

A Study Guide to Colossians 2:16-23 (Session 7)

First Baptist Peddie Church

1. Pray for wisdom and understanding that come from the Holy Spirit.

2. Read Colossians 2:16-23 aloud slowly several times.

3. Observe

1. Mark any words or phrases that stand out.
2. Write down any questions that arise from the text.
3. In 2:16, 18, 21-23, list the various ways we might be judged or disqualified by the false teachers.
4. In 2:17, 19-20, identify the reasons these rules and regulations are no longer binding on Christians.

4. Watch the Video Lesson on YouTube

5. Interpret / Live out the Word

1. Are the rules and regulations (e.g., what you eat or drink, ...) intrinsically wrong? What is the root of the problem the Apostle Paul is addressing?
2. What are some of the spoken or unspoken rules that we in the 21st-century America are pressured to keep in order to gain approval from others?
3. Why do these false teachings appeal to us? Why are we tempted to give in to these false teachers?
4. Why would “the harsh treatment of the body” do nothing to “restrain sensual indulgence” (2:23b)?
5. How do you “restrain sensual indulgence” (2:23b)?
6. What spiritual disciplines do you engage in regularly? How have they helped you to draw near to Christ and become more like Christ?
7. Reflecting on your own practice of spiritual disciplines, identify the ways that might hinder you from focusing on Christ. How would you correct your practice?

6. Memorize (use your preferred translation)

(Colossians 2:17 NIV)

These are a shadow of the things that were to come; the reality, however, is found in Christ.