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SERMON TITLE

A Fresh Start That Changes Everything

SERIES

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KEY SCRIPTURE

Colossians

SYNOPSIS

When Jesus is central, everything changes.

HIGHLIGHTS



☞ **A Fresh Start That Changes Everything**

A Summary of Colossians

Most people love the idea of a fresh start. There's something about turning the page that gives us hope. A new year, a new job, a new house, a new routine. We like the feeling that maybe this time things will be different. But if we're honest, most of the time our "fresh starts" are really just "fresh attempts." We rearrange our schedules, make a few resolutions, promise ourselves we'll do better... and by February we're already slipping back into the same old habits. Some of you have workout equipment that's not for exercise anymore—it's a clothing rack with ambition. Don't worry—I'm not judging. I'm preaching from experience.

Over the past several weeks, we have been walking together through the book of Colossians, talking about what it means to have a fresh start in Christ. Today, before we move on to something new, I want us to pause and look back. I want us to see the bigger picture of what God has been showing us through this letter. Colossians answers one main question: **What happens when Jesus truly becomes central in your life?** Paul's answer is simple and powerful:

☞ **When Jesus is central, everything changes.**

The truth is, the problem with most fresh starts is that they focus on changing our circumstances instead of changing our hearts. What if the problem isn't that we keep failing at fresh starts...What if the problem is that we've been starting in the wrong place? That's exactly what Paul addresses in the book of Colossians. The apostle Paul writes this letter to believers who were being told that Jesus alone wasn't enough. Some teachers claimed they needed additional spiritual secrets, more religious rules, or deeper mystical experiences. And Paul responds by pointing them back to the center of everything—Jesus.

☞ If I had to summarize the entire message of Colossians in one sentence, it would be this: **Jesus is supreme, sufficient, and sanctifying.** He is **supreme** over all things. He is **sufficient** for every need. And He is **sanctifying**—transforming every part of your life. And when you understand these three truths, you realize that Jesus offers **a fresh start that truly changes everything.** Now, let's dial down on these three truths.

☞ **JESUS IS SUPREME**

In **Colossians 1:15–17**, Paul writes that Jesus is "the image of the invisible God... by Him all things were created... and in Him all things hold together." That means Jesus isn't just a great teacher



☞ or a spiritual guide. He is the **Creator and Sustainer of the universe**. Everything that exists—every star, every planet, every atom—exists because of Him and for Him.

Sometimes we treat Jesus like an app on our phone—something we open when we need it and close when we're done. But Jesus isn't an app. He's the operating system. Sometimes, we shrink Him down to something manageable, something we can fit neatly into our schedules. But Paul ☞ reminds us that Christ is not small. He is **Lord over everything**. Jesus is Lord of creation. Lord of salvation. Lord of the church. Lord of history.

Imagine an airport control tower. Every plane in the sky depends on that tower to guide where it goes, when it lands, and how it avoids other aircraft. If every pilot decided to ignore the tower and just fly wherever they wanted, it would be chaos in the sky. In many ways, that's how people treat Jesus. They want Him in the cockpit as a passenger, maybe even as a helpful co-pilot. But they don't want Him in the control tower. Yet Colossians reminds us that Jesus isn't just one voice among many. He's the One who created the skies, the planes, and the pilots. He has authority over it all. Jesus is supreme.

A fresh start begins when we stop trying to place Jesus *somewhere* in our lives and instead recognize that **He stands over our lives**. And, because Jesus is supreme over everything, we can also trust that **Jesus is sufficient**.

☞ **JESUS IS SUFFICIENT**

In **Colossians 2:9–10**, Paul writes, "For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness." The false teachers in Colossae were essentially saying, "Jesus is good, but you need something more." More rules. More spiritual practices. More religious performance. Apparently, the false teachers were saying, "Jesus is great... but you also need our special program." It's kind of like spiritual infomercials. "But wait! There's more!" But ☞ Paul says the opposite: **in Christ, you already have everything you need**.

Imagine someone drowning in the ocean and a rescuer throws them a life jacket. But instead of putting it on, the person says, "Thanks, but I think I'll try swimming harder first." That's what people often do spiritually. Jesus offers complete rescue, but we still think we need to prove ourselves, earn something, or add something. But the gospel says the rescue has already been provided. Our role isn't to prove ourselves worthy—it's simply to trust the One who saves.

The world constantly tells us we need more. More money, more success, more approval, more recognition. I'll be honest—this is something I have to remind myself of too. It's easy to slip into



thinking that if I just accomplish a little more, fix one more thing, or do a little better, then I'll feel complete. But the gospel keeps bringing me back to the same truth: my completeness isn't found in what I accomplish. It's found in Christ.

Advertisers are masters at making us feel like something is missing. You know how it works. You buy a phone, and within six months they release a new one that suddenly makes your perfectly good phone feel ancient. Your phone didn't get worse—the commercial just got better, and suddenly your phone that worked perfectly yesterday feels like it belongs in a museum. The world is always telling us we're missing something. But the gospel says the opposite: **in Christ, nothing essential is missing.**

In **Ephesians 2:8–9**, we're reminded that we are saved by grace through faith—not by works. ☞ That means **a fresh start is not about trying harder. It is about trusting deeper.** It is about building your life on Christ instead of trying to build it on yourself. Jesus is sufficient.

When Jesus died on the cross, He didn't say, "It is started." He didn't say, "It is almost finished." He said, "**It is finished.**" (John 19:30) Jesus is enough. And when Jesus becomes both supreme over us and sufficient for us, something begins to change inside us—**He begins sanctifying us.**

☞ **JESUS IS SANCTIFYING**

In **Colossians 3**, Paul begins describing what life looks like when Jesus is truly at the center. He says, "Since, then, you have been raised with Christ, set your hearts on things above." In other words, when Jesus saves you, He doesn't leave you the same. He begins to transform you.

Paul describes it like changing clothes. And just like real clothes, some of us hang on to things we should have gotten rid of years ago. Spiritually speaking, some people still have bell-bottom sins in the closet. Paul says, you should take off the old way of living—anger, greed, dishonesty—and you put on a new life marked by humility, patience, and love. This process is what ☞ theologians call **sanctification**—God gradually **shaping us into the image of Christ.** And it doesn't happen overnight.

Sometimes people expect instant transformation. I wish that were true. I wish spiritual growth worked like installing an update on your phone. But most of the time it's slower than that—even for pastors. Spiritual growth is more like farming than flipping a light switch. Around here you understand that. Farmers don't plant corn on Monday and harvest on Tuesday. You plant seeds, ☞ you water them, and over time something begins to grow. That's why **Philippians 1:6** says, "He



who began a good work in you will carry it on to completion.” **Jesus doesn’t just forgive your past. He transforms your present. And He prepares your future.** He is sanctifying.

When we step back and look at the entire message of **Colossians**, it really comes down to this: **Jesus is supreme, sufficient, and sanctifying.** And that’s why he offers something the world cannot provide. Not just a temporary reset. Not just another attempt to do better. When the One who created the universe becomes the One who leads your life, *everything* begins to change. Your identity changes. Your priorities change. Your future changes. The old life no longer defines you. **2 Corinthians 5:17** (NLT) says, “anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” That is the promise of the gospel.

Since Jesus is supreme, sufficient, and sanctifying, he is central. He is the center of our faith. The **center** of our identity. The center of our growth. The center of our relationships. **Christianity is not about adding Jesus to your life. It is about building your life on Jesus.** That is what a fresh start really is.

Let’s bring this home personally with some questions to ponder.

First, ask yourself: **Since Jesus is supreme, is He truly first in my life?** Not just in what you believe, but in how you live. In how you spend. In how you speak. In how you decide.

Since Jesus is sufficient, ask: Am I trusting Him, or still looking for something else to complete me? Perhaps you’ve simply added Jesus into your life, but still try to find fulfillment in other pursuits.

Since Jesus is sanctifying, ask: Where is He still changing me? Where do I need renewal? Is it in your identity? Your character? Your relationships? Your commitment? God is still in the business of fresh starts.

A fresh start is not just something you learn about. It is something you choose. It’s not just a moment. It is something you live out every day. Every day, you come back to Jesus. Every day, you trust His grace. Every day, you follow His lead. *Every day*, you begin again.

Over these past weeks, we’ve walked together through Colossians, being challenged and encouraged. But now comes the most important question: **what are you going to do with what you’ve heard?**



So I want to invite you to bow your head and close your eyes for a moment. Right now, quietly in your heart, ask God this simple question: **“Lord, what are You saying to me through this series?”** Take a moment and listen.

For some you’ve drifted, grown distracted or cold, and today He is inviting you to return. For others, He is calling you to take your faith more seriously, to move from coasting to commitment. For some, He is asking you to surrender something that no longer fits your new life in Christ. And for others, He is inviting you to step into your calling, to serve, to lead, to share, and to trust Him more fully. And there may be some who sense that today is the day to trust Jesus for the first time.

If God is speaking to you in any of these ways, I want to lead us in a simple prayer of commitment. You can pray this quietly in your heart.

“Lord Jesus, thank You for loving me and giving me a fresh start. Thank You for Your grace and patience with me. I confess that I have not always put You first. Today, I choose to trust You again. I surrender my life to You—my past, my present, and my future. Renew my heart, strengthen my faith, and lead my steps. Help me to live new every day. In Jesus’ name, amen.”

As you lift your heads, let me encourage you with this. A fresh start does not grow without intention. Following Jesus isn’t accidental. Nobody accidentally becomes spiritually mature. It grows as we stay connected to God in prayer and His Word, as we stay connected to God’s people in community, as we serve where He has placed us, and as we look for opportunities to share His love with others. These are not burdens. They are gifts God gives us so that our faith can grow strong.

When you step back and look at the whole message of Colossians, it keeps bringing us back to  the same truth: **Jesus is supreme. Jesus is sufficient. And Jesus is sanctifying.** And please remember this: you do not walk out of here today alone. **The same Jesus who saved you stands with you. The same Jesus who forgave you strengthens you. The same Jesus who called you will sustain you.** You will not be perfect. You will stumble at times. But His grace is greater, and every day with Him is another opportunity to begin again. The gospel means you never run out of fresh starts with Jesus.

New Wine