



Christ Over All

Religion

Colossians 2:16-23

1. Paul is writing to address the pressure placed on young Gentile believers to add laws and rules to their newfound faith in Christ. It was often discouraging and intimidating. Have you ever felt intimidated by how 'spiritual' another Christian was/is? Describe a time when you felt, not good enough, as a believer.
2. Read Colossians 2:16-17. Discuss instances of people who get over focused on checking off a box (eating, drinking, or other rituals), that has very little to do with the 'substance' of a personal relationship with Christ. How does this happen?
3. Read Colossians 2:18-19. Discuss a time when you felt intimidated because someone else seemed to have an amazing spiritual experience and it made you feel like a second-rate Christian. Why do you think Paul uses the words 'puffed up' and 'sensuous mind' to describe self-centered spiritual experiences? What does it mean not to 'hold fast to the head'? Why is that the distinction between true versus fleshly experiences? Discuss.
4. Read Colossians 2:20-23. Describe some of the reasons why we submit ourselves to regulations. How can these things be selfish in nature? How is it that they have no value in 'stopping the indulgence of the flesh'?
5. Is Paul saying, once you are born again, just do whatever you want? No! However, being complete in Christ, is about having a changed heart of dedication to Him. That should result in the following:
 1. Dedication to God
"Do all to the glory of God..." (1 Corinthians 10:31)
 2. Dedication to myself
"...not all things are profitable...bondage..." (1 Cor. 6:21)

3. Dedication to other believers

"...all things are lawful, but not all things edify." (1 Cor. 10:23)

4. Dedication to non-believers

"For though I am free from all, I have made myself a servant to all, that I might win more of them." (1 Cor. 9:19-27)

Conclude by sharing of a time when you became more aware of the love of God, and it led you to be more devoted to Jesus. How did that affect your life?

Over All Media Outline

Colossians 2

Christ + Philosophy

Christ + Religious Rituals

A. No, Christ Plus Rules (v. 16-17)

¹⁶Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. ¹⁷These are a shadow of the things to come, but the substance belongs to Christ.

B. No, Christ Plus Spiritual Experiences (v. 18-19)

¹⁸Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions, puffed up without reason by his sensuous mind,¹⁹ and not holding fast to the Head, from whom the whole body, nourished and knit together through its joints and ligaments, grows with a growth that is from God.

C. Why Submit to Regulations? (v. 20-23)

²⁰If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations—²¹ "Do not handle, Do not taste, Do not touch" ²²(referring to things that all perish as they are used)—according to human precepts and teachings? ²³These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.

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Romans 10:4 – For Christ is the end of the law for righteousness to everyone who believes.

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C. Why Submit to Regulations?

Luke 18:11-14

The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector.’¹² I fast twice a week; I give tithes of all that I get.’¹³ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’¹⁴ I tell you, this man went down to his house justified, rather than the other.

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