

**LIFE IN CHRIST**  
**Holding fast to Christ**  
**Colossians 2:16-23**

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...which inflate instead of nourish.

“To fully grow into Christ, this is what you need”

- Has anyone said this to you?

If someone says to you “To fully grow into Christ, this is what you’re missing”...

**1. v16-19 ...Do not believe that charlatan!**

v16-17 Whether they appeal to religious rituals

...that are at best shadows compared to reality,

v18-19 or foolish spiritual experiences

**2. v20-23 ...Do not live like they have a point!**

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*Questions for reflection:*

1. Where might we encounter those who pass judgement on us (2:16) as being “inferior” Christians? Consider those who appeal to ritual, tradition, or spiritual experiences. How does this passage help us respond to them?

2. In what ways could we appeal to additional & human precepts and teachings” (2:22) to help us grow? How does this passage correct us?