



COLOSSIANS

JUST PERFECT

Forget the Guilt Trip

Colossians 2:16-23

There are some things that help us have a healthy life whether it is for our mental, emotional, social, or physical health. Can you think of some habits or routines that are helpful for those areas? When it comes to our spiritual health, routines and even traditions can be helpful as long as the focus is on why it is being done and doesn't replace the truth of Christ and the Gospel. For example, worshipping with other believers on a specific day is a good routine to have. Yet those routines over time can become an unhealthy expectation - assuming it must happen on a specific day or in a specific way. When we think that spiritual health and growth happens through rituals, routines, and regulations of do's and don'ts, it all leads to a false and legalistic way of relating with God. Jesus has already paved the path so there is no reason to add to His work.

What's Going On?

- False teaching regarding essential do's and don'ts
- Claims of special "revelations"
- False humility

What God says...

- The False Teachers don't speak for Him because they don't know Jesus (2:19)
- The shadow has been eliminated by the Light (2:17)
- Don't cling to what is obsolete (2:20-22)
- Be careful where you get your truth from (2:23)

Living the New Life...

- Skip the guilt and condemnation – from others and yourself!
- Pay attention to not just what you do, but why you are doing it
- Pay attention to the results: Are you just managing your behavior or is your character being transformed (2:23)
- Know Christ not just how to be a Christian

Talk It Over:

- 1) Have you been in a church that focused on rituals, routines, and regulations to qualify/disqualify our relationship with God?
- 2) When are rituals, routines, and "regulations" healthy and unhealthy for our spiritual walk?
- 3) What is the one truth you are going to hold onto this week?