



**Pacific Community Church**  
**Growth Group Sermon Questions**

**Date:** May 10<sup>th</sup>, 2026

**Sermon Series:** Christ Above All

**Sermon Title:** “Rules Can’t Save You!”

**Primary Text(s):** Colossians 2:16-23

**1. Read Colossians 2**

**2. What’s a funny, strange, or memorable rule you had growing up?**

*Leader’s Note(s): Start light. This connects with the sermon’s opening illustration about family rules and bedtime sirens. Help people laugh and relax before moving deeper.*

*Follow Up Question(s): Did you ever break that rule? Do you think the rule was helpful or unnecessary? How did your family enforce rules growing up?*

**3. Why do you think rules can sometimes feel comforting or safe?**

*Leader’s Note(s): Help the group recognize that rules themselves are not bad. The issue is when rules become our source of righteousness or transformation.*

*Follow Up Question(s): What kind of rules or routines make you feel secure? What’s the difference between healthy structure and control?*

**4. Have you ever gone through a season where you were “doing all the right spiritual things” but still felt disconnected from God?**

*Leader’s Note(s): This question may open vulnerability. Don’t rush to fix people. Let the group sit honestly with the tension between outward obedience and inward disconnect.*

*Follow Up Question(s): Did you feel pressure to appear spiritually strong? What helped reconnect you with Jesus?*

**5. In Colossians 2:16-27, Paul says the religious practices were a “shadow” but the reality is found in Christ. What do you think Paul means by that?**

*Leader’s Note(s): Guide the group toward understanding that practices and traditions can point to Jesus, but they are not the substance themselves.*

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*Follow Up Question(s): Why do you think people cling to the “shadow” instead of Christ Himself? What are some modern examples of this? How can spiritual practices still be valuable?*

**6. Read Colossians 2:18-19. Why do you think Paul is so concerned about people “losing connection with the Head,” meaning Christ?**

*Leader’s Note(s): Help the group see that the central issue is relationship and connection with Jesus, not merely behaviour modification.*

*Follow Up Question(s): What can spirituality without connection to Jesus look like? What is the danger of spirituality without connection to Jesus? What does genuine faith look like?*

**7. The sermon said, “Rules can restrain behaviour, but only Christ can transform desire.” What stands out to you about that statement?**

*Leader’s Note(s): This is one of the central themes of the message. Encourage reflection on the difference between external control and internal transformation.*

*Follow Up Question(s): Can you think of an example from your own life? Why is changing desire harder than changing behaviour?*

**8. Which illustration from the sermon connected with you the most: the red chair, the sailboat, the shadow and signpost, or Jean Valjean in Les Misérables? Why?**

*Leader’s Note(s): This question helps people process emotionally and personally before moving into application.*

*Follow Up Question(s): What truth did that illustration help you understand?*

**9. The sermon asked: “Where have I been trying to manage myself instead of coming honestly to Jesus?” How would you answer that question today?**

*Leader’s Note(s): This is likely the deepest and most vulnerable moment of discussion. Model honesty as a leader if appropriate. Don’t force anyone to share beyond what they are comfortable with.*

*Follow Up Question(s): Is there an area where you keep trying harder instead of surrendering?*

**10. What is one practical way you want to stay connected to Christ this week?**

*Leader’s Note(s): Encourage simple, realistic next steps rather than dramatic promises.*

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