## Colossians 2:16-23 (ESV)

## Let No One Disqualify You

<sup>16</sup> 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. <sup>17</sup> These are a shadow of the things to come, but the substance belongs to Christ. <sup>18</sup> Let 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, <sup>19</sup> 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.

<sup>20</sup> 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— <sup>21</sup> "Do not handle, Do not taste, Do not touch" <sup>22</sup> (referring to things that all perish as they are used)—according to human precepts and teachings? <sup>23</sup> 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.

1. Have you ever viewed the church as being full of rules and regulations? What rules or regulations did you feel you needed to adhere to?

2. Verses 16-19 lay out particular styles of worship or devotion that were pressuring the Colossians. How does Paul say we should respond to such pressures?

3. In verse 19, who is the "head"? How does the head nourish and knit together the body?





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4. In verses 16 and 21, Paul mentions observing certain religious days or regulations, "do not handle, do not taste, do not touch." Paul is referring to the heavy demands of Jewish fundamentalism or legalism. Why is religious legalism appealing and repelling to some?

5. Why are our lives in Jesus not about a set of do's and don'ts? What should our Christian lives be about?

6. What does it mean to you that your completeness is in Christ alone? How are you connected to and in Christ?

7. Where in this passage do you see that the work of Jesus is GREATER THAN all else?



