



## PART 7: FREEDOM FROM HUMAN RULES

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### Sermon Notes

Text: Colossians 2:16-23

#### Intro:

Colossians 2:16-23

We don't have to follow the Old Testament Law because it is fulfilled in Jesus. It was made in anticipation of his coming. We have a better way to the Father.

#### 1. False Holiness

Human rules vs. spiritual rules.

False humility is focused on how you "appear".

Genuine holiness is concerned about eternal things, not things that are passing away.

Human rules have the "appearance of wisdom" but lack any practical application in restraining the flesh.

The dangers of legalism and excess.

#### 2. Genuine Holiness

False holiness is behaviour modification. Genuine holiness is life transformation.

Mark 7:6,7;20-23

Holiness is intensely practical but it is less concerned about who you "appear" to be and far more about who you *really* are.

#### Conclusion: The Kingdom of God

Romans 14:17

## Life Group Discussion

### Warm up:

1. If you grew up in church, what is a 'human rule' that you grow up having to do? What do you think the heart was behind that rule? Do you think it was taken to far?
2. If you didn't grow up in church, what is a weird thing that other Christians do that you suspect is a 'human rule'? Do you think it is good, bad, or just is?

### Study & Discussion:

1. Read Colossians 2:16-23. Compare and contrast it to Mark 7:1-23. Is there anything that stands out to you? Does it remind you of anything you learned from the sermon? Any questions it brings up?
2. Read Romans 14. What are some disputable issues in the church today? Talk about them. Be careful not to judge the more conservative or the more liberal but take time to hear their perspectives. Do these things matter? Or do they just have an "appearance of wisdom"?
3. Reflect on what you have read and discussed. What is genuine holiness? Is it purely 'spiritual' or is it also practical?

### Application:

1. What is one concrete way you can pursue genuine holiness this week? What is one concrete way that you can experience freedom in Christ this week?

### Prayer:

1. Pray for each other that you would be rooted and grounded in Christ and wouldn't stress the peripheral matters.
2. Other Requests
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