



**Title | Headless Christian
Series | Toward Wholeness
Text | Colossians 2:16-23
By | Bob Kerrey
Date | April 11, 2021**

Sermon Notes

Colossians 2:16 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. *ESV*

Big Idea:

Text questions during the sermon: 623-850-8809

1 Corinthians 4:3 But with me it is a very small thing that I should be judged by you or by any human court. In fact, I do not even judge myself. **4 . . .** It is the Lord who judges me. *ESV*

For Reflection and Application:

Monday:

Read Colossians 2:16-17. What does it mean to “let no one pass judgment on you”? What does Paul have in mind when he refers to food and drink and a festival or a new moon or a Sabbath? (See 2 Chronicles 31:3.) What is Paul warning against? (See Romans 7:4, 6.)

Tuesday:

Read Colossians 2:18-19. What does it mean to “hold fast to the Head”? In what ways are the things listed in verse 18 examples of not holding fast?

Wednesday:

According to Colossians 2:19, what is the source of wholeness? As believers, what is our part in experiencing wholeness?

Thursday:

Read Colossians 2:20-23. How does this fit with the idea of holding fast Christ, the Head?

Friday:

Read 1 Corinthians 4:3-4. How does this relate to Colossians 2:16-23? How can you apply this to your life?

Daily Prayer:

Lord, help me to hold fast to what you think based on what you do and say in Scripture, releasing the judgment of all others over me. Amen.