



## Sermon Notes

**Term** – Summer Term

**Series** – Full Free and Alive - Colossians

**Gathering & Date** – 5<sup>th</sup> July 2020

**Title** – Freedom for relationship

**Preacher** – Natalie Shepherd

**Reading** – Colossians 2:16 – 3:17

**Main message of this talk in one sentence:** Freedom for relationship over rule and regulations

### **Main points** –

The church at Colossae was caught up in a variety of religious and spiritual practices that they were beginning to trust in for their sanctification, apart from Jesus. There were some judgemental attitudes between different groups, depending on the practices and rituals each prioritised. The practices weren't all bad but they didn't actually help them live a holy life.

When we begin to trust in our own righteousness and the things we do more than Jesus, it may end up in us being legalistic and Pharisaical or angry and bitter like the eldest son in the story of the Prodigal son.

A list of rules and dos and don'ts can be easier than pressing in for relationship with Jesus but God wants our hearts more than our behaviour. Focusing our affections and attentions on Jesus and all he's already done for us is actually the thing that brings transformation in our lives.

### **For further thought and prayer** –

How do you feel about rhythms, routines, rules and regulations?

What activities and practices do you place a high value on and prioritise?

How do you feel about people who have different rhythms and practices?

What reaction do you notice in yourself when your activities are stripped away? Are there any you have begun to 'trust' in for salvation and approval more than Jesus being all that you need?

Where are you encouraged because you recognise practices that help you pursue a relationship with Jesus? How do they help you set your heart and mind on things above?

Are there any areas that you feel challenged in because you recognise they are more about keeping rules and regulations than getting to know Jesus better?

Take some time this week to reflect on Philippians 3:7-9; what areas do you need to consider as rubbish so that you can know your fullness and righteousness in Jesus alone?