



V16: Freedom from Judgment (of others)

"Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath."

Reference Verses: Romans 14:3 Romans 14:13, Galatians 4:9-11

V17: The Shadow and the Substance

"These are a shadow of the things to come, but the substance belongs to Christ."

> Reference Verses: Hebrews 8:5-6, Hebrews 10:1, Galatians 3:23-25

V18: Don't Be Defrauded

"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."

Reference Verses: Romans 16:17-18, 2 Corinthians 11:14-15, Galatians 5:1

Revelation 19:10

Then I fell down at his feet to worship him, but he said to me, "You must not do that! I am a fellow servant with you and your brothers who hold to the testimony of Jesus. Worship God." For the testimony of Jesus is the spirit of prophecy.

Revelation 22:8-9

I, John, am the one who heard and saw these things. And when I heard and saw them, I fell down to worship at the feet of the angel who showed them to me, but he said to me, "You must not do that! I am a fellow servant with you and your brothers the prophets, and with those who keep the words of this book. Worship God."

V19: Christ | The Head of the body

"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."

Reference Verses: 1 Corinthians 12:27, Ephesians 4:15-16.

V20: (if) In Christ | Leave the former life

"If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations—"

Reference Verses: Romans 6:1-2, Galatians 2:20.

V21: Religion = Rules and Regulations

"Do not handle, Do not taste, Do not touch"

Reference Verses: Matthew 15:11, Romans 14:17, Mark 7:18-23

V22: The flesh, like food, will perish

"(referring to things that all perish as they are used)—according to human precepts and teachings?"

Reference Verses: 2 Corinthians 4:16-18, 1 Peter 1:24, Matthew 6:19-21

V23: Self-Made Religion

"These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh."

Reference Verses: Titus 1:14, 1 Corinthians 3:19, James 3:15-17



