

## COLOSSIANS

### Part 5 – The Focus Of Those In Christ

#### Colossians 2:16-3:4

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October 16, 2011

#### DON'T FOCUS ON...

##### FALSE RULES

<sup>16</sup>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. <sup>17</sup> These are a shadow of the things to come, but the substance belongs to Christ. (2:16-17)

##### FAKE EXPERIENCES

<sup>18</sup>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, <sup>19</sup>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. (2:18-19)

##### FAULTY SOLUTIONS

<sup>20</sup>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— <sup>21</sup> "Do not handle, Do not taste, Do not touch" <sup>22</sup>( referring to things that all perish as they are used)—according to human precepts and teachings? <sup>23</sup>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. (2:20-23)

#### FOCUS ON CHRIST

<sup>1</sup> If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. <sup>2</sup> Set your minds on things that are above, not on things that are on earth. <sup>3</sup>For you have died, and your life is hidden with Christ in God. <sup>4</sup>When Christ who is your life appears, then you also will appear with him in glory. (3:1-4)