



HEART CHECK & PRAYER

COLOSSIANS 3:9-15 • ANCHORED IN CHRIST 

*"You have taken off your old self with its practices
and have put on the new self..."* COLOSSIANS 3:9-10



HEART CHECK



Am I walking in truth—or protecting
an image of myself?

Ephesians 4:25



What "old self" habits am I still
holding onto?

Romans 6:6



Are my words building trust and unity,
or causing distance and division?

Proverbs 16:28



Am I clothed with compassion, kindness,
humility, gentleness, and patience?

Colossians 3:12



Is love the outer garment over all
my actions and attitudes?

1 Corinthians 13:2



Who do I need to forgive as Christ
forgave me?

Colossians 3:13



Is the peace of Christ ruling in my heart,
or am I letting something else rule?

Colossians 3:15



Am I living with a thankful heart,
remembering all He has done?

Colossians 3:15-17

TODAY'S REMINDER

I have taken off the old.
I have put on the new.
Christ is all, and is in all.

Live it. Love it. Speak it.



PRAYER

♥ Lord Jesus, *thank You* that I have died
with You and been raised with You.
I am no longer who I was—You have
given me *new life* in You.

♥ Help me to put off my old self with its
practices—anger, malice, slander, filthy
speech, and lying. Give me a heart that
loves truth because You are Truth.

♥ Renew me daily in Your image. Shape
my thoughts, words, and actions to
look more like You in every area of
my life.

♥ Teach me to clothe myself with
compassion, kindness, humility,
gentleness, and patience. Let *love*
bind it all together.

♥ Give me grace to bear with others and
forgive as You have forgiven me.

♥ Let the peace of Christ rule in my heart
today in every decision, every reaction,
and every relationship.

♥ Fill me with a thankful heart that
sees Your goodness in all things.

♥ *I am Yours, Lord.
Make me more like You.*

Amen.



For you died, and your life is now hidden with Christ in God.
When Christ, who is your life, appears, then you also will appear with Him in glory.

COLOSSIANS 3:3-4



THE ANONYMOUS DISCIPLE

OLD SELF OFF. NEW SELF ON. CHRIST IS ALL.
LET HIS PEACE RULE. BE THANKFUL.

