

Ruth Chon Simons

TRUTHFILLED

The Practice of Preaching to Yourself Through Every Season



Lifeway Press®
Nashville, Tennessee

Published by Lifeway Press® • © 2021 Ruth Chou Simons

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying and recording, or by any information storage or retrieval system, except as may be expressly permitted in writing by the publisher. Requests for permission should be addressed in writing to Lifeway Press®; One Lifeway Plaza; Nashville, TN 37234-0144.

ISBN: 978-1-0877-5053-8 • Item: 005834139

Dewey decimal classification: 227.7

Subject headings: BIBLE. N.T. COLOSSIANS—STUDY AND TEACHING / TRUTH / CHRISTIAN LIFE

Unless otherwise indicated, all Scripture quotations are from the ESV® Bible (The Holy Bible, English Standard Version®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. Scripture marked BSB taken from The Holy Bible, Berean Study Bible, BSB Copyright © 2016, 2018 by Bible Hub. Used by Permission. All Rights Reserved Worldwide. Scripture quotations marked CSB have been taken from the Christian Standard Bible®, Copyright © 2017 by Holman Bible Publishers. Used by permission. Christian Standard Bible® and CSB® are federally registered trademarks of Holman Bible Publishers. Scripture quotations marked NASB taken from the New American Standard Bible® (NASB), Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. www.lockman.org. Scripture quotations marked (NIV) are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com. The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™ Scripture marked NKJV taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

To order additional copies of this resource, write to Lifeway Resources Customer Service; One Lifeway Plaza; Nashville, TN 37234; order online at Lifeway.com; fax 615.251.5933; phone toll free 800.458.2772; or email orderentry@Lifeway.com.

Printed in the United States of America

Lifeway Resources
One Lifeway Plaza
Nashville, TN 37234

EDITORIAL TEAM, STUDENT MINISTRY PUBLISHING

Ben Trueblood
Director, Student Ministry

John Paul Basham
Manager, Student Ministry
Publishing

Karen Daniel
Editorial Team Leader

Amanda Mejias
Content Editor

Jennifer Siao
Production Editor

Stephanie Salvatore
Graphic Designer

CONTENTS

ABOUT THE AUTHOR	4
LETTER FROM THE AUTHOR	6
HOW TO USE THIS STUDY	8
SESSION ONE KICKOFF	10
SESSION TWO DISCOVER THE PATTERN COLOSSIANS 1:1-14	16
SESSION THREE REST IN GOD'S CHARACTER COLOSSIANS 1:15-2:3	40
SESSION FOUR REHEARSE WHO YOU ARE COLOSSIANS 2:4-23	64
SESSION FIVE RESPOND IN FAITH COLOSSIANS 3:1-4:1	88
SESSION SIX REMEMBER GOD'S PROVISION COLOSSIANS 4:2-18	108
SESSION SEVEN PUT IT INTO PRACTICE	130
LEADER GUIDE	140
ENDNOTES	142



ABOUT THE AUTHOR

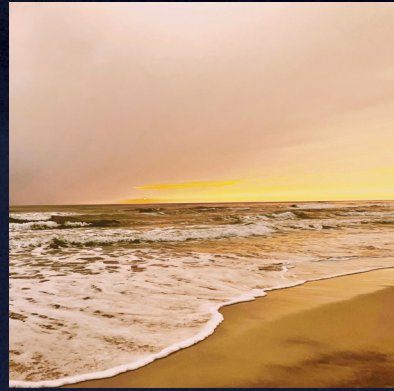
Ruth Chou Simons is a bestselling and award-winning author of several books—including *GraceLaced*, *Beholding and Becoming*, and *Foundations*. She is an artist, entrepreneur, and speaker, using each of these platforms to spiritually sow the Word of God into people’s hearts. Ruth is the watercolorist and artist behind *GraceLaced.com*, a popular brand and retail website that features her unique style of art paired with biblical truth in prints, stationery, and lifestyle products, which reaches a wide audience each month with beauty and truth. Through her ministry, business, writing, and social media community, Ruth shares her journey of God’s grace intersecting daily life. Ruth and her husband, Troy, are grateful parents to six boys—their greatest adventure.





THROUGH HER MINISTRY,
BUSINESS, WRITING, AND SOCIAL
MEDIA COMMUNITY, RUTH SHARES
HER JOURNEY OF GOD'S GRACE
INTERSECTING DAILY LIFE.





NOTHING WILL KEEP YOU MORE
FIRMLY PLANTED IN GOD'S PURPOSES
FOR YOUR LIFE THAN TO SOW THE
UNCHANGING TRUTHS OF GOD'S WORD
IN YOUR HEART. TO BE TRUTH-FILLED...
IS OUR JOURNEY AHEAD.



DEAR FRIENDS,

Hello sister!

In case we haven't met—I'm Ruth. I'm an artist, author, and founder of a business with a ministry heart called GraceLaced.com. I was on Instagram before TikTok was cool, and I started writing on my original blog likely when you were a toddler or in preschool. I wore Doc Martens when I was a teen. I'm a few steps ahead of you, and while that doesn't make us peers, it makes you very very special to me. Here's why: 1) I believe young women like you will shape future generations as moms, sisters, leaders, disciplers. 2) I wish someone had shared the very things you'll be learning in this Bible Study with me when I was your age; it would've made such a difference. 3) I see you and your friends everyday on social media, and I get the pressures you face; I want to help you keep your eyes on Jesus. And lastly, 4) I'm a boy mom...of six! As in, I have teen boys in my home, not young ladies. (I'm so outnumbered with no one affirming my love of blush colored everything and the oversized sweatshirt + military boot trend.) So, this time we have together through this study is special to me—time we get to grow as sisters in Christ.

As one who has walked a few seasons ahead of you, I know how difficult it can be to navigate unexpected seasons, heartbreaking seasons, and seasons where it feels like nothing is “blooming” in your life. You're not going to find self-help strategies here. Instead, I'm going to walk you through the Book of Colossians, and teach you how to discover the pattern in God's Word—the pattern that continually reminds us of who God is, who we are in Christ, how we respond to those truths, and how we can persevere in them. Nothing will keep you more firmly planted in God's purposes for your life than to sow the unchanging truths of God's Word in your heart. To be truth-filled...is our journey ahead. I can't wait to grow together.

Here's to being truth-filled.

Ruth Chou Simons

HOW TO USE THIS STUDY

I'm so grateful you're learning with me what it means to preach truth to your own heart. It is such a privilege to come along on this journey with you as we study God's Word, reminding ourselves who He is and who we are because of Him.

This study may be structured a little differently than studies you've done in the past, so I wanted to take a moment to explain how to use it.

GROUP TIME

I would encourage you to get a group of friends together to walk through this study. When we join hands and walk through the Bible in community, we're reminded of the God who is with us and His commands to care for one another. We have the opportunity to witness His work in the lives of our friends and be reminded of His work in our own lives as well. Encourage and challenge one another as you grow and dwell on the truth.

You'll notice there are four parts to each group time: Welcome, Engage, Discuss, and Pray. We have crafted each section with you and your group in mind, and we especially think you'll love the unique Engage sections we included. Session 1—Kickoff will only include a Group Time as you're just beginning to get to know each other. The remaining six Group Times will take place at the end of each session in order to reflect on and discuss the work you completed in your Personal Study.



HEY LEADERS!

Check out the Leader Guide in the back of this book for some tips on leading well through the study. I know you're going to do great!

PERSONAL STUDY

This Bible study is meant to be just that—a place for you to study Scripture, jot down questions and answers and prayers, and chart how God is using His Word to teach you more about His heart. Because I'm going to ask you to put into practice what we're learning, I broke the sessions up in sections instead of days. My hope is that this encourages you to take time where you need to hang out a bit longer and dive deep into the truth of Scripture. You can choose when and how long you spend on each section—completing all of them at once, or a little each day, according to your personality and schedule.

BEFORE YOU GET STARTED

There are a few things I want to encourage you to have on hand for each session. You'll definitely need your Bible and a pen every time you open your Bible study book. Other fun things that may be helpful are headphones for listening to music, a journal for additional notes, and colored pencils for the couple of places I have you bring out your inner artist.





SESSION ONE | KICKOFF

KICKOFF

WELCOME

As you begin, discuss the following questions with your group:

What do you hope to learn from this Bible study?

What words would you use to describe your relationship with God's Word?

How do you hope your relationship with His Word changes throughout this study?

ENGAGE

Grab colored pencils and your favorite snacks, then find a fun spot to sit and color the following pages while you get to know the members of your group. You can even trace the verse as you practice reciting it. As you color and trace, ask each other both silly and a few serious questions to help get the conversation going. You can also cut the page out when you finish in order to display your art or the verse somewhere you'll see often.

DISCUSS

Take a few moments to think through these questions and discuss them with your small group.

What are some of the most common thoughts you have during a good day? What do you think about on a bad or challenging day?

Read Psalm 42:5-6. How would you describe the psalmist's current state?

Instead of wallowing in self-pity or letting emotions take over, what does the psalmist do?

Be
transformed
by the
renewal
of your
mind.





DO NOT BE
CONFORMED TO
THIS WORLD, BUT BE

transformed

BY THE RENEWAL
OF YOUR MIND.

ROMANS 12:2

In the moments when you allow yourself to spin out of control instead of binding yourself to the Lord in truth, what might be keeping you from trusting the Lord over your own heart?

Is there a specific lie in relation to God or yourself that you continually have to preach truth to your heart about? If you feel comfortable, share it with your small group.

What truth from God's Word would directly apply to the lie that you mentioned above?

PRAY

Close your time in prayer, thanking God for the truth of His Word and asking Him to give you the grace to preach truth to your own heart this week, moment by moment, day by day.

Father, help us to realize and turn from the deceitful patterns in our minds and the lies we believe. So, Lord, as we begin creating new patterns of belief and thought, change our hearts. Help us to study Your Word, open the eyes of our hearts that we might understand it, and teach us to speak it back to ourselves, in and through every season. Amen.