

In Christ, We are Free
Colossians 2:16-23



**BRIDGING
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GAP**



“¹⁶ 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. ¹⁷ These are a shadow of the things to come, but the substance belongs to Christ. ¹⁸ 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, ¹⁹ 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. ²⁰ 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—²¹ “Do not handle, Do not taste, Do not touch” ²² (referring to things that all perish as they are used)—according to human precepts and teachings? ²³ 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.” - Colossians 2:16-23

1. Jesus is the Substance. (Colossians 2:17)

2. Jesus is the Head. (Colossians 2:19)

1. Let no one *pass judgement* on **you**.
2. Let no one *disqualify* **you**.

“It is a terrible thing that the worst of all the vices can smuggle itself into the very centre of our religious life. But you can see why. The other, and less bad, vices come from the devil working on us through our animal nature. But this does not come through our animal nature at all. It comes direct from Hell. It is purely spiritual: consequently it is far more subtle and deadly. For the same reason, Pride can often be used to beat down the simpler vices. Teachers, in fact, often appeal to a boy's Pride, or, as they call it, his self-respect, to make him behave decently: many a man has overcome cowardice, or lust, or ill-temper, by learning to think that they are beneath his dignity—that is, by Pride. The devil laughs. He is perfectly content to see you becoming chaste and brave and self-controlled provided, all the time, he is setting up in you the Dictatorship of Pride—just as he would be quite content to see your cold cured if he was allowed, in return, to give you cancer. For Pride is spiritual cancer: it eats up the very possibility of love, or contentment, or even common sense.”

– C.S. Lewis

Am I Living Free in Christ?

A silhouette of a rope bridge spanning a deep canyon. Several figures are walking across the bridge. The background is a bright, sunburst-like glow emanating from behind the bridge.

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