
Scripture

16 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. **17** These are a shadow of the things to come, but the substance belongs to Christ. **18** 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, **19** 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.

20 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 - **21** "Do not handle, Do not taste, Do not touch" **22** (referring to things that all perish as they are used) - according to human precepts and teachings? **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.

INTRODUCTION

Key Question: How do we experience freedom in Christ in our daily lives without indulging the destructive behaviors, appetites, passions and motives of the flesh?

I. The Tension of Sinners and Saints

A. The Audience

B. The Battle of the Spirit and the Flesh (Gal. 5:16-24)

1. The Flesh

2. The Spirit

C. Are we Saints or Sinners?

II. Counterfeits to Spiritual Growth

A. The Reality of Counterfeits & Counterfeit Leaders

1. "No One" (4 times - 2:4, 2:8, 2:16, 2:18)

2. Counterfeits are both outside the church AND inside the church.

3. All Counterfeits are Wrong (Gal. 1:6-9)

- B. Counterfeits Look Appealing
- C. The Foundation of Counterfeits is False
- D. Counterfeits Result in Bondage
- E. Why? Why don't counterfeits work? (Col. 2:8)
"8 ... and not according to Christ."

III. How then do we experience true freedom in Christ? (Col. 2:6-7)

"6 Therefore, as you received Christ Jesus the Lord, so walk in him. 7 rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving."

- A. Expose the Counterfeits you are Believing
- B. Believe what the gospel says about you
 - 1. Your debt has been canceled (Col. 2:14)
 - 2. You are alive in Christ (Col. 2:13)
 - 3. Your salvation is a gift of God's grace and mercy, not your merit.
 - 4. Consider the blessings found in Christ. (Col. 3:1-4)

"3:1 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth. 3 For you have died, and your life is hidden with Christ in God. 4 When Christ who is your life appears, then you also will appear with him in glory."

- 5. Put to death the old ways (Col. 3:5)
- C. Live without fear

CONCLUDING THOUGHTS