



COLOSSIANS

A Journey Into Kingdom Alignment

14 Days · Embodied Scripture · Nervous System Integration

Over the next 14 days, we will walk slowly and intentionally through the book of Colossians; not in a hurry, but with intention.

The letter to the Colossians reveals the supremacy of Christ not only in the Bible but also in daily life. It speaks of deliverance from darkness, freedom from false authority, putting off the old self, and allowing the peace of Christ to rule in our hearts.

Many of us know Scripture in our minds but still carry fear, striving, shame, or reactivity in our bodies. This study is about alignment, allowing what is already true spiritually to become lived reality emotionally and physiologically.

Each day includes:

- A passage
- A key insight
- Reflection
- Prayer
- A nervous system practice
- A biblical declaration

This is a journey from bracing to belonging. From striving to secure identity. From reaction to regulated authority.

Come expectant. Come gently. Christ is preeminent and He holds all things together, including you.

COLOSSIANS TEACHES US:

- We have already been transferred into Christ's Kingdom.
- The powers that once accused us have been disarmed.
- We are invited to put off survival patterns and clothe ourselves in compassion and peace.
- Christ is not distant; He is in us.

DAY 1 - ROOTED IN HOPE

PASSAGE

Colossians 1:1–8

KEY INSIGHT

Faith and love grow from hope.
Secure hope produces secure attachment.

REFLECTION

- Where has hope weakened in me?
- Do I love from overflow or depletion?

PRAYER

Lord, restore hope where I feel weary. Anchor me in what is eternal.

NERVOUS SYSTEM INTEGRATION

Place one hand on your heart.
Inhale slowly for 4 counts: 'Hope is secure.'
Exhale slowly for 6 counts: 'I am rooted.'
Repeat 5 times.
Feel the steadiness of your breath.

BIBLICAL DECLARATION

"I am rooted and grounded in the hope laid up for me in heaven."

JOURNAL

DAY 2 - STRENGTHENED WITH ALL MIGHT

PASSAGE

Colossians 1:9–12

KEY INSIGHT

True strength looks like patience and joy - not striving or pressure.

REFLECTION

- Where am I pushing instead of being strengthened?
- Does patience feel weak or powerful to me?

PRAYER

Strengthen me with Your power; not for performance, but for endurance and joy.

NERVOUS SYSTEM INTEGRATION

Sit comfortably.
Inhale for 4 counts.
Exhale for 6–8 counts.

Let your shoulders soften.
Allow your body to feel steady rather than hurried.
Repeat for one minute.

BIBLICAL DECLARATION

"I am strengthened with all might according to His glorious power, for all patience and longsuffering with joy."

JOURNAL

DAY 3 - DELIVERED & TRANSFERRED

PASSAGE

Colossians 1:13–14

KEY INSIGHT

You are not trying to escape darkness. You have already been transferred.

REFLECTION

- Where do I still brace as if I am unsafe?
- What fear still feels powerful in my body?

PRAYER

Help my nervous system align with the truth of deliverance.

NERVOUS SYSTEM INTEGRATION

Stand up if possible.
Notice your feet on the ground.
Take one slow, intentional step forward.
As you step, breathe in deeply.
Feel the shift physically in your body.
Pause and stand upright.

BIBLICAL DECLARATION

"I have been delivered from the power of darkness and transferred into the Kingdom of the Son of His love."

JOURNAL

DAY 4 - HELD TOGETHER

PASSAGE

Colossians 1:15–18

KEY INSIGHT

When life feels fragmented, Christ is still holding all things together.

REFLECTION

- Where do I feel scattered or overwhelmed?
- Can I surrender control today?

PRAYER

Jesus, be preeminent in my thoughts, emotions, and reactions.

NERVOUS SYSTEM INTEGRATION

Sit upright with both feet grounded.
Press your feet gently into the floor.
Take 3 slow breaths.
On each exhale, imagine tension draining downward.
Whisper softly: *'Held together.'*

BIBLICAL DECLARATION

"In Christ all things hold together, including me."

JOURNAL

DAY 5 - CHRIST IN YOU

PASSAGE

Colossians 1:27

KEY INSIGHT

Christ is not just with you — He is within you.

REFLECTION

- Where do I search externally for reassurance?
- What would change if I trusted He is within me?

PRAYER

Awaken me to the reality of Your indwelling presence.

NERVOUS SYSTEM INTEGRATION

Close your eyes. Place both hands lightly over your chest. Imagine warm light filling your chest cavity. Breathe slowly for one minute. Notice any softening.

BIBLICAL DECLARATION

"Christ in me is the hope of glory."

JOURNAL

DAY 6 - BEWARE OF CAPTIVITY

PASSAGE

Colossians 2:8

KEY INSIGHT

False beliefs and philosophies can subtly capture your attention and regulate fear.

REFLECTION

- What belief keeps me anxious?
- Is it rooted in Christ or in fear?

PRAYER

Lord *expose and show me what false agreements I need to break in my mind.*

NERVOUS SYSTEM INTEGRATION

Write down one fear-based belief that limits you.
Cross it out physically.
Take a deep inhale and exhale, feeling the body release tension.

BIBLICAL DECLARATION

"I am rooted and built up in Christ, not captive to human tradition or empty philosophy."

JOURNAL

DAY 7 - DISARMED POWERS

PASSAGE

Colossians 2:14–15

KEY INSIGHT

Shame, accusation, and fear-based authority have been disarmed on the cross.

REFLECTION

- Where do I still feel accused?
- What does freedom feel like in my body?

PRAYER

Lord, teach my body through your Spirit to receive the reality of freedom.

NERVOUS SYSTEM INTEGRATION

Roll your shoulders back.
 Open your chest.
 Take three slow breaths, feeling expansiveness.
 Say softly: 'I am free.'

BIBLICAL DECLARATION

"The accusations against me were nailed to the cross. I am free in Christ."

JOURNAL

DAY 8 - FREEDOM FROM PERFORMANCE

PASSAGE

Colossians 2:20–23

KEY INSIGHT

Self-made rules and striving cannot bring true transformation.

REFLECTION

- Where do I tighten instead of trust?
- Am I performing for acceptance?

PRAYER

Lord, free me from performance-based faith. Show me the areas that I need to release to You so I can rest in Your freedom.

NERVOUS SYSTEM INTEGRATION

Relax your jaw and tongue.
Release tension in your shoulders and spine.
Breathe slowly for one minute.
As you relax and release, see how the areas of performance-based faith release from your body, spiritually.
Let your body receive what striving could never earn.
Spend a bit more time on this if you need to.

BIBLICAL DECLARATION

"I am free from self-made religion and live in the true freedom of Christ."

JOURNAL

DAY 9 - SET YOUR MIND ABOVE

PASSAGE

Colossians 3:1-3

KEY INSIGHT

What you fix your mind on shapes your inner state and nervous system.

REFLECTION

- What has captured my focus today?
- Does it produce peace or anxiety?

PRAYER

Holy Spirit, help me lift my thoughts higher than my stress.

NERVOUS SYSTEM INTEGRATION

Sit or stand upright.

Look slightly upward.
Take 3 slow breaths.
Visualise your mind rising above your worries, not escaping them, but gaining perspective above them.

BIBLICAL DECLARATION

"My life is hidden with Christ in God. I set my mind on things above."

JOURNAL

DAY 10 - PUT OFF THE OLD

PASSAGE

Colossians 3:8–10

KEY INSIGHT

Reactive anger, slander, or fear are not your true identity.

REFLECTION

- Which survival response do I default to?
- What is it protecting?

PRAYER

Lord, help me release survival responses that no longer serve me.

NERVOUS SYSTEM INTEGRATION

Clench your fists tightly for 3 counts.
Release slowly and breathe out tension.
Visualise the old self falling away like a garment.
You are being renewed.

BIBLICAL DECLARATION

"I have put off the old self with its practices and put on the new self, renewed in Christ."

JOURNAL

DAY 11 - CLOTHE YOURSELF

PASSAGE

Colossians 3:12-14

KEY INSIGHT

Compassion, kindness, humility, gentleness, and patience are evidence of a regulated heart.

REFLECTION

- Which quality feels hardest for me to embody right now?
- Can I extend compassion to myself today?

PRAYER

Lord, clothe me in compassion, humility, and patience.

NERVOUS SYSTEM INTEGRATION

Wrap your arms around yourself briefly.
Feel warmth and softening.
Breathe slowly.
Spiritually receive your clothing.
Let your body receive what your spirit is putting on.

BIBLICAL DECLARATION

"I am clothed in compassion, kindness, humility, gentleness, and patience. Love binds all things together in my life."

JOURNAL

DAY 12 - LET PEACE RULE

PASSAGE

Colossians 3:15

KEY INSIGHT

Peace is meant to govern your inner world like an umpire; not chaos or fear.

REFLECTION

- Does peace have authority in my decisions and reactions?
- What is competing with peace for the loudest voice in me?

PRAYER

Lord, let Your peace be the loudest voice in my heart.

NERVOUS SYSTEM INTEGRATION

Place one hand on your heart.
Ask internally: *'Is there peace here?'*
Breathe slowly into any tight areas.
Stay here for 2 minutes without rushing to fix anything.
Release what steals your peace.

BIBLICAL DECLARATION

"The peace of Christ rules in my heart, guiding all my thoughts and actions."

JOURNAL

DAY 13 - WATCHFUL PRAYER

PASSAGE

Colossians 4:2

KEY INSIGHT

Watchful means alert but calm, steady and anchored in gratitude.

REFLECTION

- Is my prayer anxious or anchored?
- Am I striving in prayer, or communing?

PRAYER

Lord, teach me steady communion with You.

NERVOUS SYSTEM INTEGRATION

Slow your speech today by 20%.
Pause before responding to any conversation.
Breathe deeply and mindfully.
Stay grounded and calm.

BIBLICAL DECLARATION

"I continue steadfastly in prayer, watchful and thankful, anchored in Christ."

JOURNAL

DAY 14 - SPEECH SEASONED WITH GRACE

PASSAGE

Colossians 4:6

KEY INSIGHT

Your tone and words reflect your nervous system regulation.

REFLECTION

- How does my voice change under stress?
- Where can I bring more gentleness this week?

PRAYER

Holy Spirit, help me to season my words with grace, kindness, and discernment.

NERVOUS SYSTEM INTEGRATION

Pause before speaking in any conversation today.
Breathe deeply.
Let calmness shape your speech.
Notice how a regulated body changes the quality of your words.

BIBLICAL DECLARATION

"My speech is always with grace, seasoned with salt. Christ's peace flows through every word I speak."

JOURNAL



Christ is preeminent.

He holds all things together — including you.