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# Taking Hold of Christ

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Bay Area Chinese Bible Church English Worship  
Brother Keith Tsui: May 19, 2024  
Colossians 2:16-19 ESV

“<sup>16</sup>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. <sup>17</sup>These are a shadow of the things to come, but the substance belongs to Christ. <sup>18</sup>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, <sup>19</sup>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.” Colossians 2:16-19 ESV

Any thoughts, background, insights, promptings you wish to remember...

## QUESTIONS FOR SMALL GROUP DISCUSSION AND PERSONAL REFLECTION/APPLICATION:

1. What is the main topic of this passage? Does this kind of judging take place in the church today? How so?
2. What is one thing you learned or were reminded about today?
3. What does it mean that these are a mere shadow of what is to come? What is to come? What is our focus to be on?
4. How can we take hold and continue to hold onto Christ?
5. What do you think the Holy Spirit may be leading you to do this week with what you've learned today?

