



**HOLDING IT TOGETHER**

# HOLDING IT TOGETHER IN THE MIDST OF PAIN

The Son is before all things, and **IN HIM ALL THINGS HOLD TOGETHER.**

Colossians 1:17

**The secret to Holding It Together is  
living with Jesus at the center of my life.**

Holding It Together in the Midst of Pain is possible because along with my New Identity in Christ I also receive **NEW ABILITIES** in Christ

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## Colossians 3:12-14

Therefore, as God's **chosen** people, **holy** and dearly **loved**, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

## 7 **NEW ABILITIES** in Christ

Compassion...Kindness...Humility...Gentleness...Patience...Forgiveness...Love

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### Colossians 3:8-10

Now you must also rid yourselves of all such things as these: **anger, rage, malice, slander,** and **filthy language** from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.”

## 7 NEW ABILITIES in Christ

**Compassion**...Kindness...Humility...Gentleness...Patience...Forgiveness...Love

Jesus doesn't Hold me Together by shielding me from pain--He holds me together by increasing my ability to transform hurt into Compassion.

# HOLDING IT TOGETHER IN THE MIDST OF PAIN

## 7 NEW ABILITIES in Christ

Compassion... **Kindness**... Humility... Gentleness...

Patience... Forgiveness... Love

Jesus does not hold my life together by removing difficult people... Jesus holds my life together by increasing my ability to be kind to difficult people.

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**Luke 6:35**

Jesus says, "LOVE your enemies, be GOOD to them."

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## 7 NEW ABILITIES in Christ

Compassion...Kindness...Humility...Gentleness...**Patience**...Forgiveness...Love

I want Jesus to hold me together by eliminating my external frustrations--but instead Jesus holds me together by increasing my internal patience.

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## 7 NEW ABILITIES in Christ

Compassion...Kindness...Humility...Gentleness...Patience

...**Forgiveness**...Love

“Forgive as the Lord forgave you. And over all these virtues put on AGAPE-Love, which binds them all together in perfect unity.” Colossians 3:13-14

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## IN THE MIDST OF PAIN



## 7 **NEW ABILITIES** in Christ

Compassion...Kindness...Humility...Gentleness...Patience

...Forgiveness...**AGAPE-Love**

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## IN THE MIDST OF PAIN

The background features a dark blue grid with faint circular patterns. On the right side, there is a large, dark, fragmented object that resembles a broken piece of wood or a shattered object, with many sharp, jagged edges. The overall aesthetic is technical and somewhat somber.



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