



## Key References:

### Colossians 2:16–23 (ESV)

<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.

### Colossians 2:13–14 (ESV)

<sup>13</sup> And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, <sup>14</sup> by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross.

### 1 – DIY Religion

One of the books Mark found at Chapters was called; “*A Religion Of One’s Own: A Guide To Creating A Personal Spirituality In A Secular World.*” **Do you think we’re living in an age of DIY or designer-religion? What expressions of DIY religion do we see?**

### 2 – Ecstatic Experiences

Read Colossians 2:16-17. **What things was these people being pressured into? Why don’t Christians observe Jewish traditions?**

Read Colossians 2:18-19. **Of the four things listed in v18 how do they miss the point of the gospel?**

Mark used the phrase “ecstatic experiences” to group these things. **Can you think of four things like these that could creep into modern-day Christianity? Why should we be weary of ecstatic experiences?**

### 3 – Rigid Rules Can’t Bring Life

Mark talked about “rigid rules,” what are some “rules” that you have been taught that you believe are religious?

Read Colossians 2:20-22. **What kinds of regulations hinted at in v21 is the writer getting at here?**

Read Colossians 2:23. **Why do these things promote a self-made religion? How are they unwise?**

**Why is this white-knuckled approach and rigid rules “of no value in stopping the indulgence of the flesh?”**

### 4 – Relationship

Mark said; “*rules bring death, but a relationship with Christ in the power of the Holy Spirit brings life.*” **Why is this relationship more powerful than any rule?**

**Have you found yourself implementing rules in your life in-place of a real relationship with Jesus? Why do we have a tendency to do this?**

**What have you found recently that has brought new life to your relationship with Jesus?**

