



**Calvary Chapel South Bay
Men's Ministry 2018 – 19**

“Putting Christ First”

Session 9

January 15, 2019

“Substance versus shadow”

In place of a dynamic personal relationship with Jesus Christ, the false teachers offer only an empty system of regulations – do's and don'ts undertaken to win the favor of angelic beings supposedly standing between Christ and God, who demand self-denial as a sign of humility. Paul calls their pretense of false humility and **“neglect of the body”** of **“no value”** against the indulgence of the flesh. In other words, no amount of religious observance is adequate for denial of the flesh. Only by **“holding fast to the Head”** can we grow in our faith and walk according to the Spirit, not the flesh. Stop chasing shadows and grab hold of real substance, which is faith in Jesus Christ, by whom we have died to worldly principles and regulations.

Passage: Colossians 2:16-23

Personal Study Time Questions:

Scripture: Colossians 2:16

What does Paul say about the matter of food and drink we may or may not consume, or what events we may or may not celebrate?

Scripture: Colossians 2:17

What does Paul call those things of verse 16, and what does he point us towards?

Scripture: Colossians 2:18

As he warned us about being cheated back in verse 8, Paul does so once again. What does he say in verse 18 will **“cheat”** us in our walk with Christ? What will delight in these things do to us according to Paul?

Scripture: Colossians 2:19

When we are **“puffed up”** by our **“fleshly mind,”** what are we NOT doing? What happens when we hold fast to Jesus Christ? Where does spiritual growth come from according to this verse?

Scripture: Colossians 2:20-22

The first part of verse 20 is really **“since you died with Christ.”** What does Paul say we have died to because of Christ? Since we now live in Christ and not the world, what should we NOT be subjecting ourselves to? What are all these things **“according to”**?

Scripture: Colossians 2:23

What does Paul say **“self-imposed religion, false humility, and neglect of the body”** has the appearance of? In reality though, what good do they have **“against the indulgences of the flesh”**?

Personal meditation time with Jesus:

Following a set of rules will not help us to defeat our flesh. Meditate on the times you have sincerely tried to deny the flesh and failed. How much of that effort was in your own strength? Paul tells us to **“hold fast to the Head”** in this passage but not how to do that in order to deny the **“indulgences of the flesh.”** But he did give it to us previously; in Chapter 1, Verses 9-12. Go back and reread that passage. What parts of those verses speak more toward dependence on God rather than our own strength? Consider how you might use those aspects of relationship with Jesus in times of temptation so that you might walk in the **“substance”** of Christ rather than the **“shadow”** of following regulations.

Hide God’s Word in your heart (Ps. 119:11):

“So let no one judge you in food or in drink, or regarding a festival or a new moon or sabbaths, which are a shadow of things to come, but the substance is of Christ.”

Colossians 2:16-17