

**“Distractions from Christ”
Colossians 2:16-23**

I. LEGALISM: "food...drink...a festival..." (vv.16-17)

A. Demand: "let no one act as your judge" (v.16a)

B. Danger: "things which are a mere shadow" (vv.16b-17)

II. MYSTICISM: "humility...angels...visions..." (vv.18-19)

A. Demand: "let no one keep defrauding you" (v.18a)

B. Danger: "inflated...by his fleshly mind" (vv.18b-19)

III. ASCETICISM: "the world...decrees" (vv.20-23)

A. Deference: "you submit yourself to decrees" (vv.20-22)

1. Abstinence from Women: "do not handle"

2. Abstinence from Food: "do not taste"

3. Abstinence from Things: "do not touch"

B. Danger: "the appearance of wisdom" (v.23)

1. False Worship: "self-made religion"

2. False Humility: "self-abasement"

3. False Discipline: "severe treatment of the body"

Next week: Read Colossians 3:1-11