



Sunday Sermon Discussion Outline

Pastor Philip Thomas, May 17, 2026

Colossians 2:16-23 – Restraining the Flesh

Keeping the rules is not a means of restraining sensual indulgence, of restraining the flesh. It behooves us then to pay attention to the Word of God to understand what we should do about our sinful nature.

Don't live in the shadows, live in the light.

Don't be misled by false teaching, have a spiritual mind.

Don't be disconnected from the head, grow as a member of the body.

We respond and apply the Word of God we have heard by dying and remaining dead.

May you know the truth, and may the truth set you free. May you always remember that there is no condemnation for those who are in Christ Jesus, because through Christ Jesus, the law of the Spirit who gives life has set you free from the law of sin and death. May you not live according to the flesh, having your minds set on what the flesh desires; but may you live in accordance with the Spirit, having your minds set on what the Spirit desires. (John 8:32, Romans 8:1-2,5)

Discussion Questions:

- Have you tried to restrain your sinful nature by keeping the rules? What was the result?
- In what ways were the rules and regulations the shadow of things to come? How should we understand the role of the law in our lives?
- What were Paul's warnings about the false teachers who were puffed up with idle notions?
- What does it mean for us to be disconnected from Jesus as the head? What happens when we are disconnected from Jesus?
- How are we to die with Christ to the elemental spiritual forces of this world?