

## Hold Fast To Christ

Colossians 2:16-23 NIV

### A. INTRODUCTION

1. Imagine I join a gym, pay the full membership fee, & have full access to it all.
2. On my first day, an enthusiastic “fitness mentor” approaches me.
3. “If you really want results,” he says, “you need my program.”
4. There are the special shoes, shakes, classes, & supplements to take.
5. I reply, “But I already paid. I have full access to everything.” He smiles.
6. “The membership gets you in the door. But real fitness requires more.”
7. Without noticing, I stop trusting the membership and start trusting the mentor.
8. To his list, his add-ons. That is Jesus-plus religion.
9. In Christ, I already have full access to the Father.
10. They sound wise and spiritual, but they add requirements Christ never gave.
11. In Paul’s day, it was mystical visions and ascetic practices.
12. Today, it’s emotional experiences, self-help spirituality, or performance approval.
13. Christ plus anything denies his sufficiency. Christ plus nothing is everything.
14. That’s why Paul insists: Let no one disqualify you.
15. Because Christ alone supplies all spiritual life and growth.
16. Believers must reject every competing spirituality & hold fast to Him alone.

### B. Reject the Impressive Spirituality That Detracts from Christ

1. The false teachers in Colossae were acting like referees.
2. They declared believers were disqualified unless they embraced their practices.
3. Paul described three features of the false teachers' impressive spirituality.
4. The first feature of an impressive but counterfeit spirituality was a false humility.
5. Second was the worship of angels & intermediaries - looking beyond Christ.
6. And the third feature of an impressive but counterfeit spirituality was visions.
7. They wanted believers to chase experiences. It felt spiritual, but was empty of Christ.
8. Rubjerg Knude Lighthouse is striking, impressive, inspiring. It is also useless.
9. And spirituality without Christ is the same—impressive, but eternally useless.
10. Reject the subtle pride that seeks identity in anything other than union with Christ.

### C. Resist the Inflated Spirituality That Disconnects from Christ

1. The authority of the false teachers came from ego, not Christ.
2. Hans Christian Andersen of a proud emperor with no clothes.
3. The tailors promised a fabric so exquisite that only the wise could see it.
4. No one dared admit there was no fabric. Everyone nodded. Crowds applauded.
5. Finally, a child said what was true: “He isn’t wearing anything at all.”
6. False teaching works the same way. It looks spiritual, sophisticated, biblical.
7. It is empty—beautifully packaged, but spiritually bare.
8. We need to resist intimidation by spiritual arrogance.

**D. Resist The Assumption That Confidence Equals Truth.**

1. Resist anyone who acts as a spiritual referee over your standing with Christ.
2. Not the faithful shepherds & mature Christians that God has put in your life.
3. Rather, those who improperly act as spiritual referees regarding your standing.
4. Those presuming the authority to declare who was “approved” and who wasn’t.
5. We cannot claim the right to rule on another believer’s standing with Christ.
6. That belongs only to the One who justifies the ungodly.
7. Christ alone knows the heart, & ultimately knows those who belong to Him.

**E. Remain in the Indispensable Christ Who Supplies All Spiritual Life (2:19)**

1. Paul's primary concern for the Church was understanding the basic truths:
2. Christ was the Head of the Church, Source & Sustainer of all life.
3. Paul’s issue was the false teachers were “not holding fast to the Head.”
4. Christ alone is the source of life, nourishment, & unity for His body, the church.
5. Everything the Christian needs is found in Christ, & flows from Christ.
6. Joni Eareckson Tada had been seeking Christ’s gifts more than Christ himself.
7. *I would rather be in this wheelchair knowing Christ than on my feet without him.*
8. When Christ is all you have, you finally discover He is all you need.
9. “My security was not in my grip on Christ, but Christ’s grip on me.”
10. Remain dependent on Christ. Ministry is something He performs through you.

**F. Remain Free From Regulations That Cannot Change the Heart (2:20-23)**

1. These Old Testament ceremonies pointed to Christ.
2. Christ fulfilled the law and removed its condemnation for those who are in Him.
3. The law has no power to make us right with God. We have the fullness of Christ.
4. The law was only temporary, never intended to save sinners or transform hearts.
5. External discipline cannot change the heart. Rules cannot conquer sin.
6. The Christian life is not a set of rules to follow, but a walk to be lived.

**G. Conclusion**

1. Paul’s message is gloriously simple. Hold Fast To Christ.
2. When the world offers spiritual shortcuts, Hold Fast To Christ.
3. When your heart longs for something more sensational, Hold Fast To Christ.
4. When false teachers promise deeper experiences, Hold Fast To Christ.
5. When guilt whispers that Christ is not enough, Hold Fast To Christ. Why?
6. Christ is the head. He is the life. He is the fullness, the One who holds you fast.
7. Our security isn’t found in our grip on Christ, but in His faithful grip on us.
8. And the church that holds fast to Christ “grows with a growth that is from God.”
9. The false teachers offered visions, angels, rules, and experiences.
10. Paul offered something infinitely better: Christ Himself.
11. The question isn’t whether Christ is enough.
12. It is whether we truly believe He is enough.
13. For the believer, Christ is not merely the beginning of the Christian life.
14. Christ is the Christian life. Therefore, Hold Fast To Christ.