

The Supremacy Of Christ How To Stand Firm In A Chaotic World



The Essence Of Spiritual Growth Colossians 2:16-23

Sermon Notes | Jeff Randleman | October 29, 2023

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, 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.

- Colossians 2:18-19 (ESV)

Anytime we add anything to the cross, it _____ the cross.

Three Varieties Of False Teaching (How false teaching attempts to disqualify you):

_____.

_____.

_____.

How To Be Attached To The Head (That is, Christ):

The substance of our growth is found in the _____, not the _____.

Through His _____.

Through _____.

Through His _____.

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Matters for Reflection and Discussion:

1. What are the specific practices and traditions mentioned in Colossians 2:16-17 that Paul warns against placing too much emphasis on? Why do you think he cautions against them?
2. In verse 17, Paul mentions that these practices were “a shadow of the things to come, but the substance belongs to Christ.” How does this statement shed light on the purpose and significance of Old Testament laws and rituals in light of Christ’s arrival?
3. Reflect on Colossians 2:18, where Paul warns against those who take pleasure in false humility and the worship of angels. How might these warnings apply to modern-day believers? What can we learn about discernment in our faith?
4. In verses 20-22, Paul advises against adhering to human regulations and self-imposed worship. How can we discern between genuine Christian practices and human-made rules? List a few specific examples.
5. Colossians 2:23 highlights the ineffectiveness of self-imposed religious rules in combating sinful desires. How can we apply this truth to our personal struggles with sin and our pursuit of a more authentic and vibrant faith?
6. How can a deeper understanding of the warnings and guidance in Colossians 2:16-23 help us to maintain a Christ-centered, authentic faith and resist the temptation to rely on external rituals and regulations for our spiritual identity and growth?
7. In what ways are you “holding fast to the Head” (verse 19)? How does God’s Word help you to do this better? Prayer? The church?
8. For further study, read and discuss the following Scriptures: Colossians 2:16-23; Ephesians 2:13; 1 John 1:9; John 15:1-11; 2 Timothy 3:16-17; 2 Peter 3:15-16; Isaiah 64:6.