



Colossians 2:16-23

March 27 | Pastor Matt Anderson

WARM UP

1. Do you know someone who feels totally secure and unashamed their body? Explain.
2. What stood out to you in this week's message?

DIG IN

3. How would you describe ancient dualism in your own words? How is today's dualism the same and different?
4. What do people need a reminder to be grateful for what they have in Christ? According to Pastor Matt, how do we protect that gratitude and prevent it from fading away?
5. Read Colossians 2:16-23. Why does Paul challenge the Colossians to stop observing specific religious festivals and traditions? What was wrong with these practices?
6. Why is it impossible to grow closer to Jesus through discipline alone? Does this mean that discipline is bad or unnecessary?

WRAP UP

7. Have you ever struggled with being hard on your body, or with the urge to try to improve your standing through discipline? How does the message of this passage provide a new way forward?

EXTRA CREDIT

Read Mark 2 with special attention to verses 18-22.

-Why is Jesus criticized throughout this chapter?

-How does he use a wedding, a patch, and wineskins to give his answer in v. 18-22?

-If Jesus acknowledge that his followers will fast and engage in other spiritual disciplines at some point (v. 20), what is his overall message about discipline and discipleship?



Series: *Colossians*
Title: *2:16-23*
Speaker: *Matt Anderson*

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Why we're hard on our bodies...

Ancient Dualism:

Today's Dualism:

False teaching in Colossae:

Colossians 2:16-23

God's rules anticipate _____.

Unspiritual spirituality:

I can't...

The old me _____ with Jesus.

His Spirit _____ the new me.

Discipline isn't the point:

