

It's not about what's on the **outside**;  
it's what's on the **inside** that counts.

What is a **Christian**?

If with Christ you died to the **elemental spirits of the world...**  
Colossians 2:20a

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**.

Colossians 2:16

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. These are a **shadow** of the things to come, but **the substance belongs to Christ**.

Colossians 2:16–17

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...

Colossians 2:18

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...

Colossians 2:18

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.

Colossians 2:19



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

Colossians 2:20-22

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.

Colossians 2:23

**External things:**  
Aren't the real thing (v. 17)

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Promote pride (v. 18 and 23)

Detach us from Christ/church (v. 19)

Don't promote righteousness (v. 23)

- 1) Listen
- 2) Prayerfully consider
- 3) Allow God to convict