

• JUNE 2, 2019 •

*The Power of Christ over the  
Power of Rules*

**Colossians 2:16-23**

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1. Because Christ is enough, don't allow anyone to shame you with religious do's and don'ts. (Colossians 2:16-17)

2. Because Christ is enough, don't allow a spiritual mystic to act as your umpire for spiritual blessing. (Colossians 2:18-19)

3. Because Christ is enough, stop submitting to the worldly definition of spirituality. (Colossians 2:20-23)

## Table Talk

- 1) What are some “religious do’s and don’ts” that we experience today in which there is Christian freedom, but some Christians restrict themselves? Why is “food and drink” a constant battle in the arena of Christian freedom? Why do people make such a big deal about it? What does Paul want to make “the big deal”?
- 2) What is asceticism and worship of angels in verse 18? How do those two problems show themselves today? What characterizes people who are caught up in asceticism and worship of angels (v. 18b)? What is the one horrible result of chasing these things (v. 19)?
- 3) What is the worldly definition of spirituality (v. 21)? How does that definition bring about its own death (see v. 22)? How can false definitions of spirituality “look good” (v. 23a)? What is the ultimate effectiveness of rules based spirituality (v. 23b)?
- 4) What does it mean to have “died with Christ to the elemental spirits of the world” (v. 20)? Who is the “Head” who brings true spiritual growth (v. 19)? Who is the substance of true spirituality (v. 17)? What are some ways that you can kill legalism in your own life?