

Colossians 2:16-23

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, 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?
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.