

Colossians 2:16-23 Discussion Questions

- This passage highlights the attitude that says, “Jesus is good, but not enough.” What are some ways the Colossians were adding to the work of Jesus?
- Paul says the Old Testament food laws and festivals were “a shadow of the things to come, but the substance belongs to Christ” (v. 17). Why is it tempting to cling to shadows when we already have the reality in Jesus?
- What are some modern “external systems” Christians can trust in for acceptance with God? (moral performance, political identity, theological knowledge, parenting decisions, etc)
- How are you personally tempted to treat your works, discipline, or spiritual habits as the basis for God accepting you rather than Christ’s finished work?
- Paul says, “Let no one pass judgment on you” (v. 16). Do you find that you are vulnerable to the standards and opinions of others? How can the gospel free us from that?
- Paul warns against people who were obsessed with mystical experiences and spiritual elitism (v. 18). What are the dangers of chasing spiritual highs without day-to-day faithfulness?
 - Is there a danger of pride or elitism in chasing intense spiritual experiences? If so, how does the gospel correct that?

- In the sermon, Wesley warned against confusing excitement for growth. What is the difference between emotional intensity and genuine spiritual maturity?
 - How does John 15 help us better understand spiritual growth?
- Paul says man-made rules “are of no value in stopping the indulgence of the flesh” (v. 23). Why do external rules so often fail to restrain the flesh? What is the real solution?
- What is the difference between biblical self-denial and unhealthy asceticism or self-punishment?
 - How can Christians pursue discipline without falling into a mindset of self-punishment?
- Why is the Christian life about more than merely saying “no” to sin? What positive loves, desires, and joys is Christ calling us into?
- Wesley said, “If Christ becomes more precious to you, then sin will lose its power over you.” What does it practically look like to treasure Christ more deeply in everyday life?