

## Rooted in Christ – A Study of Colossians Lesson 10

### Women of Grace | GraceLife Church

*Therefore, no one is to judge you in food and drink, or in respect to a festival or a new moon or a Sabbath day—things which are only a shadow of what is to come; but the substance belongs to Christ. Let no one keep defrauding you of your prize by delighting in self-abasement and the worship of the angels, going into detail about visions he has seen, being puffed up for nothing by his fleshly mind, --Colossians 2:16-18*

#### Day 1—Verse 16, Part 1

*Therefore, no one is to judge you in food and drink, or in respect to a festival or a new moon or a Sabbath day—Colossians 2:16*

---

1. Paul begins this section with another “therefore”. What is the connection between verse 16 and what comes before it?
2. What is the term for what those who are standing in judgment are doing?
3. Why are we not to judge others on issues such as food and drink or the celebrations of festivals, etc.?

- a. From 1 Timothy 4:1-5, who is judging matters of food characteristic of?
  
  
  
  
  
  
  
  
  
  
  - b. From Acts 10:9-16, what does it tell us about how New Covenant believers are to view food?
- 
- 
- 
- 
- 
- 
- 
- 
- 
- 
4. How is legalism a form of spiritual intimidation?
  
  
  
  
  
  
  
  
  
  
  5. Why is legalism so tempting to the human heart?
  
  
  
  
  
  
  
  
  
  
  6. Why is legalism so useless and harmful to us as believers?
  
  
  
  
  
  
  
  
  
  
  7. How does legalism undermine our security in Christ?



5. Read Romans 14:1-13. How does this passage help you better understand why we are not to judge others in these matters?

6. If you are judging others over issues of personal conviction, what does the passage in Romans tell you that you need to do?

7. What is the difference between legalism and personal conviction?

**Heart check:**

Are you judging others over issues of personal conviction? Maybe in the celebration of Christmas? Choice of schooling? Working outside of the home?

**Day 3**—Verse 16, Part 3

*Therefore, no one is to judge you in food and drink, or in respect to a festival or a new moon or a Sabbath day—Colossians 2:16*

---

- 1) Paul is likely referring to the food regulations found in the Jewish law in Leviticus 11, and to drink prohibitions possibly rooted in other traditions. Why does he tell the believers at Colossae that no one should judge them in regard to whether they kept them or not?
  
- 2) What festivals is Paul referring to? See Leviticus 23.
  
- 3) Read Genesis 2:3, Exodus 20:8-12, and Exodus 31:12-17. Explain the significance of the Sabbath Day.
  
- 4) Why do believers meet on Sunday? See Acts 20:7, 1 Corinthians 16:2, and Revelation 1:10.

5) What was the purpose of the laws that were given by God to the people of Israel? Do they apply to gentile believers?

6) Is there ever an appropriate time to judge? What do we learn about judging in the following passages?

a) Matthew 7:1-5

b) 1 Corinthians 5:12

c) 1 Corinthians 5:3-5

d) 1 Corinthians 6:1-5

e) James 2:1-4

f) John 7:24

**Day 4—Verse 17**

*things which are only a shadow of what is to come; but the substance belongs to Christ.  
--Colossians 2:17*

---

1. What is a shadow?
  
  
  
  
  
  
  
  
  
  
2. Notice the contrast that Paul is making here. What is the shadow and what is the substance?
  
  
  
  
  
  
  
  
  
  
3. Can a shadow exist on its own?
  
  
  
  
  
  
  
  
  
  
4. Why is so tempting for believers to return to the Law?
  - a. How does Galatians 4:21-31 contrast the Old Covenant Law and the New Covenant Law of Christ?

5. Read Galatians 5:1-3. What does it tell us about keeping aspects of the Law such as circumcision?
  
  
  
  
  
  
  
  
  
  
6. From Galatians 3:24-25, why does a person not need to follow the shadow when they are in Christ? What do these verses tell us about one use of the Law?
  
  
  
  
  
  
  
  
  
  
7. How are New Covenant believers to view the Law and Old Testament? Are we to “unhitch” from it since we have the full substance in Christ?

**Heart Check:**

- Are there any areas of your life where you are judging others’ righteousness by keeping the Law? What must you do if you are?
  
  
  
  
  
  
  
  
  
  
- What kind of disposition will this breed in your life toward other believers?
  
  
  
  
  
  
  
  
  
  
- How is this a lack of love toward your sisters (or brothers) in Christ?



**Day 5—Verse 18**

*Let no one keep defrauding you of your prize by delighting in self-abasement and the worship of the angels, going into detail about visions he has seen, being puffed up for nothing by his fleshly mind,--Colossians 2:18*

---

1. What is the prize?

a. How were the Gnostic false teachers attempting to defraud the Colossians of their prize?

2. What is the general term for what the people in this verse are doing?

3. Define mysticism.

4. Define self-abasement.

5. Why might someone delight in things like self-abasement or the worship of the angels?

a. From Revelation 19:9-10, how are we to view angels?

b. If one is constantly chasing after these experiences, what might be missing in their life?

6. Does God give visions to Christians today?

7. What does Paul mean by “inflated without cause by his fleshly mind”?

8. What similar things might we do today that would defraud us or rob us of our prize?

**Heart check:**

- Is there anything in your life that causes you to delight in things that aren't of God? Things that may lead to religiosity, but are actually defrauding you of your prize in Christ? Put off those things and put on Christ!
- Have you been chasing experiences and not the full substance of Christ?

**Dig Deeper:**

- Read the following article for a deeper looking at the conscience:  
<https://feedingonchrist.org/unbiblical-conscience-binding/>
- Read Romans 14-15 and 1 Corinthians 8-10 for a more in-depth study on Christian liberty and legalism.
- For a more in-depth look at mysticism, watch: <https://www.gty.org/library/strangefire>