



Sermon Guide: Hold Fast in Christ Alone - 03/29/26

Text(s): Colossians 2:16-23

Big Idea: Since we are united to Christ, we must hold fast to Him alone as the only source of righteousness, life, and spiritual growth.

Summary of the Sermon - In Colossians 2:16–23, Paul warns believers against three subtle but dangerous threats to the Christian life: legalism, mysticism, and self-made religion. The message shows how people often try to add rules, spiritual experiences, or strict discipline to Christ in order to grow or be accepted by God. However, these additions ultimately fail because they focus on external performance rather than true heart transformation. Paul emphasizes that the Old Testament laws were only shadows pointing to Christ, and now that Christ has come, He alone is the source of righteousness, forgiveness, and spiritual growth. True life and transformation come not from human effort or religious systems, but from remaining connected to Christ through faith and the ordinary means of grace.

Discussion Questions

1. Why is “Christ + something” so appealing to people? What are some modern examples of this mindset?
2. What are some “extra rules” Christians today sometimes treat as measures of spiritual maturity? How can good practices become legalism?
3. What does it practically look like to cling to the “shadow” instead of Christ today? How does this analogy challenge your view of religious habits?
4. How can we pursue holiness without slipping into performance-based thinking? What helps keep your focus on Christ instead of your performance?
5. Why are intense emotional or spiritual experiences so attractive? How can we tell the difference between genuine spiritual growth and emotional highs?
6. What does it look like in daily life to stay connected to Christ?
7. Which “ordinary means of grace” (Word, prayer, fellowship, sacraments) are strongest or weakest in your life?
8. Why can’t external rules change the heart? Can you think of times when behavior changed outwardly but not inwardly?
9. Which of these below are you most tempted to rely on? Why? How does the gospel free us from these traps?
Legalism: “Add rules”; Mysticism: “Add experiences”; Asceticism: “Add discipline”
Gospel: “Christ is enough”
10. What is one practical way you can “hold fast to Christ” this week? Is there anything in your life you need to stop adding to Christ?