



**Teaching Notes
Colossians 2:16-23
February 14, 2016**

What are your standards?

- How do you tell if someone is a Christian? - How do you determine the level of a person's spirituality? - What things should a Christian not do, engage in, or eat or drink?
- How do these answers affect the way you live your life?

Paul's "Don't" #1

Don't pursue the shadow when you have the reality

Hebrews 10:1 ESV

For since the law has but a shadow of the good things to come instead of the true form of these realities, it can never, by the same sacrifices that are continually offered every year, make perfect those who draw near.

1 Corinthians 8:8 ESV

Food will not commend us to God. We are no worse off if we do not eat, and no better off if we do.

Paul's "Don't" #2

Don't cut yourself off from the head

Hebrews 10:19 ESV

Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus,

John 14:6 ESV

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.

2 Corinthians 11:14 ESV

And no wonder, for even Satan disguises himself as an angel of light.

Paul's "Don't" #3

Don't depend on the perishable to bring about the imperishable

Romans 14:17 ESV

For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.

1 Corinthians 15:50 ESV

I tell you this, brothers: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.

Paul's "Don't" #4

Don't rely on what is powerless to bring about change

Warren Wiersbe

"The law reveals sin and warns of the consequences of sin - but it has no power to prevent sin or redeem the sinner. Only grace can do that." Warren Wiersbe

Mark 7:18-20 ESV

And he said to them, "Then are you also without understanding? Do you not see that whatever goes into a person from outside cannot defile him, since it enters not his heart but his stomach, and is expelled?" (Thus he declared all foods clean.) And he said, "What comes out of a person is what defiles him.

2 Peter 1:3-4 ESV

His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.

Live Free

John 8:36 ESV

So if the Son sets you free, you will be free indeed.