

True Spirituality



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, 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.

1. Read Romans 14:1-4 and Colossians 2:16-17. What was Paul’s feeling about those who judged others for their participation in things that were not sinful, but might have been against Jewish customs?

2. What does 1 Timothy 4:1-5 say about food and drink?

3. The Sabbath command is the only one of the 10 commandments that is not repeated in the New Testament. When did New Testament believers worship? Why? (See Acts 20:7, 1 Cor. 16:2)

4. What does verse 17 teach us in relationship to the Old Testament of law and the New Testament in Christ?

5. We know from John 10:28, Titus 3:4-5, Ephesians 1:14-15 and Ephesians 4:30 that believers in Christ do not lose their salvation. However, how might believers be disqualified from reward in verse 18-19?

6. What do Exodus 20:3-4 and Revelation 22:8-9 teach us about the worship of angels?

7. How are these “mystics” weak and ineffective?

8. What happens when we hold fast to Christ – The Head (see also John 15:1-5)?

9. Read Genesis 2:16-17 and Genesis 3:3. How do spiritual exaggerations take place “Do not handle, do not taste, do not touch?”

10. Why is asceticism – not touching, not tasting, not handling things that God said were good – ineffective?

11. According to this passage how do we overcome the indulgences of our flesh?
