

## Colossians 2:16-23 “Walk in Christ”

The Colossians had been swayed by the provisions of heretical festivals, food regulations and rules about the Sabbath. Additionally, they had been misled by human regulations regarding the worship of angels and asceticism. However, just like the Colossians, we also tend to move away from Christ. Paul explains that the Law is preparation for the coming of Christ and that human commandments and teachings will ultimately perish. Finally, he strongly insists that they remain in Christ.

### 1. Reading: Let's read the Bible.

Let's read Colossians 2:16-23 and mark the passage as you read it.

[?] ... for a question or doubt.

[!] ... for a good impression. i.e. “I like what this verse says.”

\*Talk about the verses you marked. What did you have a question about or why did you like a particular verse?

### Colossians 2:16-23

16 Therefore 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. 17 These are a shadow of the things to come, but the substance belongs to Christ. 18 Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions, [a] 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. 20 If 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? 23 These 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.

### 2. Focus: Let's discuss the focus

Contents: What did you find written here? Make a summary of the contents and express in your own words. What is the focus of the selected passage? Summarize. (answers may vary)

3. Study: Using the questions as hints, let`s study the Bible together.

1. Verse 16 illustrates that the Colossians tended to depend on anything except Christ. What do you tend to rely on?
2. According to verse 17, it seems that we no longer need to keep food regulations. Do you think Christian should be able to drink alcohol and smoke? Do you think it is OK not to rest on Sunday? Though some people cannot rest on Sunday because of work or other reasons, what is the best approach for them to have Sabbath rest?
3. In verses 17-19, how does Paul encourage the Colossians to deal with dependency on anything except Christ?
4. When the Colossians accepted Christ, verse 20 says, they “died to the elemental spirits of the world.” Describe the values they were freed from when they received a Biblical worldview. If Christ has recently freed your mind from worldly ways of thinking, please share them.
5. (Verses 21-23) Modern life is opposite to asceticism which is the tendency to deny self-realization and freedom through regulations. This kind of asceticism does not depend on Christ. How do we discern these legalistic trends today?
6. If you have advice for finding freedom from legalism (habits not rooted in trusting Christ), please share and encourage each other from a Gospel perspective.

4. Application: How does this apply to our lives?

Share freely new things you have realized or learned from this Bible study.