

Live As God's Chosen

Description

[RG AUDIO 040619](#)

Colossians 3:9-17

I receive a publication aimed at an audience that looks a lot like me. Every issue has something about physical fitness. According to the publishers, getting fit will enhance every aspect of my life. Of course, there is a price to pay, and that is usually the sticking point.

Colossians 3 identifies five attributes characteristic of God's people. They exhibit compassion, kindness, humility, gentleness, and patience. One might call these virtues, the Big Five, because when operating in the life of a believer, they remind everyone of the character of Jesus.

We are to "clothe" ourselves with these five virtues. In turn, we are clothed in new attire; we wear the virtues of Christ.

Just as there are five essential virtues in the spiritually fit experience, there are five "exercises" designed to introduce these virtues into our life (vv.13-17).

Let's be clear—there is no progress in developing spiritual fitness without attention to detail!

Author: David Felter

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