

## Colossians 2:16-23 – Rules, Religion and Restraint verses Reality

1. **Rules vs Reality (vv. 16-17)**
2. **Beheaded Religion vs Bodily Growth (vv. 18-19)**
3. **Restraint vs Renewal (vv. 20-23)**

*Questions for us?* Are we ever tempted to think that we need Jesus + something else to really draw near to God? Why does that calculation never work? In vv. 16-17 what are the Colossians tempted to look to as well as Jesus to approach God? How might we do something similar? What contrast does Paul make in v. 17 and how does that help us understand the Old Testament laws? What is Paul's instruction in verse 16 for the Colossians and how might we put that into practise? In verses 18-19 what are the Colossians tempted to add to Jesus? How might we do something similar? What happens to someone who tries to add to Jesus according to these verses? How can we follow Paul's instruction and not let anyone disqualify us? In verses 20-23 what are the Colossians adding to Jesus? How might we do something similar? What reasons does Paul give for us not to consider this? What would our Christian lives look like if we took what Paul is saying on board? How would it affect our thinking? Or our attitude?