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letter to the Colossians

[Graceful](#)

Colossians 2:11-23

AJ Rinaldi

March 15, 2026

Life Change: Live Alive in Christ!

The Shadows

- Ascetism
- Mysticism
- Legalism

The Substance

- Alive
- Forgiven
- Set Free

In Christ Alone!

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letter to the Colossians

PLEASE SILENCE YOUR PHONE

Colossians 2:1-10

- **Anything that diminishes Jesus and the completed work of our salvation in Him is RIDICULOUS!**
- **Don't be captivated by**
 - **Fake Philosophy**
 - **Empty Deceit**
 - **Traditionalism**
 - **“Moral” Science.**
- **Jesus Christ is the fullness of Deity THE God-Man.**
- **Our fullness is only found in HIM!**

Colossians 2:11-23

¹¹ You were also circumcised in him with a circumcision not done with hands, by putting off the body of flesh, in the circumcision of Christ, ¹² when you were buried with him in baptism, in which you were also raised with him through faith in the working of God, who raised him from the dead. ¹³ And when you were dead in trespasses and in the uncircumcision of your flesh, he made you alive with him and forgave us all our trespasses. ¹⁴ He erased the certificate of debt, with its obligations, that was against us and opposed to us, and has taken it away by nailing it to the cross. ¹⁵ He disarmed the rulers and authorities and disgraced them publicly; he triumphed over them in him.'

¹⁶ Therefore, don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day. ¹⁷ These are a shadow of what was to come; the substance is Christ. ¹⁸ Let no one condemn you by delighting in ascetic practices and the worship of angels, claiming access to a visionary realm. Such people are inflated by empty notions of their unspiritual mind. ¹⁹ They don't hold on to the head, from whom the whole body, nourished and held together by its ligaments and tendons, grows with growth from God.

²⁰ If you died with Christ to the elements of this world, why do you live as if you still belonged to the world? Why do you submit to regulations: ²¹ “Don’t handle, don’t taste, don’t touch”? ²² All these regulations refer to what is destined to perish by being used up; they are human commands and doctrines. ²³ Although these have a reputation for wisdom by promoting self-made religion, false humility, and severe treatment of the body, they are not of any value in curbing self-indulgence.

SHADOWS

**These are a shadow of
what was to come...**



Asceticism

Mysticism

Legalism

Asceticism

as·cet·i·cism

/ə'sedə,sizəm/

“the practice of strict self-denial as a measure of personal and especially spiritual discipline : the condition, practice, or mode of life of an ascetic : rigorous abstention from self-indulgence”

-Merriam Webster Dictionary



...don't let anyone judge you in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day. ¹⁷ These are a shadow of what was to come; the substance is Christ. ¹⁸ Let no one condemn you by delighting in ascetic practices...





Sümela Monastery
Pontic Mountains, Turkey

Mysticism

mys·ti·cism

/ˈmi-stə-si-zəm/

“the experience of mystical union or direct communion with ultimate reality”

“the belief that direct knowledge of God, spiritual truth, or ultimate reality can be attained through subjective experience (such as intuition or insight)”

-Merriam Webster Dictionary



... and the worship of angels, claiming access to a visionary realm. Such people are inflated by empty notions of their unspiritual mind. ¹⁹ They don't hold on to the head, from whom the whole body, nourished and held together by its ligaments and tendons, grows with growth from God.



CRYSTAL ANGELS IN MEDITATION

HEALING CRYSTALS
FOR BEGINNERS



“True contemplation is not a psychological trick but a theological grace. It can come to us ONLY as a gift, and not as a result of our own clever use of spiritual techniques.”

~Thomas Merton



Legalism

le·gal·ism

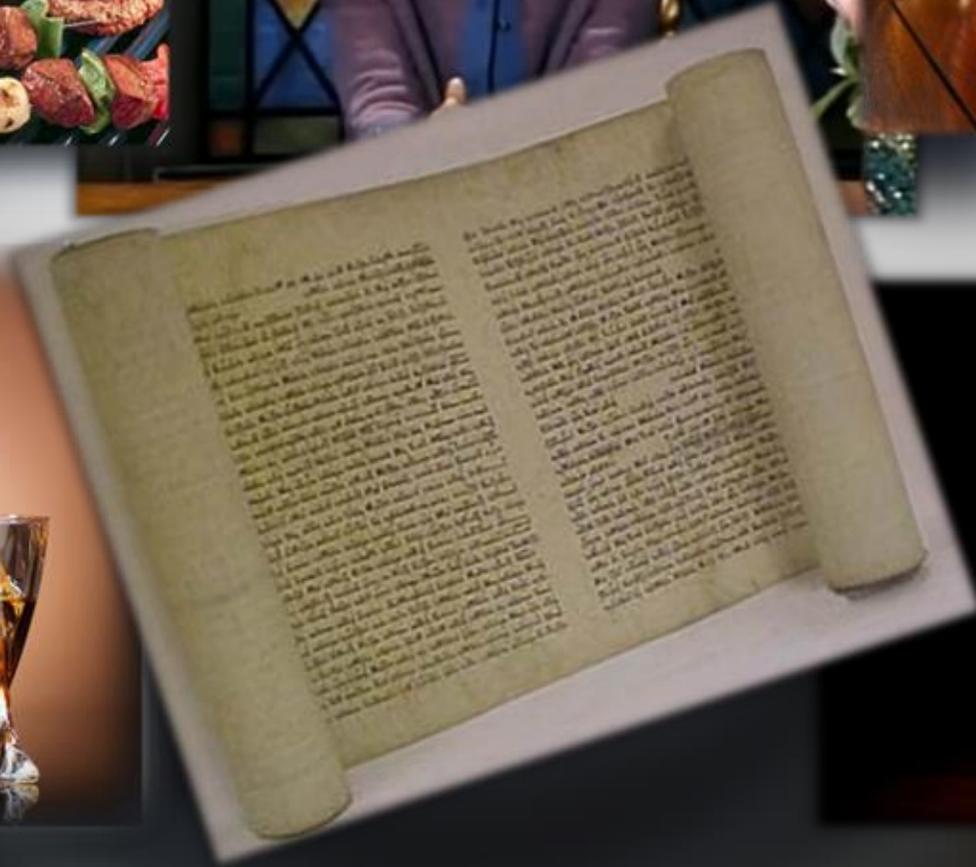
/'lē-gə- li-zəm/

“strict, literal, or excessive conformity to the law or to a religious or moral code”

-Merriam Webster Dictionary



²⁰ If you died with Christ to the elements of this world, why do you live as if you still belonged to the world? Why do you submit to regulations: ²¹ “Don’t handle, don’t taste, don’t touch”? ²² All these regulations refer to what is destined to perish by being used up; they are human commands and doctrines.



“If you feel that you can follow a few little rules or some clever gimmicks to make you a mature Christian, then you have fallen into a subtle trap of legalism.”

~J. Vernon McGee



The Others

November 2017

Romans 14

1 Corinthians 8



Romans 14:14-15

¹⁴ I know and am persuaded in the Lord Jesus that nothing is unclean in itself. Still, to someone who considers a thing to be unclean, to that one it is unclean. ¹⁵ For if your brother or sister is hurt by what you eat, you are no longer walking according to love. Do not destroy, by what you eat, someone for whom Christ died. ...

Romans 14:20-22

²⁰ Do not tear down God's work because of food. Everything is clean, but it is wrong to make someone fall by what he eats. ²¹ It is a good thing not to eat meat, or drink wine, or do anything that makes your brother or sister stumble. ²² Whatever you believe about these things, keep between yourself and God. Blessed is the one who does not condemn himself by what he approves.

1 Corinthians 8:8-10

⁸ Food will not bring us close to God. We are not worse off if we don't eat, and we are not better if we do eat. ⁹ But be careful that this right of yours in no way becomes a stumbling block to the weak. ¹⁰ For if someone sees you, the one who has knowledge, dining in an idol's temple, won't his weak conscience be encouraged to eat food offered to idols?

1 Corinthians 8:11-13

¹¹ So the weak person, the brother or sister for whom Christ died, is ruined by your knowledge. ¹² Now when you sin like this against brothers and sisters and wound their weak conscience, you are sinning against Christ. ¹³ Therefore, if food causes my brother or sister to fall, I will never again eat meat, so that I won't cause my brother or sister to fall.



Asceticism

Mysticism

Legalism



Colossians 2

...don't let anyone judge YOU in regard to food and drink or in the matter of a festival or a new moon or a Sabbath day... why do YOU live as if you still belonged to the world? Why do YOU submit to regulations: ²¹ "Don't handle, don't taste, don't touch"?



Romans 6:1-4

What should we say then? Should we continue in sin so that grace may multiply? ² Absolutely not! How can we who died to sin still live in it? ³ Or are you unaware that all of us who were baptized into Christ Jesus were baptized into his death? ⁴ Therefore we were buried with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, so we too may walk in newness of life.

Galatians 5:19-21

¹⁹ Now the works of the flesh are obvious: sexual immorality, moral impurity, promiscuity, ²⁰ idolatry, sorcery, hatreds, strife, jealousy, outbursts of anger, selfish ambitions, dissensions, factions, ²¹ envy, drunkenness, carousing, and anything similar.

Galatians 5:22-25

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. The law is not against such things. ²⁴ Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ If we live by the Spirit, let us also keep in step with the Spirit.

SUBSTANCE

...the substance is Christ.



...he made you alive with him and forgave us all our trespasses.

¹⁴ He erased the certificate of debt, with its obligations, that was against us and opposed to us, and has taken it away by nailing it to the cross. ¹⁵ He disarmed the rulers and authorities and disgraced them publicly; he triumphed over them in him.'

Ascetism

~~Ascetism~~ Alive

~~Asceticism~~ Alive

Mysticism

~~Asceticism~~ Alive

~~Mysticism~~ Forgiven

~~Asceticism~~ Alive

~~Mysticism~~ Forgiven

Legalism

~~Asceticism~~ Alive

~~Mysticism~~ Forgiven

~~Legalism~~ Free

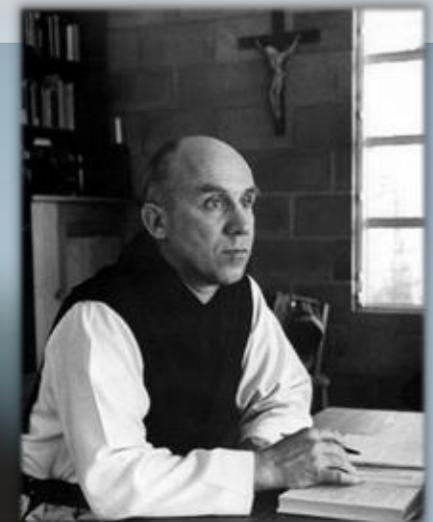
Alive

Forgiven

Free

“To be risen with Christ means not only that one has a choice and that one may live by a higher law - the law of grace and love - but that one must do so. The first obligation of the Christian is to maintain their freedom from all superstitions, all blind taboos and religious formalities, indeed from all empty forms of legalism.”

~Thomas Merton





“You are the salt of the earth. But if the salt should lose its taste, how can it be made salty? It’s no longer good for anything but to be thrown out and trampled under people’s feet. “You are the light of the world. A city situated on a hill cannot be hidden. No one lights a lamp and puts it under a basket, but rather on a lampstand, and it gives light for all who are in the house. ...

~Matthew 5:13-15





LIVE ALIVE!

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