




a study of **Colossians**




**DON'T GET  
DISTRACTED!**




*Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. These are a shadow of the things to come, but the substance belongs to Christ. Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions, puffed up without reason by his sensuous mind,*

**Distractions – Colossians 2:16-23**



*and not holding fast to the Head, from whom the whole body, nourished and knit together through its joints and ligaments, grows with a growth that is from God. If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations— "Do not handle, Do not taste, Do not touch" (referring to things that all perish as they are used)—according to human precepts and teachings?*

**Distractions – Colossians 2:16-23**




*These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh. (Col. 2:16-23, ESV)*

**Distractions – Colossians 2:16-23**

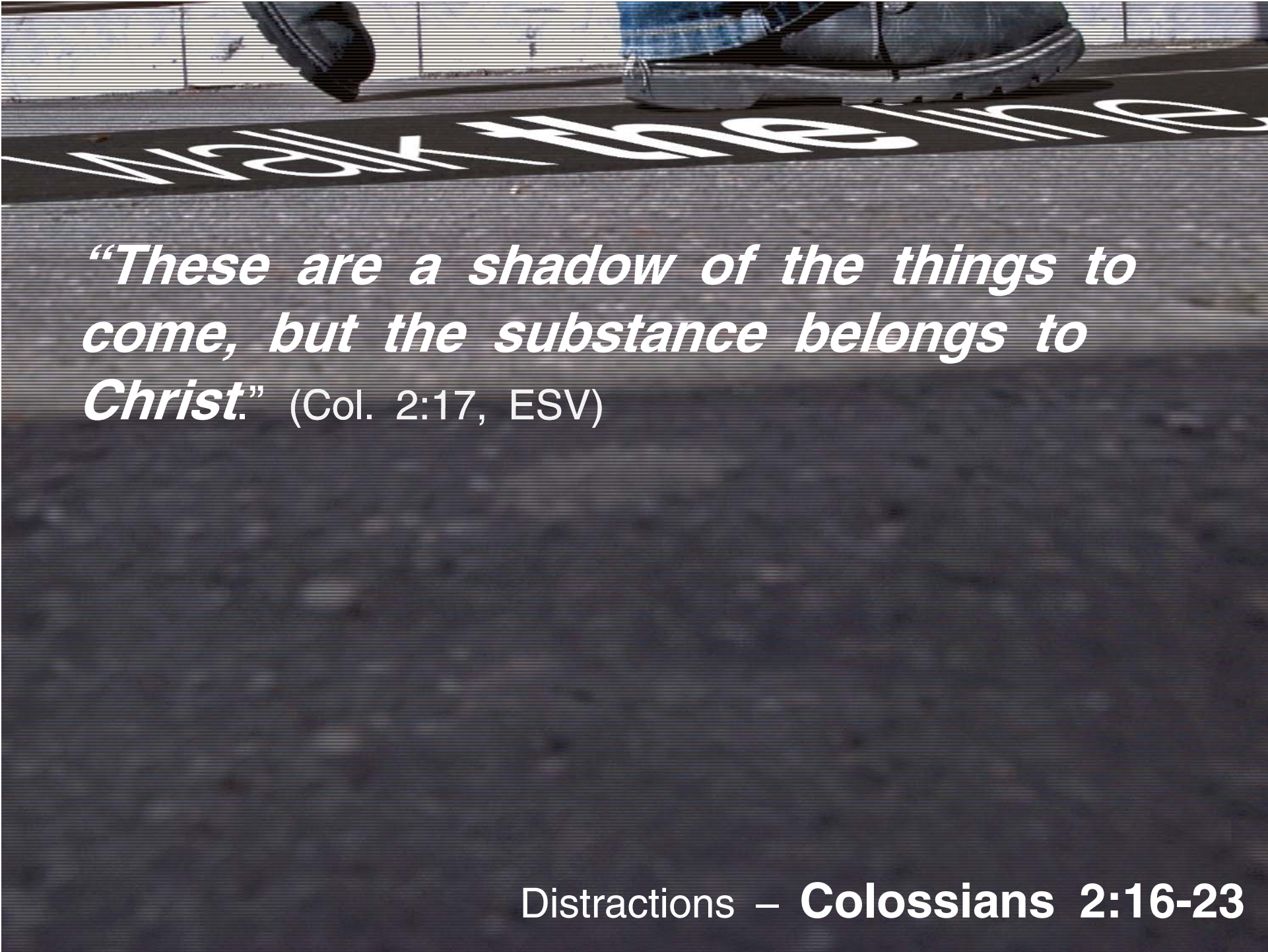


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*“Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath.”* (Col. 2:16, ESV)

**Distractions – Colossians 2:16-23**

A low-angle, close-up photograph of a person's feet wearing dark sneakers with white laces, walking on a dark asphalt surface. The person is wearing blue jeans. In the background, a chain-link fence is visible. The ground has white markings, possibly a stop sign or a directional arrow, which are slightly out of focus. The overall scene is brightly lit, suggesting an outdoor setting.

*“These are a shadow of the things to come, but the substance belongs to Christ.” (Col. 2:17, ESV)*

**Distractions – Colossians 2:16-23**



*“Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions, puffed up without reason by his sensuous mind, and not holding fast to the Head, from whom the whole body, nourished and knit together through its joints and ligaments, grows with a growth that is from God.”* (Col. 2:18-19, ESV)

**Distractions – Colossians 2:16-23**



**DISTRACTIONS TO OUR WALK IN CHRIST**  
**1. Asceticism.**

**Distractions – Colossians 2:16-23**



## **DISTRACTIONS TO OUR WALK IN CHRIST**

**1. Asceticism.**

**2. Angel Worship.**

**Distractions – Colossians 2:16-23**



## **DISTRACTIONS TO OUR WALK IN CHRIST**

- 1. Asceticism.**
- 2. Angel Worship.**
- 3. Vision Seeking.**


**Distractions – Colossians 2:16-23**



## **DISTRACTIONS TO OUR WALK IN CHRIST**


- 1. Asceticism.**
- 2. Angel Worship.**
- 3. Vision Seeking.**
- 4. Disconnection from Jesus.**

**Distractions – Colossians 2:16-23**



*“If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations—“Do not handle, Do not taste, Do not touch“ (referring to things that all perish as they are used)—according to human precepts and teachings?” (Col. 2:20-22, ESV)*

**Distractions – Colossians 2:16-23**



*“These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.”*

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**Distractions – Colossians 2:16-23**



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