



Walking With the One Who Lives in You

Colossians 2:6-7

October 19, 2025

BIG IDEA

Paul calls believers to walk with Christ daily, rooted and built up in him. True life in Christ is not about just “getting by” but about living with joy, gratitude, and purpose. When we walk in him, our lives are transformed—fear gives way to hope, weakness turns into strength, and we begin to look more like Jesus. Just as roots draw nourishment from the soil, our lives must stay anchored in Christ, who is our source for everything we need. By depending on him, we grow in spiritual maturity, stand firm in our faith, and live with hearts overflowing with thanksgiving.

THIS WEEK’S SCRIPTURE

Colossians 2:6-7 (ESV)

Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

MAIN THEME

These verses serve as the hinge of Paul’s letter to the Colossians. After reminding them of Christ’s supremacy and the danger of false teachings, Paul urges believers to live in full dependence on Jesus. Walking in Christ is not optional but essential—it means aligning our lives with his pattern, trusting him as the source of strength, and allowing him to shape our character. Like a tree planted in rich soil, we are rooted in Christ and nourished by him. As we grow, we are built up in maturity, established in the faith, and filled with gratitude. This is the life Christ offers—not one of mere survival, but of abundance and joy.

DISCUSSION & APPLICATION

1. Walk Like You Mean It

Colossians 2:6; 1 John 2:6

- What does it mean to “walk in Christ” in everyday life?
- How does walking with Christ require more than just belief—it requires daily obedience?



- In what areas of your life do you need to intentionally walk with Christ this week?

2. Rooted and Dependent on Christ

Colossians 2:7a; Jeremiah 17:7-8

- How does the image of being “rooted” in Christ help you understand your dependence on him?
- What are some practical ways you can strengthen your roots in Christ?

3. Growing in Spiritual Maturity

Colossians 2:7b; Ephesians 4:14-15

- How would you define spiritual maturity? How does Paul describe it in this passage?
- In what ways are you being “built up in him” right now?
- What steps can you take to grow in Christlike character rather than relying on accomplishments or knowledge alone?

4. Established in Faith, Abounding in Thanksgiving

Colossians 2:7c; Psalm 121:5-8

- Why is gratitude such an important marker of spiritual health?
- What dangers do we face if we anchor our lives in things other than Christ (money, approval, success, etc.)?
- How can gratitude guard your heart against pride, discontentment, or fear?

PRAY

Lord Jesus, thank you for living in us and calling us to walk with you daily. Help us to be rooted deeply in you, built up in faith, and established in your truth. Teach us to depend on you for everything, to grow in spiritual maturity, and to live with hearts full of gratitude. Protect us from false foundations and help us walk in your ways with joy. We love you, and we want to walk with you like we mean it. Amen.

DIG DEEPER

For further study this week:

- Jeremiah 17:7-8 — Trusting in the Lord as our source of life
- John 15:1-11 — Abiding in Christ, the true vine
- Ephesians 3:16-19 — Rooted and grounded in love
- Galatians 5:16-25 — Walking by the Spirit
- Philippians 4:4-9 — Gratitude and peace in Christ



NEXT WEEK'S BIG IDEA

Beware of false teaching that could lead you away from Christ.
Colossians 2:8-10

