

Rooted in Christ
Staying the Course (Colossians 2:16-23)

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Introduction

Paul's First Warning (2:16-17)

Paul's Second Warning (2:18-19)

A Final Appeal (2:20-23)

Application

Colossians 2:16-23 (NIV)

¹⁶Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. ¹⁷These are a shadow of the things that were to come; the reality, however, is found in Christ. ¹⁸Do not let anyone who delights in false humility and the worship of angels disqualify you. Such a person also goes into great detail about what they have seen; they are puffed up with idle notions by their unspiritual mind. ¹⁹They have lost connection with the head, from whom the whole body, supported and held together by its ligaments and sinews, grows as God causes it to grow.

²⁰Since you died with Christ to the elemental spiritual forces of this world, why, as though you still belonged to the world, do you submit to its rules: ²¹“Do not handle! Do not taste! Do not touch!”? ²²These rules, which have to do with things that are all destined to perish with use, are based on merely human commands and teachings. ²³Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.