



Finding the Joy of a Steady and Fruitful Walk with Jesus

Colossians 2:18-19

January 25, 2026

BIG IDEA

Real spiritual growth that leads to being “ALL IN” for Jesus, is not found in chasing experiences, spiritual status, or hidden knowledge. It is found in holding fast to Christ — the Head — from whom true life, joy, and lasting growth flow.

In Colossians 2:18–19, Paul warns believers not to be pulled away by spirituality that looks impressive but is disconnected from Christ. False teachers in Colossae promoted asceticism, angelic devotion, and mystical visions as marks of superior faith. But Paul exposes the danger beneath the surface: when believers loosen their grip on Christ, even spiritual-looking pursuits can leave them empty.

The Christian life is not about collecting experiences or mastering techniques. It is about staying connected to a person — Jesus Christ. When we shift our focus from Christ to experiences, pride quietly grows, joy slowly fades, and spiritual life begins to shrink.

Paul reminds the church that Christ alone supplies what we need. He is the source of nourishment, unity, strength, and growth. The body of Christ does not grow through emotional highs or spiritual trends, but through a steady, faithful connection to its Head.

This passage calls believers back to something deeper than excitement and far stronger than momentary inspiration — a steady, humble, life-giving walk with Jesus that produces real fruit. It is at this point that a Christian can exclaim: “I am ALL IN!”

THIS WEEK’S SCRIPTURE

Colossians 2:18-19 (ESV)

18 Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions, puffed up without reason by his sensuous mind,
19 and 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.

MAIN THEME



Believers in Colossae were being pressured by teachers who claimed spiritual superiority through self-denial, mystical experiences, and devotion to angels, subtly suggesting that Christ alone was not enough. Paul confronts this with pastoral clarity, exposing their pride as flesh-driven and disconnected from the Head. When Christ is no longer the center, spiritual life begins to shrink — experiences replace obedience, excitement replaces faithfulness, and Christ becomes a tool instead of Lord.

Paul redirects the church to a better vision: true growth flows from Christ alone, who nourishes, unites, and sustains his people. Just as a branch cannot live apart from the vine, believers cannot grow apart from Christ. A steady walk with Jesus may look less dramatic, but it produces deeper joy, stronger faith, and lasting fruit.

DISCUSSION & APPLICATION

1. Beware of Spirituality That Looks Impressive but Lacks Christ

Colossians 2:18; Matthew 7:22–23

- What spiritual practices were being promoted in Colossae?
- Why are believers often drawn to what looks intense or mysterious?
- How can spiritual pride hide behind religious language?
- Where do you see the temptation to value appearance over connection with Christ?

2. Experience-Driven Faith Will Eventually Leave You Empty

Colossians 2:18; 2 Peter 1:3

- Why does experience-based faith feel satisfying at first?
- What happens when emotional highs fade?
- How can believers confuse feelings with faithfulness?
- Where might God be inviting you to trust Christ instead of chasing moments?

3. Real Growth Comes from Holding Fast to Jesus

Colossians 2:19; John 15:4–5

- What does it mean to “hold fast to the Head”?
- How does connection with Christ shape daily life?
- Why is abiding more powerful than striving?
- What habits help you stay deeply connected to Jesus?

4. A Steady Walk with Jesus Produces Lasting Joy



Psalms 63:5; John 6:35; Matthew 11:28

- Why does steady faith often feel undervalued in Christian culture?
- How does Christ satisfy the deepest longings of the soul?
- Where have you experienced joy from simple faithfulness?
- How can Ridgewood encourage steady, grace-filled spiritual growth?

PRAY

Dear Lord, thank you that true life is found in Christ alone. Forgive us for chasing experiences, recognition, or spiritual shortcuts instead of holding fast to Jesus. Teach us to abide, to trust, and to rest in your sufficiency. Protect our hearts from pride and distraction. Grow us through steady faith, humble obedience, and deep love for Christ. Shape Ridgewood Church into a community that clings to Jesus and bears fruit for your glory. Amen.

DIG DEEPER

For further study this week:

- John 15:1-11 — Abiding in Christ
- Psalm 63 — Satisfaction in God
- 2 Peter 1:3-11 — Everything we need in Christ
- Hebrews 12:1-3 — Fixing our eyes on Jesus
- Philippians 3:7-10 — Knowing Christ above all else

NEXT WEEK'S BIG IDEA

The Insufficiency of human rules and what righteousness really is.
Colossians 2:20-23

