

# WEEKLY STUDY GUIDE

## SELF-MADE RELIGION WEEK 5

**COLOSSIANS JOURNAL:** Remind everyone to bring their journal to group. Reread the Intro to the series on page 8.

**ICEBREAKER:** Share a time when you felt judged or criticized for something you did or believed in. Looking back, would you change your response? If so, how would you change it?

**CONTEXT:** In Colossians 2:16-23, Paul warns against allowing others to judge or disqualify believers based on religious rituals or ascetic practices. Instead, he emphasizes the sufficiency of Christ and encourages believers to hold fast to their faith in Him alone. JESUS IS ENOUGH!

### BOOK OF COLOSSIANS

**OVERVIEW:** Colossians aim is to deepen our understanding and desire to surrender to the reality of Christ's impact on every aspect of our lives.

Watch this 9 minute video from the Bible Project as a group or for individual study. (It is a little long so you may need to divide it into sections.)

▶ **Book of Colossians Summary: A Com...**

### SCRIPTURE: Colossians 2:16-23

16 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. 17 These are a shadow of the things

to come, but the substance belongs to Christ.

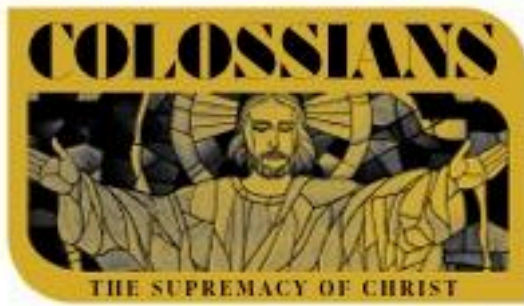
18 Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions, puffed up without reason by his sensuous mind, 19 and not holding fast to the Head, from whom the whole body, nourished and knit together through its joints and ligaments, grows with a growth that is from God.

20 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— 21 “Do not handle, Do not taste, Do not touch” 22 (referring to things that all perish as they are used)—according to human precepts and teachings? 23 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.

### STARTER QUESTIONS

What is one thing that stood out to you from the sermon over the weekend and why do you think God wants you to remember this truth?

What does this passage (Colossians 2:16-23) teach us about God, who He is, and His character?



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## SELF-MADE RELIGION

### DISCUSSION QUESTIONS

Begin your discussion with the group reading Colossians 2:16-23 out loud. There is power in the spoken Word.

Paul wants the church in Colossae and Christ followers today to know and live like JESUS IS ENOUGH. With this truth in mind, answer the following questions.

- In our passage today, what were people adding to the Gospel?
- What traditions, religious rituals or things do you see people adding to the Gospel today?
- Let's make it personal... In words and actions, what are things you try to add to the Gospel? (When someone shares the group can respond, "Jesus is Enough")
- Looking back on your life, where do you think your desire or need to add anything to the Gospel of Jesus comes from? (Fear, something you were taught, wanting to please someone, manipulation)

Discuss the differences between "shadows" and "substance" in verses 16-17 and how does this relate to Jesus is Enough?

When you hear and embrace that **JESUS + NOTHING = EVERYTHING**, what thoughts come to mind and what emotions well up inside of you?

What role does grace play in your understanding of religious practices and traditions?

### PRAYER

\*For a deeper and more responsive prayer time, get into smaller groups of 4-6 people made up of people of the same gender.

Community prayer from our Colossians Journal (pg. 12). Pray in unison as a group.

*Our prayer is that we would be people filled with the knowledge of God, strengthened by the power of God, and marked by the joy of God that we might live lives worthy and pleasing to Him. Amen!*

Share praises, answered prayers and prayer requests.

Heavenly Father, we thank You for the freedom and grace we have in Christ. Help us to keep our focus on Jesus and not be swayed by judgment, legalism, or man-made rules.

God, show us and forgive us when we are not living like we believe that Jesus is enough. Guide us in our walk with You and let our lives reflect the sufficiency of Jesus. Jesus, You are enough Amen.

### B.L.E.S.S. UPDATE:

Review the BLESS principles and ask if anyone has an update to share.

Begin with prayer

Listen to their story

Eat with them

Serve them

Share your story and the story of Jesus