

Sermon Notes
Sunday, 1st March 2026
Colossians 2.8, 16-23

Q. What are you holding fast to?

Key Verse: Colossians 2.19

"...**not holding fast to the Head**, from whom the whole body, nourished and knit together through its joints and ligaments, grows with a growth that is from God."

The Central Call

- To hold fast to Christ means he is the center, source, and anchor of your entire life.
- The moment your grip loosens, something else fills that void.
- All wisdom and knowledge are hidden in Christ (Colossians 2.3)
- We are nourished only through connection to him (John 15.5)

Four Grip Killers

1. Education (v8)

- "See to it that no one takes you captive by philosophy and empty deceit..."
- The danger is not knowledge, it is Christless frameworks
- Real learning drives you toward dependence on Christ, not away from him

2. Nutrition (v16)

- "Let no one pass judgment on you in questions of food and drink..."

- Practices and rhythms are gifts, not gods
- These things are shadows; the substance belongs to Christ (Colossians 2.17)

3. Tradition (v16)

- "...a festival or a new moon or a Sabbath"
- Tradition becomes dangerous when it becomes the scoreboard
- Serve freely and humbly, refusing to make tradition the basis of acceptance

4. Devotion (v18)

- "Let no one disqualify you, insisting on asceticism and worship of angels..."
- Misdirected devotion is still disconnected devotion
- Even self-denial can feed pride (Colossians 2.23)

The Conclusion: You Are Already Free (vv20-23)

- You died with Christ. The pressure to perform is finished.
- Self-made religion has an appearance of wisdom but cannot change the heart
- True growth is from God, through Christ, for those who hold fast to him

For Reflection and Study

- Which of the four grip killers do you find most personally compelling, and why?
- In what area of your life do you need to loosen your grip on a system and tighten your grip on Christ?

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