

- e. Romans 6:3-4

 - f. Ephesians 2:5-6
-
4. What are some of the benefits we enjoy because of our union with Christ? See Romans 5:16-21 and 6:4-6.

 5. What are the elementary principles of the world?

 6. How have we died to the elementary principles of the world?

 7. Why do we submit ourselves to the elementary principles of the world? Or the traditions of men? Or philosophy?

Day 3—Verse 21

“Do not handle, nor taste, nor touch” --Colossians 2:21

1. From verses 16-23, Paul is dealing with 3 “isms”. In verses 16-19 we deal with legalism and mysticism. In verses 20-23 Paul deals with asceticism. Define the word asceticism.

2. What rules might we have today about not handling, tasting, touching?

3. How do legalism, mysticism, and asceticism all intersect?

4. What would be the antithesis to asceticism?

5. How does Matthew 6:16-18 broaden your understanding of ascetism?
 - a. Is there a difference between ascetism and self-denial/discipline?

- b. Is there a place for self-denial/discipline in the life of the believer?
-
- 6. What does Paul tell us about outward acts in 1 Timothy 4:8?
-
- 7. From Romans 14:17, what should we be focusing on pursuing?

Day 4—Verses 22-23

Which deal with everything destined to perish with use, which are in accordance with the commands and teachings of men; which are matters having, to be sure, a word of wisdom in self-made religion and self-abasement and severe treatment of the body, but are of no value against fleshly indulgence. --Colossians 2:22-23

- 1. What things are destined to perish?
-
-
-
-
-
-
-
-
-
-
- 2. What things are destined to last for eternity? Use Scripture to support your answer.

g. Hebrew 11:6

h. Hebrews 13:16

7. How should we see our bodies? See 1 Corinthians 6:19-20

8. What value do these man-man teachings have against sin and indulgence?

a. How does one put off sin?

b. From Galatians 5:16-25, how are we to live?

9. How does trying to follow legalism, mysticism, and asceticism disgracing our Head (Christ) and taking away from His work and the work of the Spirit?

Heart check:

- Are you relying on self-made religion, self-abasement, and/or severe treatment of the body?
- What does following these type of rules ultimately show about our hearts?
- Are you doing things to make yourself appear righteous on the outside, but have no effect on your heart?
- Where do you see legalism in your own heart? Take steps to root out the root of that sin, confess it, and put on obedience to Christ and love of others in its place.

Dig Deeper:

Listen to Pastor James on this topic:

<https://gracelife.ca/sermons/evangelical-asceticism/>