

**WEEK
THREE**



WEEK THREE

message NOTES

ROOTED IN TRUTH

Colossians 2:1-23

MESSAGE THEME:

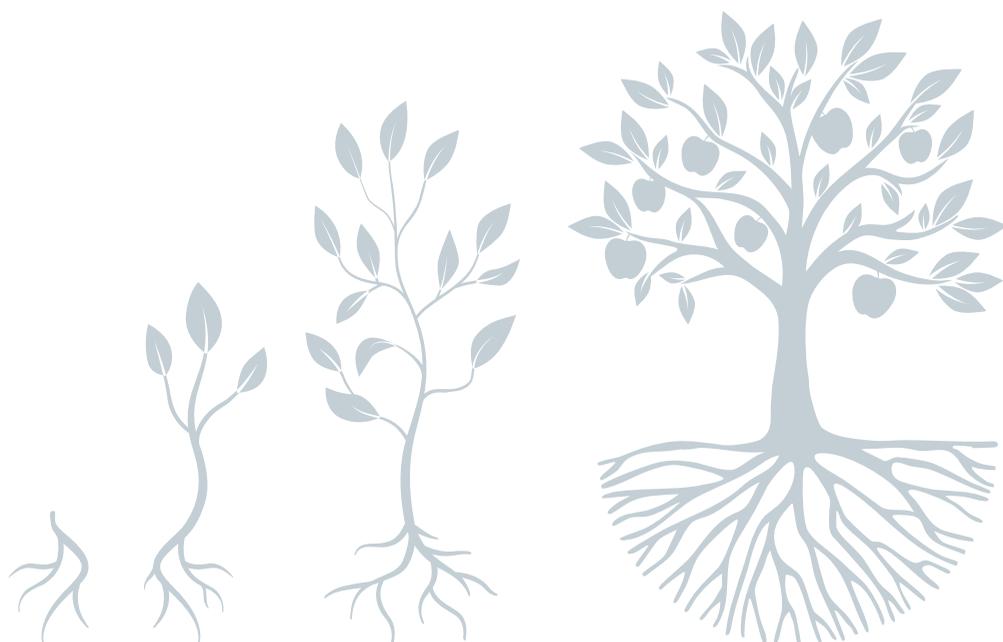
Rooted Deeper in Discernment

Staying rooted in Christ protects us
from being pulled away by lies.

Colossians 2:1-23 ESV

- 1 For I want you to know how great a struggle I have for you and for those at Laodicea and for all who have not seen me face to face,
- 2 that their hearts may be encouraged, being knit together in love, to reach all the riches of full assurance of understanding and the knowledge of God's mystery, which is Christ,
- 3 in whom are hidden all the treasures of wisdom and knowledge.
- 4 I say this in order that no one may delude you with plausible arguments.
- 5 For though I am absent in body, yet I am with you in spirit, rejoicing to see your good order and the firmness of your faith in Christ.
- 6 Therefore, as you received Christ Jesus the Lord, so walk in him,
- 7 rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.
- 8 See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ.
- 9 For in him the whole fullness of deity dwells bodily,
- 10 and you have been filled in him, who is the head of all rule and authority.
- 11 In him also you were circumcised with a circumcision made without hands, by putting off the body of the flesh, by the circumcision of Christ,
- 12 having been buried with him in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead.
- 13 And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses,
- 14 by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross.
- 15 He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him.

- 16 *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.*
- 17 *These are a shadow of the things to come, but the substance belongs to Christ.*
- 18 *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,*
- 19 *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.*
- 20 *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—*
- 21 *“Do not handle, Do not taste, Do not touch”*
- 22 *(referring to things that all perish as they are used)—according to human precepts and teachings?*
- 23 *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.*



WEEK THREE: SMALL GROUP DISCUSSION GUIDE

ROOTED IN TRUTH

READ TOGETHER:

MESSAGE THEME:

Colossians 2:1-23 *Rooted Deeper in Discernment*

CATCH UP

Watch the message, get the digital small group guide and report life change at thepointva.com/rooted

SUMMARY:

In Colossians 2, Paul urges believers to remain firmly rooted in Christ so they are not pulled away by false teaching, hollow philosophies, or spiritual shortcuts. Rather than adding to Christ, Paul emphasizes that the fullness of God already dwells in Him, and believers are made complete in Christ alone.

This passage reminds us that discernment is not about suspicion or fear, but about staying deeply grounded in truth. When we know who Christ is and what He has already accomplished, we are protected from voices that promise freedom but deliver bondage. Being rooted in truth allows us to live with confidence, humility, and freedom—without being swayed by pressure, guilt, or deception.

ICEBREAKER:

What's a piece of advice you once believed was true—but later realized wasn't as helpful or accurate as it sounded?

ROOTED IN TRUTH

READ TOGETHER:

MESSAGE THEME:

Colossians 2:1-23 *Rooted Deeper in Discernment*

DISCUSSION QUESTIONS:

1. Paul expresses deep concern for believers being encouraged and united in love. Why do you think community plays such an important role in discernment?

2. Paul warns against being taken captive by “hollow and deceptive philosophy.” What are some modern examples of ideas that sound wise but subtly pull us away from Christ?

3. Paul says believers are “complete” in Christ. Why is that truth so difficult to fully embrace?

4. How can spiritual growth drift into spiritual pressure or performance if we’re not careful?

5. What does it look like to add extra requirements or expectations to faith—either personally or culturally?

6. Paul reminds the church that Christ has canceled our debt and disarmed spiritual powers. How does that truth guard us against guilt-based or fear-based faith?

7. Discernment isn’t just about spotting lies—it’s about clinging to truth. What practices help you stay anchored in Christ?

ROOTED IN TRUTH

READ TOGETHER:

MESSAGE THEME:

Colossians 2:1-23 *Rooted Deeper in Discernment*

8. Where are you most vulnerable to believing messages that promise fullness apart from Jesus?

9. How does understanding your freedom in Christ change the way you approach obedience?

10. In what ways can discernment lead to greater peace rather than greater anxiety?

APPLICATION:

1. What is one voice, message, or influence you may need to evaluate more carefully in light of Christ's truth?

2. How can you intentionally remind yourself this week that you are already complete in Christ?

Closing Prayer:

Jesus, thank You that You are enough. Help us stay rooted in Your truth and protected from anything that pulls us away from You. Give us wisdom, humility, and discernment so we can walk in the freedom You've already secured for us.

Amen.

daily DEVOTIONALS

WEEK 3 – ROOTED DEEPER IN TRUST Colossians 2:1-23

Staying rooted in Christ
protects us from being
pulled away by lies of
the enemy.

DAY ONE: MONDAY, FEBRUARY 9, 2026

READING COLOSSIANS 2:1-5

Paul opens this section with deep pastoral concern—he’s laboring for believers he hasn’t even met. Why? Because he wants them to be encouraged, united in love, and rooted in a full assurance that comes from knowing Christ.

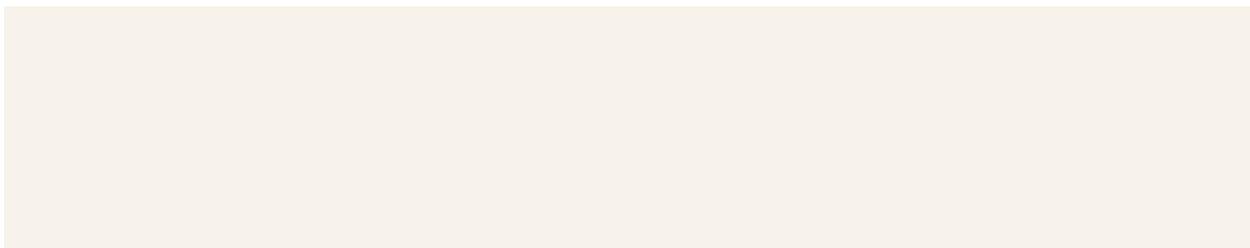
He warns that persuasive arguments will come, but the solution isn’t to debate better—it’s to anchor more deeply in Christ. Trust and clarity grow when we stay connected to Him.

REFLECT + RESPOND

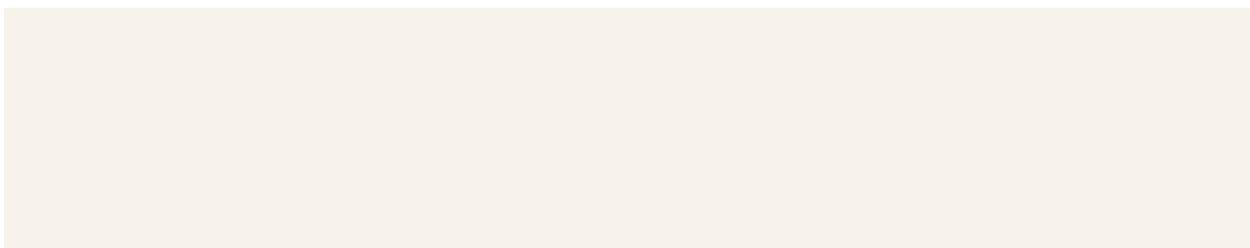
Where do you feel a pull toward confusion, doubt, or fear right now?



What might it look like to “reach all the riches of full assurance” in Christ?



Ask God to strengthen your trust and encourage your heart in Him today.



DAY TWO: TUESDAY, FEBRUARY 10, 2026

READING COLOSSIANS 2:6-7

These verses are a hinge point for the whole letter—and for this week. Paul reminds the Colossians: Just as you received Christ, keep walking in Him. The same gospel that saved you is the one that grows you.

The image is one of a rooted tree and a growing building—stability and progress. The more deeply we're rooted in Christ, the more we're built up and strengthened. And the result?

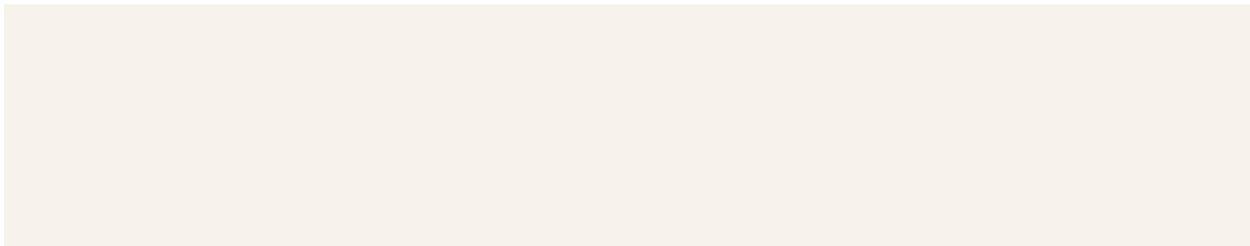
Overflowing gratitude.

REFLECT + RESPOND

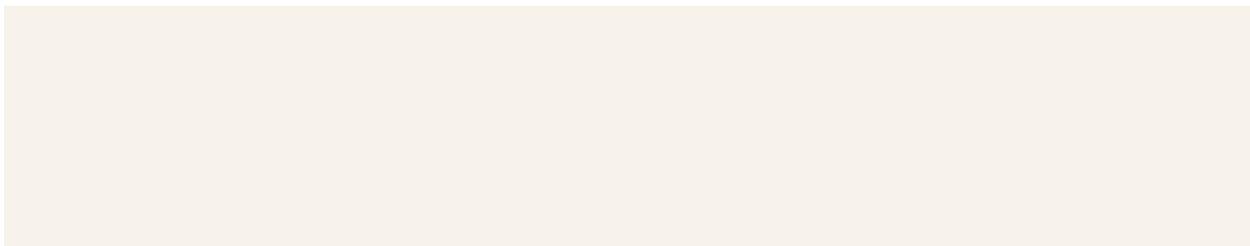
Are you walking with Jesus the same way you received Him—by faith, grace, and trust?



Which area of your life needs to be more “rooted” in Christ right now?



Write a short prayer of thanksgiving for how He has grounded you in Him.



DAY THREE: WEDNESDAY, FEBRUARY 11, 2026

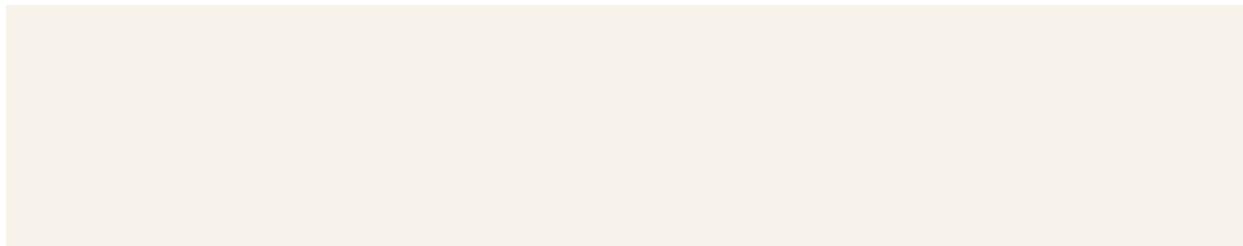
READING COLOSSIANS 2:8-10

Paul shifts to warning—don't get taken captive by empty, deceptive philosophies. They may look wise or spiritual, but if they're not rooted in Christ, they're hollow.

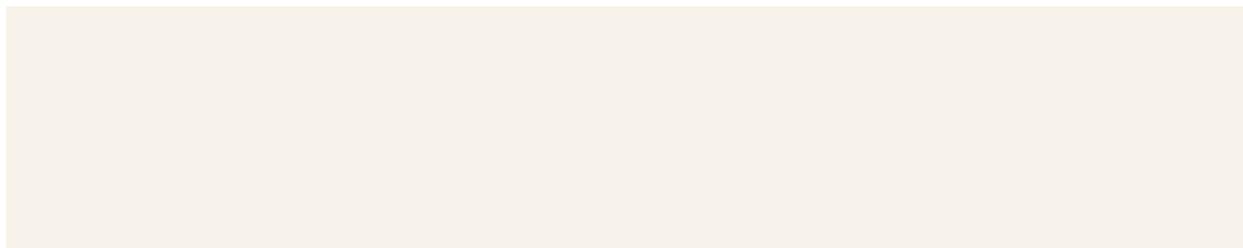
In contrast, Paul gives a stunning declaration: In Christ, the whole fullness of deity dwells bodily. And you have been filled with Him. If Jesus is the fullness of God, and we are filled with Him, we lack nothing.

REFLECT + RESPOND

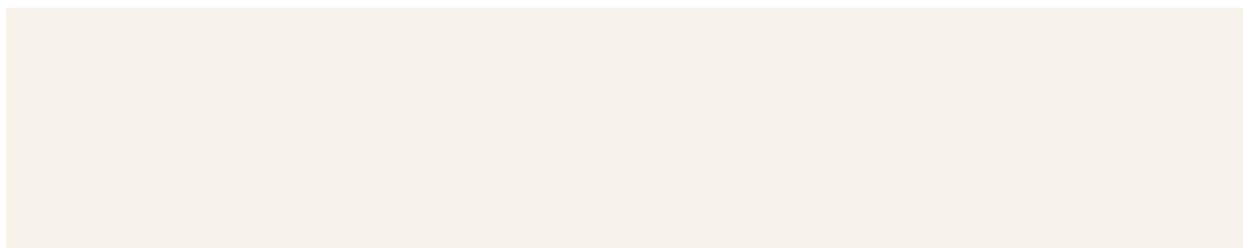
What “hollow philosophies” are you most tempted to follow or trust in today?



What does it mean to you that Christ is fully God—and you are full in Him?



Ask God to reveal any areas where you're looking outside of Christ for security or wisdom.



DAY FOUR: THURSDAY, FEBRUARY 12, 2026

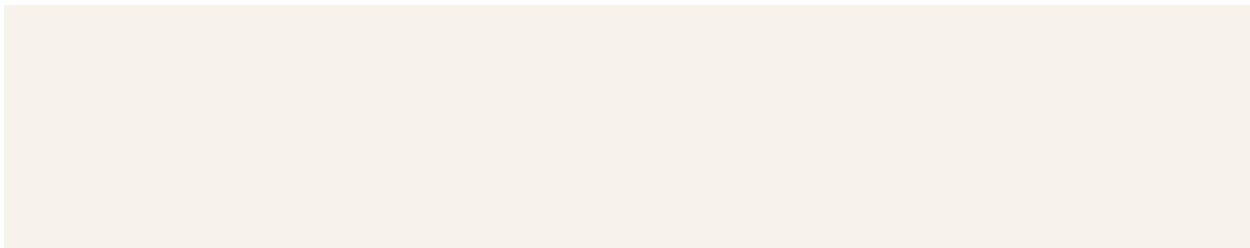
READING COLOSSIANS 2:11-15

Paul uses baptismal language to describe our union with Christ—we were buried and raised with Him. Our old self has been cut away, and we've been made alive.

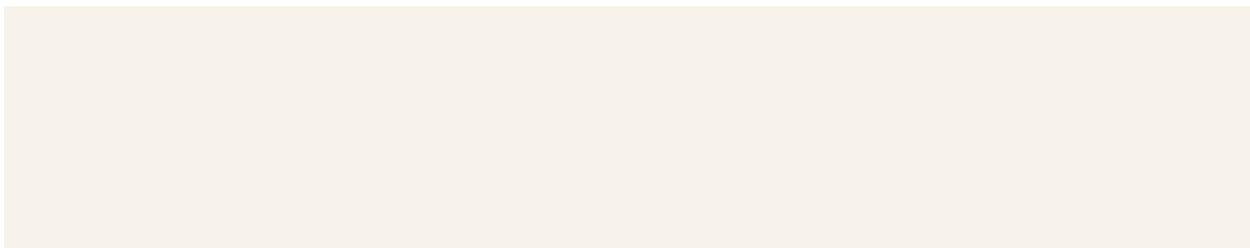
But it gets even better. The record of debt that stood against us? Cancelled. Nailed to the cross. Not only are we forgiven, but the powers and authorities have been disarmed. Christ's victory is total.

REFLECT + RESPOND

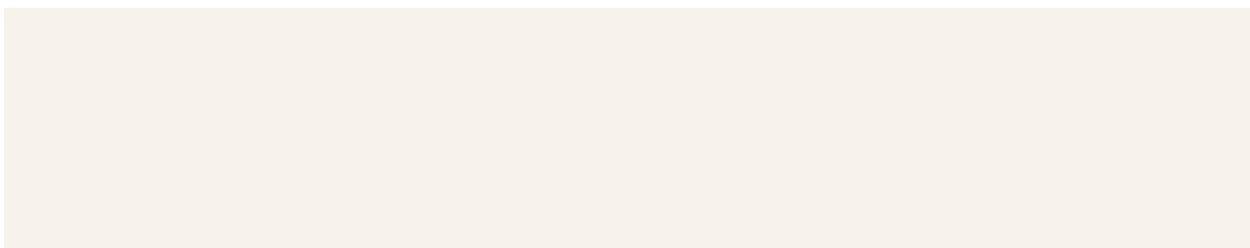
What part of this gospel reality are you most tempted to forget—your death to sin, your forgiveness, or your spiritual authority in Christ?



How can remembering your baptism help you walk in freedom today?



Write out Colossians 2:14 and personalize it as a declaration over your life.



DAY FIVE: FRIDAY, FEBRUARY 13, 2026

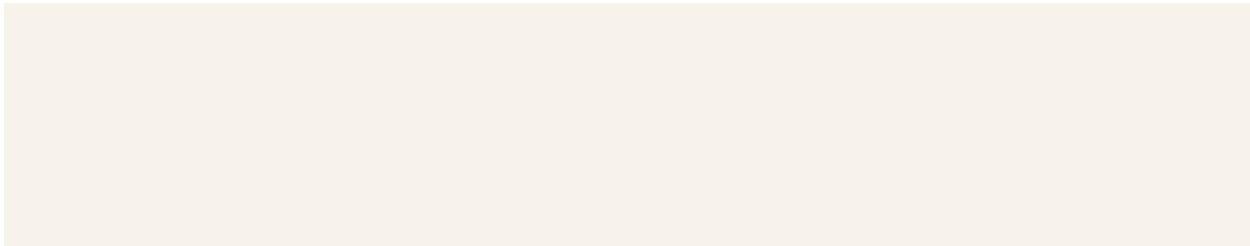
READING COLOSSIANS 2:16-19

Because of Christ's victory, Paul says: Don't let anyone disqualify you based on religious rituals or experiences. The Colossians were being tempted to believe they needed more than Jesus.

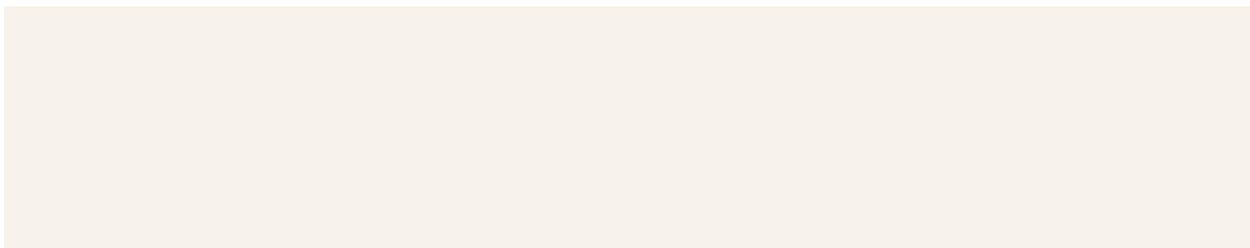
But the truth is, Christ is the Head—and when we stay connected to Him, the whole body grows. Our maturity doesn't come from checking boxes, but from staying rooted in Him.

REFLECT + RESPOND

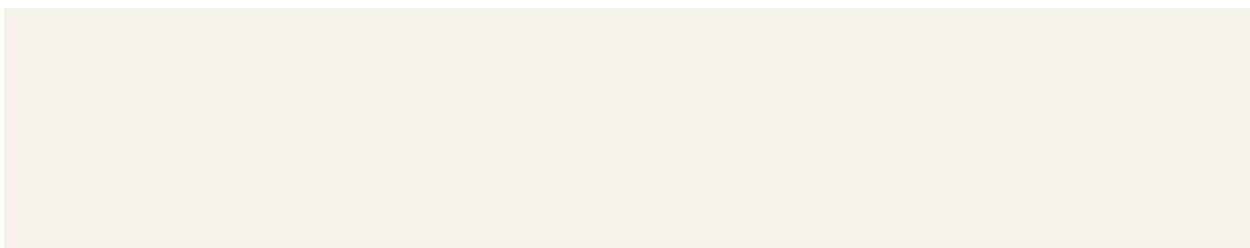
Have you ever been tempted to add something to Jesus in order to feel "more spiritual"?



What would it look like for you to stay more connected to the Head today?



Ask God to help you live from connection, not comparison.



DAY SIX: SATURDAY, FEBRUARY 14, 2026

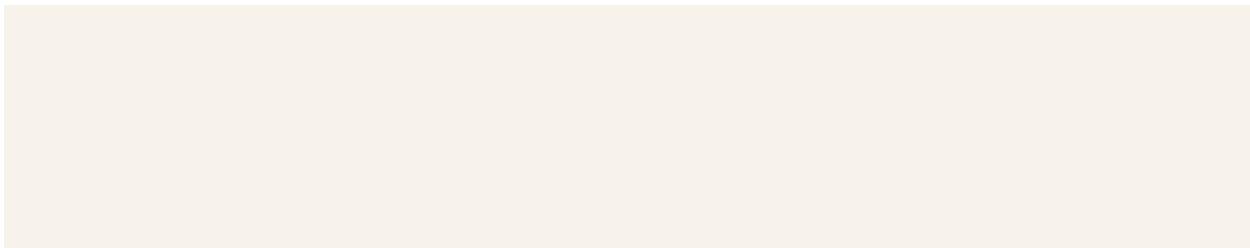
READING COLOSSIANS 2:20-23

Paul ends this section with a sobering reminder: legalism looks powerful, but it's powerless to transform. Rules and regulations may appear wise, but they can't change the heart.

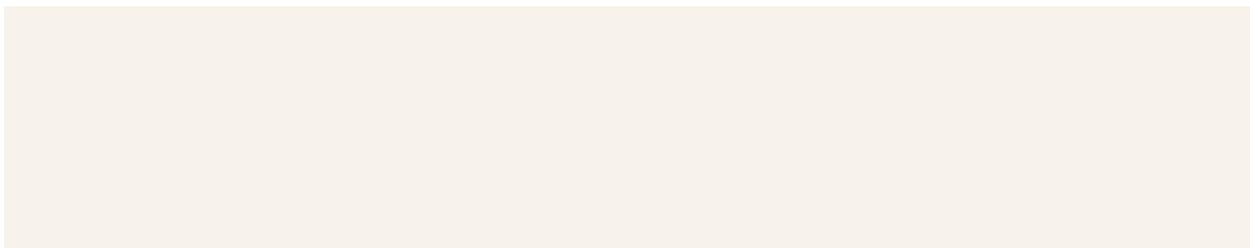
Real change comes from Christ. We died with Him, and we've been raised with Him. So we don't live by a list of "do nots"—we live by the Spirit, from the inside out.

REFLECT + RESPOND

Where are you tempted to rely on outward rules instead of inner renewal?



How might your spiritual rhythms need to be refreshed to focus on relationship over regulation?



Take time to thank Jesus for the freedom you have in Him.

