

## **Series: There is Nothing Greater Than Walking with Jesus**

### **Lesson 7: “Jesus is Our Sabbath and Our Celebration”**

**\*Announcements, encouragement to invite people and opening prayer.**



**Connect:** an opportunity for people to immediately interact and connect with each other; icebreaker/attention getters. **Icebreaker:** Has anyone ever told you that you cannot do something?

Maybe friends:

- you cannot come over unannounced
- you cannot call after 9 PM
- you cannot borrow the car

Maybe parents:

- you cannot come home after curfew
- you cannot go out with your friends
- you cannot borrow the car

Maybe well meaning Christians:

- you cannot drink or cannot smoke
- you cannot consume caffeine
- you cannot eat fried foods

Are any of these “rules” valid? What is their purpose?

**Transition:** Many people in our lives have rules for us to follow so we can continue to enjoy fellowship with them. Those various rules are for certain reasons even though we may not know or realize the reasons at the time. The Old Testament “rules” and laws were given for a specific reason. In Christ, those rules and laws have all been fulfilled and the reason for them no longer applies. They are no longer required of Christians today.

**Bottom Line:** All “rules” are realized in Christ to make us free, a family at rest and celebration! Because Jesus did the work we could not do and gave us rest and freedom! We freely celebrate Jesus as we willingly live for His glory doing His work from His heart that beats within us!

### **LESSON PLAN**

***Read Colossians 2:16-19***



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1. The food, drink, festivals, new moon, and Sabbaths mentioned here are specifically directed towards the kashrut laws and the holy convocations listed in the Torah.

Kashrut – Leviticus 11; Festivals – Leviticus 23; New Moon – Numbers 10:10, Numbers 28:11; Sabbath – Exodus 20:8-11

These things are a shadow of what is to come. These laws are prophecies of things to come. The fulfillment of these is in Christ.

**Question:** Are these things bad to do?

**Question:** Does Paul say that we should or should not do these things?

“Let no one keep *defrauding* you of your prize.” (NASB)

“Let no man beguile you of your reward.” (KJV)

“Let no one disqualify you.” (RSV)

“Let no one defraud you by acting as an umpire and declaring you unworthy and disqualifying you for the prize.” (Amplified)

**Question:** Have you had anyone tell you that you were not saved because you did or did not do something, usually having to do with some form of self sacrifice?

*Blatant sin excluded, how we go about our daily lives, celebrate holidays, eat our meals, or even what day we choose to worship God (no, we do not HAVE to worship on Sunday) have no bearing on our salvation. We have FREEDOM in Christ.*

2. Paul warns against those trying to deceive us away from the gospel. What do these people do and try to push upon Christians as faith?

- 3.

*These people insist on debasing the body or asceticism. worshipping angels (or saints) usually by teaching about their “vision” that they have seen. All of these are inflated or puffed up without cause by the fleshly mind, unspiritual thoughts, and fleshly conceit. In short these are based in the pride of the founder and those who continue to maintain them. All of these*



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*have rejected the head of the church body by substituting other things for Christ. The Head is where we get nourishment and the growth from God.)*

**Question:** What are some of the specific teachings by the various creeds and religions of today that correspond with what Paul is warning about here?

**Question:** What is so dangerous about these teachings?

**Read Colossians 2:20-23**

4. To what does Paul say you have died with Christ?

“If you have died with Christ to the elementary (fundamental, rudimentary) principles of the world, why, as if you were living in the world, do you submit yourself to decrees ... in accordance with the commandments and teachings of men?” (NASB)

“If then you have died with Christ to material ways of looking at things and have escaped from the world's crude and elemental notions and teachings of externalism, why do you live as if you still belong to the world? ... To do this is to follow human precepts and doctrines.” (Amplified)

“Since you died, as it were, with Christ and this has set you free from following the world's ideas of how to be saved – by doing good and obeying various rules – why do you keep right on following it anyway, ... Such rules are mere human teachings ...” (LNT)

5. What are the rules and decrees listed here by Paul?

**Question:** Are there “valid” reasons for not consuming certain foods or drinks? Are any of these reasons based on religious reasons or affect your salvation?

6. Paul now assures us that these teachings of men have the appearance of wisdom ... but are of no value against fleshly indulgence.



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*This is why they are so very potent and persistent – they have the appearance of wisdom. It is very easy to fall for things that seem to make sense. This is one of the reasons that “God uses the foolish things of the world to confound the wise” (I Cor 1:27) and “There is a way that seems right to a man, but its end is the way of death” (Prov 14:12; 16:25)*

**Question:** Do you know the freedom we have in Christ? How does it make you live differently?

**Interaction or Testimony Time:** Have an open discussion time for testimonies by those who may have been bound and are discovering the freedom God has for us in Jesus.

**Summary:** *Many people try to “force” their ideas of Christianity on other people. While we should not let others judge our walk or dictate our service to God, conversely, we should not do the same to others. God has provided all of us grace and freedom in Christ. As such, we should pass the gift of grace on to others.*

**Question:** What are you personally doing to pass on the grace of God?

**Breakout Group or Discussion Time:** Have each table discuss one of the following texts and questions. Then have a spokesperson from each group report if time allows.

- Curbing our freedom for a weaker brother (Romans 14 & I Cor 10:23-33)
  - We are to accept the one who is weak in faith and not pass judgment
  - Whatever we do we are to do it for the Lord and give thanks to God
  - We are to walk in love and not put a stumbling block in a brother's way
  - We are to pursue things which make for peace and the building up of each other
  - “The faith which you have, have as your own conviction before God”
- Do not use our freedom as an opportunity for sin (Galatians 5)
  - We are called to freedom because it was for freedom that Christ set us free.
  - Do not be subject again to a yoke of slavery
  - We are to use this freedom to serve one another through love
  - We are to be led by the Spirit



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- God uses the foolish things of the world to shame the wise (I Cor 1:18-31)
  - God's simple plan of salvation is foolishness to the lost
  - God has destroyed the wisdom of the world
  - To those of us who are called, the message of the gospel is both the power of God and the wisdom of God
  - This is all so that no man can boast before God
- Discuss all or some of the following topics in light of a Christian's walk in today's world given what you learned in this study
  - movies; ratings, going at all;
  - watching TV
  - wearing (or not wearing) makeup
  - the way we dress
  - women wearing pants or dresses, or even hats in church
  - electric guitars, drums, or pipe organs for worship, or even no instruments at all
  - schools we send our kids to
  - tobacco usage
  - alcohol usage
  - playing cards & dice
  - dancing
  - Bible translations
  - sports
  - genres of music

**Final Question:** What is the one idea that stands out to you most from this lesson?