



new life fellowship

Sermon Title: Colossians – Living in Appearance or Reality
Speaker: Helen Kim Nowalk – Pastor of Community Life Team
Scriptures: Colossians 2:16-23

Freedom From Human Rules

¹⁶ Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. ¹⁷ These are a shadow of the things that were to come; the reality, however, is found in Christ. ¹⁸ Do not let anyone who delights in false humility and the worship of angels disqualify you. Such a person also goes into great detail about what they have seen; they are puffed up with idle notions by their unspiritual mind. ¹⁹ They have lost connection with the head, from whom the whole body, supported and held together by its ligaments and sinews, grows as God causes it to grow.

²⁰ Since you died with Christ to the elemental spiritual forces of this world, why, as though you still belonged to the world, do you submit to its rules: ²¹ “Do not handle! Do not taste! Do not touch!”? ²² These rules, which have to do with things that are all destined to perish with use, are based on merely human commands and teachings. ²³ Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.

Sermon Summary:

This Sunday, Pastor Helen will continue our series through the book of Colossians. We will look at a passage in Colossians 2 where Paul addresses a human tendency that runs counter to the gospel - living the appearance of Christian life rather than the real thing.

Sermon Questions:

1. Share an example of how we put each other into systems of hierarchy (airlines, workplace, school, etc). How has that system impacted you?
2. Pastor Helen walked through the Scripture verse by verse. What stood out to you from the text and/or the insights she gave about the verses?
3. Where do you find your worth in the family of God? Is there a place you are trying to prove your worth?
4. Pastor Helen shared three ways that we can live into receiving our identity and worth through Jesus: confession, communion with God, and community. Which of these three can you more intentionally engage in this week?