

The All Sufficiency of Christ  
Colossians  
Lesson #14 – Colossians 2:16-23

I. Introduction

- A. Christ's sufficiency described
- B. Our identification with Christ

II. Guarding our Freedom

A. Against Legalism (v. 16-17)

- 1. Legalism is the abuse of the Law
- 2. It is a reliance on law-keeping for acceptance with God
- 3. It is an outward semblance of spirituality

B. Against Angel Worship (v. 18-19)

- 1. Disqualify = let no one act as an umpire against you
- 2. Oriental mysticism
- 3. True worship does not "puff up"

- a. True worship humbles
- b. The mind is awed by the presence of God
- c. The heart is filled with the love of God
- d. The will is submitted to the purpose of God
- e. **I Corinthians 8:1**

<sup>1</sup>Now about food sacrificed to idols: We know that we all possess knowledge.<sup>[a]</sup> Knowledge puffs up, but love builds up.

C. Against Asceticism (v. 20-23)

- 1. The practice of religions self-denial in order to become more spiritual
- 2. The only value is popularity not maturity

III. The Basis of Our Freedom (v. 20)

A. You died with Christ

- 1. Died to sin – **Romans 6:11**  
<sup>11</sup>In the same way, count yourselves dead to sin but alive to God in Christ Jesus.
- 2. Died to self – **II Corinthians 5:14-15**  
<sup>14</sup>For Christ's love compels us, because we are convinced that one died for all, and therefore all died. <sup>15</sup>And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.
- 3. Died to the Law – **Romans 7:6**  
<sup>6</sup>But now, by dying to what once bound us, we have been released from the law so that we serve in the new way of the Spirit, and not in the old way of the written code
- 4. Died to the world – **Galatians 6:14**  
<sup>14</sup>May I never boast except in the cross of our Lord Jesus Christ, through which<sup>[a]</sup> the world has been crucified to me, and I to the world.

## Colossians 2

<sup>1</sup>I want you to know how much I am struggling for you and for those at Laodicea, and for all who have not met me personally. <sup>2</sup>My purpose is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, <sup>3</sup>in whom are hidden all the treasures of wisdom and knowledge. <sup>4</sup>I tell you this so that no one may deceive you by fine-sounding arguments. <sup>5</sup>For though I am absent from you in body, I am present with you in spirit and delight to see how orderly you are and how firm your faith in Christ is.

### Freedom From Human Regulations Through Life With Christ

<sup>6</sup>So then, just as you received Christ Jesus as Lord, continue to live in him, <sup>7</sup>rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

<sup>8</sup>See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ.

<sup>9</sup>For in Christ all the fullness of the Deity lives in bodily form, <sup>10</sup>and you have been given fullness in Christ, who is the head over every power and authority. <sup>11</sup>In him you were also circumcised, in the putting off of the sinful nature, <sup>[a]</sup> not with a circumcision done by the hands of men but with the circumcision done by Christ, <sup>12</sup>having been buried with him in baptism and raised with him through your faith in the power of God, who raised him from the dead.

<sup>13</sup>When you were dead in your sins and in the uncircumcision of your sinful nature, <sup>[b]</sup> God made you <sup>[c]</sup> alive with Christ. He forgave us all our sins, <sup>14</sup>having canceled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross. <sup>15</sup>And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross. <sup>[d]</sup>

<sup>16</sup>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. <sup>17</sup>These are a shadow of the things that were to come; the reality, however, is found in Christ. <sup>18</sup>Do not let anyone who delights in false humility and the worship of angels disqualify you for the prize. Such a person goes into great detail about what he has seen, and his unspiritual mind puffs him up with idle notions. <sup>19</sup>He has 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.

<sup>20</sup>Since you died with Christ to the basic principles of this world, why, as though you still belonged to it, do you submit to its rules: <sup>21</sup>"Do not handle! Do not taste! Do not touch!"? <sup>22</sup>These are all destined to perish with use, because they are based on human commands and teachings. <sup>23</sup>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.