

Series: Habits for a Fruitful Life: A Study of the Book of Colossians
Title: **Let no one condemn you**
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I am saying this so that no one will deceive you with arguments that sound reasonable. For I may be absent in body, but I am with you in spirit, rejoicing to see how well ordered you are and the strength of your faith in Christ.

So then, just as you have received Christ Jesus as Lord, continue to walk in him, being rooted and built up in him and established in the faith, just as you were taught, and overflowing with gratitude.

Be careful that no one takes you captive through philosophy and empty deceit based on human tradition, based on the elements of the world, rather than Christ. For the entire fullness of God's nature dwells bodily in Christ, and you have been filled by him, who is the head over every ruler and authority. You were also circumcised in him with a circumcision not done with hands, by putting off the body of flesh, in the circumcision of Christ, when you were buried with him in baptism, in which you were also raised with him through faith in the working of God, who raised him from the dead. And when you were dead in trespasses and in the uncircumcision of your flesh, he made you alive with him and forgave us all our trespasses. He erased the certificate of debt, with its obligations, that was against us and opposed to us, and has taken it away by nailing it to the cross. He disarmed the rulers and authorities and disgraced them publicly; he triumphed over them in him.

Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day. These are a shadow of what was to come; the substance is Christ. Let no one condemn you by delighting in ascetic practices and the worship of angels, claiming access to a visionary realm. Such people are inflated by empty notions of their unspiritual mind. They don't hold on to the head, from whom the whole body, nourished and held together by its ligaments and tendons, grows with growth from God.

If you died with Christ to the elements of this world, why do you live as if you still belonged to the world? Why do you submit to regulations: "Don't handle, don't taste, don't touch"? All these regulations refer to what is destined to perish by being used up; they are human commands and doctrines. Although these have a reputation for wisdom by promoting self-made religion, false humility, and severe treatment of the body, they are not of any value in curbing self-indulgence. (Colossians 2:4-23)

Let no one condemn you; Christ was condemned for you.

Reflection Question:

Have you put your trust in Jesus and made Him the Lord of your life?