



A New Spring Wardrobe Bible Study

[Please provide: Bibles and copies of the Bible study for attendees.]

In the spring, new fashions fill magazines and advertisements, tempting us to open our pocketbooks to wear the latest trends and colors. No one wants to be wearing the wrong, yesterday style or passé design. Television programs are filled with advice suggesting how to update homes, yards, hairstyles, and wardrobes. One successful show, *What Not to Wear*, completed a ten-year run on a cable network before ending in 2013. The premise of the show was to have friends and family nominate someone for a fashion make-over. The nominee surrendered her entire existing wardrobe to the producers of the show and was given thousands of dollars to spend on new clothes and guidelines to use when shopping. Very few ever refused the opportunity to make the change.

Do you ever feel that someone might nominate you for a spiritual make-over? Are you living in a worn-out, frumpy rut of Christianity? Do you need to look for new and exciting updates in your life with Christ?

I admit I was a fan of *What Not to Wear*. Invariably, the main fashion offenders fell into three categories: not wearing appropriate colors for their age or career, not finding proper styles to present a favorable body image, and simply not wearing clothes that fit properly.

These categories can also be applied to our spiritual make-overs.

1. Spiritual Colors

Some of us drape ourselves in constant darkness. Teens sometimes go through Goth or Emo stages that may exude a perpetual Halloween image. There are times when the Lord clothes the earth in darkness too. Read Isaiah 50:2-3.

“When I came, why was there no one? When I called, why was there no one to answer? Was my arm too short to ransom you? Do I lack the strength to rescue you? By a mere rebuke I dry up the sea, I turn rivers into a desert; their fish rot for lack of water and die of thirst I clothe the sky with darkness and make sackcloth its covering.”

Dark colors represent affliction and calamity. In modern times, Queen Victoria popularized black as a mourning color when Prince Albert died in 1861. She continued to wear black or “widow’s weeds” until her own death in 1901. By the 1950’s, it was considered appropriate to wear mourning black for a half year.

In Scripture, bright, rich colors symbolize deity. List all the colors associated with the Ark of the Covenant in Numbers 4:5-12.

What colors did Solomon want in the temple when it was built? See 2 Chronicles 2:7. These would be our jewel-tones today.

Color is talked about as King Solomon built the temple for the Lord. It is also talked about with Joseph, who was blessed to be second in command in all of Egypt and to save many, all the while pointing them to his God. What joy is ours to know that, whether we enjoy wearing brighter colors or more subdued colors, we are blessed to be able to point the people our Heavenly Father places in our lives to Him and His great love for us in Christ Jesus. Our God is alive! What an incredible message of light and life we have been given to share in this dark, drab, dying world.

2. Favorable God Image

One of the aspects of finding the right outfit for you is to know your body shape. When I was in college, my best friend and I would go clothes shopping. She was tall and thin with no curves; I was always a candidate for a before picture in a weight-loss commercial. She would hold up an outfit and say, "This makes me look too thin." I would hold up something similar and say, "This makes me look too fat." Finding something to hide our perceived sins always seemed a challenge.

We have sin. So, in our spiritual make-over, is it wise to try and cover up our sins? Read Isaiah 29:13-15 and 59:6.

The Lord says: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is made up only of rules taught by men. Therefore once more I will astound these people with wonder upon wonder; the wisdom of the wise will perish, the intelligence of the intelligent will vanish." Woe to those who go to great depths to hide their plans from the LORD, who do their work in darkness and think, "Who sees us? Who will know?" ... Their cobwebs are useless for clothing; they cannot cover themselves with what they make. Their deeds are evil deeds, and acts of violence are in their hands.

Why is it necessary to confess our sins? Read James 5:13-20.

We do not necessarily want to confess our sins to the whole world, however. We can support each other in our insecurities by following the advice in 1 Peter 4:8.

When we help each other shop for the new spiritual us, how do we proceed? Read Ephesians 4:22-24.

3. The Perfect Fit

So what is the proper fit for us? Read Colossians 3:12-17.

What are we to "put on"? (verse 12)

How are we to wear it? (verse 13)

How do we tie the outfit together? (verse 14)

What attitude should we have toward it? (verses 15-16)

Whom do we thank for the “new you”? (verse 17)

Prayer: Thank You, Lord, for caring for me and spiritually clothing me more splendidly than the lilies of the field. Help me reflect You as I present myself to others. In the name of our gracious Savior. Amen.

Scripture references are from the NIV.

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