell a settled story, not one you're still bleeding from at the table.

Three Ways to Open

CLASSROOM: "Where is your life right now? Not where are you sitting — where is your LIFE? Take ten seconds and let it be awkward. Then: Paul already answered that question, and his answer isn't on any map you own. Turn to Colossians 3."

A concrete question exposes the gap the passage fills.

SMALL GROUP: "Everybody name one thing your brain reaches for the second you lie down at night. The to-do list, the worry, the thing left undone. Now hear this — verse 3 says your actual life isn't in any of that. It's hidden somewhere else entirely. Let's find out where."

Start with the shared experience of anxiety, then relocate it.

COFFEE: "Can I ask you something? When you can't sleep, what's the thing your mind keeps circling? Mine's been _____. Paul's got a line for exactly that, and it's four verses long. Let me read it to you."

One honest admission opens the door faster than a lesson intro.

Teaching the Word

Teach the word 'hidden' — Greek 'kekryptai', from krypto, where we get 'crypt' and 'encrypted.' It's a perfect tense, which means a settled action with lasting results: hidden once, still hidden now, hidden for keeps. Here's the physical image. Take your keys or your phone and close your fist around them, then wrap your other hand over the fist. Now try to see the keys. You can't. They're not lost — you know exactly where they are — they're just out of reach of anything that would take them. That's your life. Not lost, not exposed, not up for grabs. Held. 'For you died, and your life is hidden with Christ in God.' [Then

stop. Let it sit.]

Discussion Questions

1. Paul says 'you were raised together with Christ.' What difference does it make that this is stated as something already done, not something we're working toward?

Coaching note: Let them sit in the past tense. If someone tries to make it a goal they still have to reach, gently point back to the grammar — it already happened.

If it stalls: Simple version: is your resurrection with Christ something you did, or something already done to you? What changes if it's already done?

2. 'Set your mind on the things above, not on the things on the earth.' What are the earthly things your mind defaults to when it's got nothing else to hold?

Coaching note: This is where you drill this week's silence. When someone names something real, hold three or four seconds of quiet before anyone responds. Don't rescue it.

If it stalls: Try it concrete: what's the last thing you worried about before you fell asleep last night? Just name it.

3. 'Your life is hidden with Christ in God.' What does it feel like to be told your true self is hidden — comforting, unsettling, or both?

Coaching note: Both answers are honest. Some hear safety, some hear invisibility. Let both live at the table and steer toward Paul's meaning: hidden means safe, not forgotten.

If it stalls: Yes/no way in: does 'hidden' sound to you more like being protected, or being lost? Why?

4. Christ is called 'our life' — not an add-on, but the life itself. Where in your week do you treat him more like an upgrade than the actual source?

Coaching note: This one convicts quietly. Don't let it turn into confession theater — one honest example from you first keeps it real, then leave room.

If it stalls: Easier: name one thing you'd say your life 'comes from' right now if you're honest — your work, your family, your phone? Where does Christ actually rank?

5. 'When Christ is revealed, then you will also be revealed with him in glory.' If that day is more real than whatever you're waiting on this week, how does that change how you carry the waiting?

Coaching note: Tie it back to the table question about voices we start trusting more than Christ. The thing we're waiting on often becomes the voice. Let them name the waiting out loud.

If it stalls: Concrete: what are you waiting on right now — a result, a reply, a fix? Say it, then say the one thing that's already settled: Christ is coming, and I belong to him.

Questions You May Hear

"What does 'seated on the right hand of God' actually mean — is that just a location?"

No, it's throne-room language. The right hand was the place of highest honor and shared authority; the one crucified as a criminal now sits in the single most honored place in the universe, and your life is bound up with his.

"Hidden from whom? Who is my life hidden from?"

Not hidden as in lost or forgotten. It's hidden the way something valuable is put somewhere safe — tucked away with Christ in God so that nothing on earth or in hell can reach it or pry it loose.

"If we're already raised and seated with Christ, why does it say we'll 'be revealed' in the future?"

Paul is speaking in three tenses at once — you died already, you're hidden now, you will be revealed later. The reality is complete in Christ, but its full display is still coming, when he appears and you appear with him in glory.

"Doesn't 'set your mind on things above, not on things on the earth' mean we should ignore real life?"

No. Paul isn't calling earth worthless — he's telling you where your King sits and where your life actually is. You seek the things above because that's your true home address now, and it reorders how you live down here.

For Experienced Leaders

- The perfect tense of 'hidden' is the whole sermon — settled once, still true now. If you only nail one thing, nail that it's done, not being done.
- Don't let 'set your mind on things above' become a scold about thinking holier thoughts. It's a change of home address, not a mood you have to manufacture.
- When someone names a real 2 a.m. worry, resist your instinct to counsel it on the spot. Let the silence and the verse do the work first — you can follow up after.

Landing the Lesson

Commitments: Go around and have each person finish one sentence out loud: 'This week, when my mind races to ___, I'll say back to it: my life is hidden with Christ in God.' Make them name the real thing.

Close by praying out loud over the actual things people just named — the specific worry, the specific thing they're waiting on. Don't reach for a written prayer; say their real words back to God and thank him that their life is already safe where that thing can't reach.

If you run out of time: If the room only gets to question 2 because people are naming real earthly worries and the silence is doing its work, stay there. That's not falling behind — that's the lesson landing.

Midweek follow-up: Midweek, text one person: 'Did the sentence work when your mind started racing this week? My life is hidden with Christ in God.' Ask them what they were carrying.

Free at digdeeper.ai/devotionals/colossians/3-1-4/lesson

Handout

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During the lesson:

- Where is your life right now? Not where you are — where is your LIFE? Write your honest first answer:
- The thing my mind defaults to when it's got nothing else to hold is:
- Right now I'm waiting on:
- One truth about Christ I'll carry through the noise of tomorrow:
- Finish out loud: 'When my mind races to ___, I'll say back: my life is hidden with Christ in God.'

Take-home actions:

- Tonight, when your mind starts racing through unfinished business, repeat slowly before sleep: my life is hidden with Christ in God. Let that be the last thought you hold, not tomorrow's list.
- When the waiting tightens in your chest this week, name it out loud to God, then say the one thing already settled: Christ is coming, and I belong to him.
- Pick one truth about Christ each morning and carry it through the noise of the day — 'set your mind on the things that are above.'

Rest tonight knowing the safest place in the universe already holds your name.