

# SERMON OUTLINE Colossians 2:16-23

Holding Fast to the Head - Part 1

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## **INTRODUCTION**

### **MERE CHRISTIANITY**

*The Justification of Jesus*

*The Sanctification of Jesus*

*Jesus*

### **HOLDING FAST TO THE HEAD**

*Legalism (16-17)*

*Asceticism (18a, 19-23)*

*Mysticism (18b)*

### **CONCLUSION**

# SERMON DISCUSSION QUESTIONS

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## MAIN POINT

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The big idea of this passage is that if you try to add anything to Jesus, take away anything from Jesus, or look to anything but Jesus for salvation or satisfaction (legalism, mysticism, asceticism, or anything else), you will not get Jesus, salvation, or satisfaction. The main takeaway is to do a careful inventory of what you are holding fast to and put off all that is not Jesus.

## DISCUSSION QUESTIONS

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1. What were your thoughts on the text/sermon? What most stood out? How was it helpful? Confusing?
2. Do you ever feel like your faith in Jesus is missing something? Are there times when the abundant life Jesus offers feels somewhat less than abundant? Have you ever had a stretch that you would describe as anything other than being filled with the love of Christ and the fullness of God? Can you remember a time in which God's Word made promises of joy and satisfaction that seemed dubious or elusive?
3. What do you usually do when you feel those things?
4. Does Paul's description of the justification of Jesus, the sanctification of Jesus, of Jesus Himself amaze you the most?
5. How would you define legalism? What aspects of legalism are you drawn to?
6. Logically, is there anything about legalism that comes close to Jesus?
7. Why do alternatives to Jesus appeal to us at times?
8. What does it mean to live by faith in Jesus when the emptiness and sadness won't leave?
9. In what way/s did the sermon help you see the greatness of God?

## AREAS OF APPLICATION

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10. Find all the passages in Colossians that speak to the justifying and sanctifying grace of Jesus as well as the descriptions of the preeminence of Jesus. Spend time meditating on those glorious truths this week and share them with someone else.
11. Take a careful inventory of any legalistic tendencies in your life. Ask God and another Christian to help you sort through them.
12. Write out your answer to the question: What things do I hold fast to when life isn't as I'd like it to be?
13. Ask three different people what kinds of things provide temporary relief when life is hard.
14. Do your best to explain to someone why Jesus is better than whatever they're living for.
15. Find a way to artistically express the futility of the alternatives to Christ named in Colossians 2:16-23.
16. Pick one specific thing you mean to do differently, with the Spirit's help, as a result of the things you heard in this text/sermon.

## PRAYER POINTS

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17. Adoration. Praise God that He is creator, king, and righteous judge. Praise God that He is the source and substance of all that has been made. Praise God that He is omniscient, omnipotent, and faithful. Praise God that He is sovereign, wise, and good. Praise God that He is holy, merciful, and gracious.
18. Confession. Confess any ways you are holding fast to something other than Christ. Confess any ways you are allowing others to pass judgment on you or disqualify you according to false teaching. Confess any ways that you've been tempted toward legalism or tempted others toward it. Confess any ways you are seeking relief in self-made religion.
19. Thanksgiving. Thank God for all that Jesus is and promises for all who trust in Him. Thank God for giving us a sufficient savior in Jesus Christ. Thank God for His justifying and sanctifying grace in your life. Thank God for every ounce of satisfaction He's worked for you in Jesus. Thank God that there is real freedom in Jesus.
20. Supplication. Ask God to free us from the desires of our flesh and the appeal of man-made religion. Ask God to fill us with the full measure of satisfaction in Jesus. Ask God to allow us to live lives of faith in Jesus in every circumstance.