

Message Reflection Guide

Jesus Ever Only | Colossians 2:6-23



Conversation Starter

Imagine you walk into a “Build-A-Faith” workshop, like Build-A-Bear. You can choose your favorite philosophies, religious rituals, mystical experiences — and assemble your own belief system. What would be popular in today’s culture? Why do you think people are tempted to mix beliefs rather than follow Jesus as the only source of truth?

Read Colossians 2:6-23

The World offers “elemental spirits” and philosophies

How does Colossians 2:8–10 reveal the danger of these influences and the sufficiency of Christ?

How do we guard our minds against subtle “modern” practices that take away from Jesus?

Religion adds burdens

How does Paul describe ceremonial practices in relation to Jesus? Why were they considered “shadows”?

Can you think of religious habits or expectations today that may lead to legalism rather than grace? What’s the difference between honoring tradition and being enslaved by it?

Jesus offers grace

What does it mean to be filled with Christ, according to verses 9-10 and Galatians 2:20?

If someone asked you, “What makes Christianity different from religion?” — how would you answer using this passage?

Challenge: Renew Your Mind

Paul calls us to “not be conformed to this world” but “be transformed by the renewal of your mind.”

This week, ask God to:

- Help you identify one worldly pattern or religious habit that may be distracting you from Jesus
- Invite the Holy Spirit to help you replace it with deeper trust in Christ
- Discern whether your choices are “good and acceptable and perfect” in God’s eyes

Prayer

Father, we thank You for revealing truth through Your Word. Jesus, we declare that You are enough — the head of all authority, the fullness of God, the One who disarmed every enemy. Holy Spirit, renew our minds and guide our hearts toward what is good, acceptable, and perfect. Help us walk in freedom, rooted in grace. We worship You — Father, Son, and Spirit — with our whole lives. Amen.