

## Colossians 2:16-23 ESV (English Standard Version)

<sup>16</sup>Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. <sup>17</sup>These are a shadow of the things to come, but the substance belongs to Christ. <sup>18</sup>Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions, puffed up without reason by his sensuous mind, <sup>19</sup>and not holding fast to the Head, from whom the whole body, nourished and knit together through its joints and ligaments, grows with a growth that is from God.

<sup>20</sup>If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations— <sup>21</sup>“Do not handle, Do not taste, Do not touch” <sup>22</sup>(referring to things that all perish as they are used)—according to human precepts and teachings? <sup>23</sup>These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.

### Sermon Notes

1.) Don't let anyone \_\_\_\_\_ or \_\_\_\_\_ you in these things.

2.) Hold fast to the Head; \_\_\_\_\_ gives the growth.

3.) Legalism may appear to be \_\_\_\_\_ but it's actually

\_\_\_\_\_ and \_\_\_\_\_.