

The problem with rules and emotions

Colossians 2:16-23

- I. Legalism: Don't let anyone require religious rituals given to foreshadow Christ (Colossians 2:16-17).
 - A. Rituals in the Law about food or holy days no longer applied (16).
 - B. Rules in the Law just pointed to the need for transformation through Jesus Christ (17).
 - Pursue the *Law of Christ* (Galatians 5:1, 16, 23; 6:2).
- II. Mysticism: Don't be distracted by those claiming great religious experiences (Colossians 2:18-19).
 - A. Those boasting about angel visions distract others from sincere spiritual growth (18).
 - Pursue what God rewards (1 Cor. 3:10-14).
 - B. Those who brag about experiences are not connected to Christ and the church (19).
 - Pursue spiritual growth by connecting to Christ and His church (Ephesians 4:13-16).
- III. Asceticism: Don't adopt a harsh, self-denial view of the spiritual life (Colossians 2:20-23).
 - A. We are not holy by abstaining from good things God gave us (20-22; 1 Timothy 4:1-3; 6:17-18).
 - Don't base holiness on what you don't do.
 - B. Man-made rules seem spiritual, but do nothing to control desires of our sinful nature (23).