



Week 3: Reflection

Fit Check

Discussion Questions

1. If your personality had a signature outfit, what would it be and why?
2. When you were a kid, what was your go-to outfit that made you feel invincible or confident? Do you still dress that way today?

Read Colossians 3:10, 12–14

3. What do you think it means to live like the person God made you to be? What might be one way to grow in that direction?
4. As you read Colossians 3:12–13, which traits stands out to you most? Why do you think it might be important in how we treat others or even ourselves?
5. Why do you think love is the one virtue that “binds” all the others together? What does that look like practically for us?
6. What are some “old clothes” (attitudes or behaviors) God may be inviting you to take off right now? What new ones do you want to put on instead?

Moving Forward:

Each morning, we decide what to wear. What if we also decided *who* we want to reflect?

This week, choose **one virtue** from Colossians 3—**compassion, kindness, humility, gentleness, patience, forgiveness, or love**—and intentionally “put it on.”

Write it down. Set a reminder. Make it visible.

Then, look for one way each day to live it out toward someone around you.

Remember: When people interact with you, they’re getting a glimpse of *who you’re wearing*.