

Colossians 2 verses 13-23

¹³ When you were dead in your sins and in the uncircumcision of your sinful nature, God made you alive with Christ. He forgave us all our sins,

Christ rose from the dead, The believer was spiritually dead (separated from God). But now made alive with Christ
All our sins are forgiven and God has forgotten our sins.

¹⁴ having canceled the written code, with its regulations, that was against us and that stood opposed to us; he took it away, nailing it to the cross.

Written code. A business term meaning a certificate stating debt-free. Christ paid the debt and cancelled out the punishment of sin. He died in our behalf. Romans 8:1 "There is now no condemnation for those who are in Christ Jesus"

¹⁵ And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

When Jesus died on the cross it was not a defeat but actually a victory and triumph over the devil and his evil spirits.

¹⁶ Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.

The ceremonial laws and sacrifices of the Old Testament are not anymore the basis to be judged by God or man.

¹⁷ *These are a shadow of the things that were to come; the reality, however, is found in Christ*

These ceremonial laws and sacrifices and regulation are called a shadow for the future. But NOW the reality is Jesus Christ and there is no more need for sacrifices.

¹⁸ *Do not let anyone who delights in false humility and the worship of angels disqualify you for the prize.*

Such a person goes into great detail about what he has seen, and his unspiritual mind puffs him up with idle notions.

We do not worship angels and do not base our faith on what we may see in visions with our unspiritual mind. These are called "idle notions" or worthless thinking. We put our faith in Jesus Christ and Him alone. If we do have dreams and visions, these must be according to the Word of God and not in addition to the Word of God.

¹⁹ He has lost connection with the Head, from whom the whole body, supported and held together by its ligaments and sinews, grows as God causes it to grow.

Such a person is not related anymore to Jesus Christ as the Head of the Body. But if we are connected and related to Jesus Christ we grow in grace and in faith and become strong in Him.

²⁰ Since you died with Christ to the basic principles of this world, why, as though you still belonged to it, do you submit to its rules:²¹ "Do not handle! Do not taste! Do not touch!"?

It is important to understand that we are saved by faith in Jesus Christ and not by obeying the rules and regulations of the law.

We obey the law because we are saved, not in order to be saved.

²² These are all destined to perish with use, because they are based on human commands and teachings.

The law with all its rules and regulations will never save anyone. We look at these human made laws and realize we are unable to obey all the rules and regulations. So this realization brings us to Jesus Christ

²³ Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.

These man made regulations may seem wise but there is no value. These are called by the Word of God: Self-imposed worship, false humility and harsh treatment of the body. Jesus Christ redeemed us from the curse of the law. Galatians 3:13-14

“Christ redeemed us from the curse of the law by becoming a curse for us, for it is written: “Cursed is everyone who is hung on a tree.”¹⁴ He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus, so that by faith we might receive the promise of the Spirit.”