

SERMON OUTLINE Colossians 2:16-23

Holding Fast to the Head - Part 2

INTRODUCTION

REVIEW

HOLDING FAST TO THE HEAD

Legalism (16-17)

Asceticism (18a, 19-23)

Mysticism (18b)

CONCLUSION

SERMON DISCUSSION QUESTIONS

MAIN POINT

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

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? 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. How do you define asceticism? Mysticism?
5. Have you ever practiced some form of asceticism? Have you ever felt like it "helped" to create discomfort for yourself?
6. More subtly, have you ever tried to earn God's favor or a sense of personal satisfaction by denying yourself something that God hasn't explicitly prohibited?
7. What do you tend to do when you aren't sure what God would have you do in a certain situation? Where do you go to find out?
8. What do you think of the idea of "Christian mysticism"?
9. Which of legalism, asceticism, or mysticism tend to be most appealing to you? Why?
10. Why do alternatives to Jesus appeal to us at times?
11. What does it mean to live by faith in Jesus when the emptiness and sadness won't leave?
12. In what way/s did the sermon help you see the greatness of God?

AREAS OF APPLICATION

13. 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.
14. Take a careful inventory of any ascetical or mystical tendencies in your life. Ask God to help you sort through them.
15. 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?
16. Ask three different people what kinds of things provide temporary relief when life is hard.
17. Do your best to explain to someone why Jesus is better than whatever they're living for.
18. Find a way to artistically express the futility of the alternatives to Christ named in Colossians 2:16-23.
19. 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

20. 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.
21. 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 according to false teaching. Confess any ways you are seeking relief in self-made religion.
22. 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.
23. 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.