Lessons about the Reality of Spiritual Growth

1. **Spiritual Growth does not happen overnight** (Col. 3:1).

2. **Spiritual Thinking is a process** (Col. 3:2-3).

3. **Spiritual Change involves effort** (Col. 3:5-14)
   a. put to death (v. 5)
   b. put them all away (v. 8)
   c. put on the new self (v. 10)
   d. put on (v. 12)
   e. put on love [agape] (v. 14)

4. **Spiritual Change involves obedience** (Col. 3:15-17)
   a. to have Christ rule our hearts (v. 15)
   b. to have the word of Christ resident in our hearts (v. 16)
   c. to do everything in the name of the Lord Jesus (v. 17).