



## May 22 Sermon Notes

**Message discussion:** What stood out to you in this week's message? Questions? A way God moved you to respond?

**Passage reflection:** Read Colossians 2:16-23. What stands out to you in these verses? Is there something you hear God saying to you? How can you respond to what He is saying?

*These are a shadow of the things to come, but the substance belongs to Christ.*

**1.** Read the following verses: Colossians 2:16-23. We may not have dietary or ceremonial rituals in our modern Christian tradition, but other types of religious traditions have often been "added" to the gospel as expectations for maintaining a good "Christian reputation." Have you ever experienced pressure to maintain religious traditions which weren't essential to the gospel? Describe.

**2.** In Colossians 2:19, Paul talks about people who aren't "holding fast to the Head" (Christ). Read the following verses: Galatians 1:6-9; Ephesians 4:15-16; Hebrews 3:12-14. What does it mean to hold fast to Christ and our hope in Him alone? What types of things tempt people to shift their hope from Christ alone?

**3.** Read Colossians 2:20-23. Paul asks the Colossians why, if they have died to the world, they again submit themselves to worldly principles like "Do not handle. Do not taste. Do not touch!" Legalistic "Commandments and teachings of men," are just as worldly as immoral behaviors. We can all tend to place our confidence in morality rather than Jesus. Are there any things you do, or don't do, which fall into the category that Paul is warning against?

**4.** Paul states that restrictive moral practices have an appearance of wisdom, but are of no value against fleshly indulgence. Read the following verses: Romans 6:5-14; Romans 8:12-15; Galatians 5:16-25. What does have value in combatting our flesh (sinful nature)? How can you walk in step with the Spirit more consistently?