

**Colossians: Jesus Over All
Jesus Is Over Religion 7 of 11
Cornerstone Church Of Poway
Pastor Rich Sherwood
May 24, 2026**

Big Idea: Religion brings judgment, Jesus brings freedom through relationship.

¹⁶ Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.

¹⁷ These are a **shadow** of the things that were to come; **the reality, however, is found in Christ. Colossians 2:16-17 (NIV)**

Notes: _____

¹⁸ Do not let anyone who delights in false humility and the worship of angels disqualify you for the prize. Such a person goes into great detail about what he has seen, and his unspiritual mind puffs him up with idle notions. ¹⁹ He has **lost connection** with the Head, from whom the whole body, supported and held together by its ligaments and sinews, grows as God causes it to grow. **Colossians 2:18-19 (NIV)**

Notes: _____

²⁰ Since you died with Christ to the basic principles of this world, why, as though you still belonged to it, do you submit to its rules: ²¹ "Do not handle! Do not taste! Do not touch!"?

²² These are all destined to perish with use, because they are based on human commands and teachings. ²³ Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence. **Colossians 2:20-23 (NIV)**

Notes: _____

NEXT RIGHT STEPS

This week, I will:

- Pursue Relationship - Spend time with Jesus without rushing or checking a box
- Stay Connected - Build a daily rhythm of prayer and Scripture
- Surrender for Change - Give one struggle to Jesus instead of relying on willpower

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Big Idea

Religion brings judgment, Jesus brings freedom through relationship

Opening Prayer Ask God to help you move beyond religious routine and into a real, growing relationship with Jesus.

Icebreaker (5 minutes)

When you think of the word “religion,” what comes to mind?

Do you see it as positive, negative, or both? Why?

Read Colossians 2:16–23 together.

Key Truth: Religion focuses on outward performance.-Jesus invites us into a transforming relationship.

Discussion Questions

Family / Youth Friendly Questions

1. Why is it easy to fall into “going through the motions” spiritually?
2. Why is it easy to let religion replace your relationship with Jesus?

(Colossians 2:16–17)

3. What are some ways people can be “religious” but still miss a real relationship with Jesus?

4. Have you ever found yourself going through spiritual motions (prayer, church, Bible reading) without real connection? What did that feel like?

5. What helps you move from routine to relationship?

Cross references:

Hebrews 10:1

John 5:39

Stay Connected to Christ Instead of Chasing Experiences

(Colossians 2:18–19)

6. Why do you think people sometimes chase spiritual experiences instead of staying grounded in Christ?

7. What does it practically look like to “remain” or stay connected to Jesus daily?

8. When do you feel most connected to Christ? What helps that happen?

Cross references:

John 15:4–5

Ephesians 4:15–16

Trust Jesus to Change You (Not Just Rules)

(Colossians 2:20–23)

9. Why do rules and self-effort often fail to produce lasting change?

10. What is one area where you’ve tried to “try harder” instead of surrendering it to Jesus?

11. What would it look like to invite Jesus into that area instead?

Cross references:

Romans 8:3–4

Galatians 2:20

Personal Reflection

Which of these do you most need to act on this week?

I need to move from routine to relationship

I need to stay connected to Jesus daily

I need to trust Jesus to change me instead of trying harder

Why?

Life Application

This week, take one intentional step:

Pursue Relationship - Spend time with Jesus without rushing or checking a box

Stay Connected - Build a daily rhythm of prayer and Scripture

Surrender for Change - Give one struggle to Jesus instead of relying on willpower