



DISCUSSION QUESTIONS

Colossians: Rescued. Redeemed. Rooted.

Week 7 - Connected to Christ

QUESTION 1

Begin this time by reading our scripture for the week out loud. **Colossians 2:16-23** **Therefore 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.** ¹⁷ **These are a shadow of the things that were to come; the reality, however, is found in Christ.** ¹⁸ **Do 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.** ¹⁹ **They 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.** ²⁰ **Since 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!”?** ²² **These rules, which have to do with things that are all destined to perish with use, are based on merely human commands and teachings.** ²³ **Such 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.** Each member of the group, please share something from the scripture that speaks to you.

QUESTION 2

Paul begins this section of scripture by emphasizing that there is true freedom in Christ. We shouldn't let others judge us. **Colossians 2:16-17** **Therefore, do not let anyone judge you by what you eat or drink, or regarding a religious festival, a New Moon celebration, or a Sabbath day. These are a shadow of what was to come; the reality, however, is found in Christ.** In verse 16, Paul is addressing a group of people who want the Christians in Colossae to follow the Old Testament law. Paul says that the old covenant was a shadow. The substance is found in Christ. This reminds us that in our lives, there are also shadows, but the substance is found in Christ. Sometimes, we get lost in the shadows, having our focus diverted from Christ and being distracted by things that are less important. Take some time to discuss this idea as a group. Be sure to share some of the shadows that you often find most distracting. Also, discuss how we can redirect our attention back to Jesus.

QUESTION 3

In the previous passage, Paul discussed baptism. He reminded the Colossians that when they were baptized, they celebrated the fact that they died with Christ and have been raised with Him. In this passage, Paul powerfully reminds the Colossians that they have died to the things of this world. ²⁰ **Since you died with Christ to the elemental spiritual forces of this world, why, as if you still belonged to the world, do you submit to its rules?** This verse is very relevant for us as well. If you are in Christ, you have also died to the priorities, values, and spiritual forces of this world. But like the Colossians, you are most likely still tempted to live as if you belong to the world, submitting to its rules. As a group, identify some of the values and priorities of the world that you are tempted to conform to. Be sure to highlight the Kingdom values you want to embrace and live by instead.

QUESTION 4

Paul points out something interesting in verses 22 to 23. He shows how legalism can seem like a wise way to live. But then he reveals that it doesn't actually help us resist temptation. Take a moment to look at these verses. **Colossians 2:22-23** **These rules, which relate to things that are all meant to perish with use, are based on human commands and teachings.** ²³ **Such regulations may seem wise with their self-imposed worship, false humility, and harsh treatment of the body, but they don't have any real power to stop indulgence.** If strictly following the rules doesn't help in resisting temptation, then what does?