



SUNDAY SCHOOL

LESSON 2 • SUNDAY, SEPTEMBER 13, 2026

CHRIST IS ENOUGH

DEEP DIVE: THE BOOK OF COLOSSIANS

Colossians 2:1–23

KEY VERSE

KJV

9 For in him dwelleth all the fulness of the Godhead bodily. 10 And ye are complete in him, which is the head of all principality and power... Colossians 2:9-10

ESV

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. Colossians 2:9-10

LESSON AIMS

As a result of this lesson, you should be able to:

- Understand the sufficiency of Christ
- Recognize spiritual teachings that appear biblical but subtly diminish Christ
- Develop a faith that is deeply rooted, spiritually mature, and thankful

KEY TERMS

- **Wisdom** – God-given understanding that enables us to know and live according to His truth
- **Knowledge** – Understanding of spiritual truth, especially the truth revealed in Christ
- **Rooted** – Firmly established like a tree whose roots are deeply planted
- **Built up** – Continuously strengthened and developed in Christ

- **Established** – Made firm, stable, and secure in the faith
- **Philosophy** – In this context, human reasoning or teaching that claims authority but is not grounded in Christ
- **Tradition of men** – Human teachings and practices that are elevated beyond their proper authority
- **Spoil** – To capture, carry away, or make a person spiritually captive
- **Fullness** – The complete reality and totality of what belongs to God
- **Circumcision of Christ** – Spiritual transformation accomplished through Christ rather than merely an external physical sign
- **Baptism** – Identification with Christ in His death, burial, and resurrection
- **Legalism** – Trusting religious rules, rituals, or human performance as a basis for spiritual standing
- **Shadow** – Something that points toward or anticipates a greater reality
- **Substance** – The actual reality to which the shadow points; here, Christ
- **Asceticism** – Severe self-denial or harsh treatment of the body as a supposed means of spiritual advancement

INTRODUCTION

Warren Wiersbe once told a story. He said, I recall a story about a pastor who was concerned about some unsavory businesses that had opened near a school. His protests finally led to a court case, and the defense attorney did all he could to embarrass the gospel minister. “Are you not a pastor?” the lawyer asked. “And doesn’t the word pastor mean ‘shepherd’?” To this definition the minister agreed. “Well, if you are a shepherd, why aren’t you out taking care of the sheep?” “Because today I’m fighting the wolves!” was the pastor’s quick reply, and a good answer it was.

Knowing that there were enemies already attacking the church in Colossae, Paul offered encouragement. By heeding his admonitions, the Colossians would overcome their enemies who seek to tell them that Christ is not enough. Paul asserts that Christ is the all-sufficient one who is fully sufficient for salvation and the entirety of our existence.

ANALYSIS OF THE BIBLICAL TEXT

1. A Heart That Cares for the Church (Colossians 2:1–3)

KJV

1 For I would that ye knew what great conflict I have for you, and for them at Laodicea, and for as many as have not seen my face in the flesh;

2 That their hearts might be comforted, being knit together in love, and unto all riches of the full assurance of understanding, to the acknowledgement of the mystery of God, and of the Father, and of Christ;

3 In whom are hid all the treasures of wisdom and knowledge.

ESV

1 Paul wants them to understand how deeply he is laboring and struggling for their spiritual well-being, even though many of them have never personally met him.

2 His desire is that their hearts would be encouraged, united in love, and strengthened with confident

spiritual understanding concerning God's revealed truth in Christ.

3 All the true treasures of wisdom and knowledge are found in Christ.

Paul begins this chapter not with a theological argument but with a pastoral burden. He says he has a great conflict for them. The word carries the idea of struggle, effort, and intense concern. Paul is not casually writing to people he barely knows. He is deeply concerned about what is happening to their faith. Spiritual deception rarely begins with someone announcing, I am here to destroy your faith. It begins with something that appears harmless such as anew teaching, anew philosophy, a new spiritual practice, or a new revelation. Paul understands that believers who are not firmly established in Christ can become vulnerable to anything that sounds impressive.

His concern is that their hearts would be encouraged and united in love. Paul is not interested in merely winning an argument. He wants believers to become spiritually stable enough that they cannot easily be carried away by whatever sounds sophisticated.

Then he makes an extraordinary statement: "In whom are hid all the treasures of wisdom and knowledge." This means Christianity is not fundamentally a search for something Christ failed to provide. The believer's task is not to discover a superior spiritual source beyond Jesus. It is to discover more deeply what has already been given to us in Jesus. There are treasures in Christ that we have not yet fully explored. The Christian life is therefore not moving away from Christ in search of greater spirituality. It is moving deeper into Christ.

WHAT DO YOU THINK?

If all the treasures of wisdom and knowledge are found in Christ, why are Christians sometimes tempted to look everywhere else for what they believe will make them spiritually complete?

2. The Danger of Being Moved Away From Christ (Colossians 2:4–5)

KJV

4 And this I say, lest any man should beguile you with enticing words.

5 For though I be absent in the flesh, yet am I with you in the spirit, joying and beholding your order, and the stedfastness of your faith in Christ.

ESV

4 Paul warns them because persuasive arguments could deceive them.

5 Although he is physically absent, he is encouraged by their spiritual order and steadfast faith in Christ.

Paul now identifies the danger as being enticing words. The danger is persuasive teaching. Paul is pointing to the reality that sometimes false doctrine sounds intelligent, sophisticated, and uses all the church words and even Scripture. The issue is not simply whether something sounds intelligent but does it lead me deeper into Christ or away from the sufficiency of Christ? Paul is not afraid of believers thinking deeply as Christianity is not anti-intellectual. The problem occurs when human reasoning becomes disconnected from Christ and begins to establish truth independently of Him.

Paul says he is encouraged by their order and steadfastness. their faith has structure, stability, and is not constantly changing with every new teaching. This is a powerful reminder for the church today. If your theology changes every time you hear an impressive speaker, encounter a viral teaching, watch a controversial video, or hear someone's personal testimony, you may not be spiritually grounded enough in Christ. A mature believer is not someone who has heard everything but one who knows what must not be

abandoned and one of those non-negotiable trusts is that Christ is sufficient.

3. Rooted, Built Up, and Established (Colossians 2:6–7)

KJV

6 As ye have therefore received Christ Jesus the Lord, so walk ye in him:

7 Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.

ESV

6 Since you received Christ Jesus as Lord, continue to live your entire life in Him.

7 Become deeply rooted in Him, continually built up in Him, established in the faith you were taught, and overflowing with gratitude.

This may be one of the most important passages in the entire chapter. Paul says “as ye have therefore received Christ Jesus the Lord, so walk ye in him.” The same Christ who saved you is the Christ in whom you continue to live. You begin with Christ. You continue with Christ. You mature in Christ. You persevere through Christ. You finish in Christ.

Paul gives four images:

Rooted

A tree survives storms because its roots are deeper than its visible branches. When the wind blows, shallow roots become a problem. Likewise, a shallow Christian faith can look healthy during peaceful seasons but collapse when suffering, temptation, disappointment, or unanswered questions arrive.

Built up

A building is constructed over time likewise spiritual maturity is not instant. God is building something in us through Scripture, obedience, correction, suffering, prayer, fellowship, repentance, and faith.

Established

This means becoming firm. The Christian should not constantly be spiritually unstable. There must come a point where you know whom I believe, what I believe, and I know why I believe it ultimately because I know Christ.

Abounding with thanksgiving

A believer deeply rooted in Christ should not merely become more knowledgeable. They should also become more thankful because the deeper you understand what you have in Christ, the less dependent you become on external circumstances to determine whether you have reason to rejoice.

WHAT DO YOU THINK?

What are the roots of your faith right now? If circumstances became extremely difficult tomorrow, what would keep you standing?

4. Beware of Spiritual Captivity (Colossians 2:8)

KJV

8 Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.

ESV

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.

Paul warns believers not to be captured through human philosophy, empty deception, human tradition, or worldly principles that are not according to Christ. Paul is warning them that false teaching can become a form of spiritual captivity. The issue is not whether something is old or new, popular or unpopular, or whether it sounds sophisticated. The question, is it according to Christ? Anything that takes the believer away from Christ as the ultimate source of truth becomes spiritually dangerous. The tragedy is that captivity can sometimes feel like enlightenment. A person may believe they are becoming more advanced spiritually when they are actually becoming less dependent upon Christ.

WHAT DO YOU THINK?

How can a teaching sound intelligent, spiritual, or even Christian while quietly moving your dependence away from Christ?

5. The Fullness of God Is in Christ (Colossians 2:9–10)

KJV

9 For in him dwelleth all the fulness of the Godhead bodily.

10 And ye are complete in him, which is the head of all principality and power:

ESV

9 The complete fullness of deity dwells bodily in Christ.

10 Believers have been made complete in Christ, who is supreme over every spiritual ruler and authority.

Christ possesses the fullness of deity. Christ is complete and those who belong to Christ are complete in Him. That does not mean Christians know everything, or that we have reached moral perfection, or that we no longer need growth. It means that everything necessary for our standing before God is found in Christ. You are complete in Christ.

6. A Spiritual Circumcision Not Made With Hands (Colossians 2:11–12)

KJV

11 In whom also ye are circumcised with the circumcision made without hands, in putting off the body of the sins of the flesh by the circumcision of Christ:

12 Buried with him in baptism, wherein also ye are risen with him through the faith of the operation of God, who hath raised him from the dead.

ESV

11 In Christ, believers experience a spiritual circumcision accomplished by God, involving the putting away of the sinful nature rather than merely an external physical ritual.

12 Believers are identified with Christ's burial and resurrection through baptism and faith in God's power.

Paul is addressing a deeply important distinction and that is that external religious identity is not the same as inward spiritual transformation. Circumcision was an important covenant sign in the Old Testament. But Paul says something greater has happened to those who belong to Christ. There has been a circumcision made without hands meaning that God has performed an inward work. This is not primarily about what has been removed physically but what God has done spiritually. Then Paul connects this with baptism. Baptism portrays identification with Christ in His death, burial, and resurrection. The old life is buried and a new life

emerges. Christianity is therefore not merely about becoming a better version of the old you. There is a fundamental spiritual transformation that comes through union with Christ. This matters because religion often focuses on external evidence: What do you wear? Where do you go? What do you avoid? What religious practices do you follow? What traditions do you maintain? Those things may have significance, but Paul takes us deeper showing us that salvation is an inside job. You can modify behavior without experiencing transformation.

7. From Death to Life (Colossians 2:13–15)

KJV

13 And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses;

14 Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross;

15 And having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it.

ESV

13 Though believers were spiritually dead in sin, God made them alive with Christ and forgave all their sins.

14 God canceled the record of debt that stood against us and removed it by nailing it to Christ's cross.

15 Christ defeated spiritual rulers and authorities and publicly displayed His victory over them through the cross.

Here Paul reminds us of where we started. We were dead in sin. We often say that we came to Jesus, but He came to us according to this Scripture and He has quickened together with him and He has forgiven ALL trespasses. ALL MEANS ALL! Paul says Christ took the record that stood against us and nailed it to His cross.

WHAT DO YOU THINK?

If Christ has forgiven all your trespasses and canceled the record that stood against you, why do we sometimes continue carrying guilt that God has already dealt with?

8. Do Not Let Anyone Judge You (Colossians 2:16–17)

KJV

16 Let no man therefore judge you in meat, or in drink, or in respect of an holyday, or of the new moon, or of the sabbath days:

17 Which are a shadow of things to come; but the body is of Christ.

ESV

16 Believers should not allow others to condemn them over food, drink, festivals, new moons, or Sabbath observance.

17 These things were shadows pointing forward to something greater, while the ultimate reality belongs to Christ.

Paul now moves from theology to application. If Christ has accomplished what He has accomplished, believers must be careful not to return to systems of spiritual judgment based on external religious observance.

Paul mentions food, drink, festivals, new moons, and Sabbaths.

These were significant elements within Jewish religious life. But Paul says they were shadows. A shadow is real in the sense that it tells you something is there. But the shadow is not the person. If you see someone's shadow coming around the corner, you do not embrace the shadow. You wait for the person. Paul says Christ is the substance.

9. Do Not Be Disqualified by False Humility (Colossians 2:18–19)

KJV

18 Let no man beguile you of your reward in a voluntary humility and worshipping of angels, intruding into those things which he hath not seen, vainly puffed up by his fleshly mind,

19 And not holding the Head, from which all the body by joints and bands having nourishment ministered, and knit together, increaseth with the increase of God.

ESV

18 Paul warns against people who use false humility, fascination with angels, mystical experiences, and supposedly superior spiritual knowledge to disqualify or mislead believers.

19 Such people have disconnected themselves from Christ, the Head, from whom the whole body receives nourishment and grows according to God's purposes.

Paul describes people who appear deeply spiritual. They have humility, they talk about angels, they claim extraordinary experiences, they speak about things they believe they have seen. But Paul says they are vainly puffed up. In other words, what appears to be humility can actually be pride. That is an important warning. Not every claim of spiritual depth represents spiritual maturity. Sometimes people become proud of how spiritual they believe they are. They can become fascinated with visions, supernatural experiences, hidden knowledge, angels, prophetic claims, and mystical encounters while gradually losing their focus on Christ. Paul says they are not holding the Head. That is the problem. The body needs the Head, the church needs Christ, the believer needs Christ. Spiritual experiences, mystical experiences, intellectual experiences cannot replace Christ.

WHAT DO YOU THINK?

How can a person become so fascinated with spiritual experiences that they become less fascinated with Christ Himself?

10. Dead to the World's Religious System (Colossians 2:20–23)

KJV

20 Wherefore if ye be dead with Christ from the rudiments of the world, why, as though living in the world, are ye subject to ordinances,

21 (Touch not; taste not; handle not;

22 Which all are to perish with the using;) after the commandments and doctrines of men?

23 Which things have indeed a shew of wisdom in will worship, and humility, and neglecting of the body; not in any honour to the satisfying of the flesh.

ESV

20 Since believers have died with Christ to the elementary principles of the world, why submit themselves again to regulations as though they still belonged to that system?

21 These rules include commands such as “do not handle,” “do not taste,” and “do not touch.”

22 Such regulations concern temporary things and ultimately reflect human commands and teachings.

23 These practices may look wise because they appear religious, humble, and disciplined, but they cannot truly overcome the desires of the flesh.

Paul ends the chapter by exposing another form of spiritual deception religion that looks impressive but cannot transform the heart. They are told touch not, taste not, handle not and the problem is not that self-control is wrong. The problem is believing that external restrictions can solve an internal sin problem. A person can become extremely good at avoiding certain sins while never dealing with the pride, bitterness, greed, lust, jealousy, resentment, or selfishness beneath them. External restriction cannot produce internal resurrection; only Christ can do that. The Christian life is not fundamentally about building a cage around the flesh. It is about becoming so rooted in Christ that our desires, thinking, priorities, and affections are progressively transformed.

A CLOSING THOUGHT

Colossians 2 confronts one of the most persistent dangers in the Christian life the temptation to believe that Christ is not enough. Paul presents Christ as the One in whom the fullness of God dwells. He tells us that we are complete in Him our sins have been forgiven, and our record has been nailed to the cross. He warns us not to be captured by human philosophy, human traditions, religious shadows, or mystical experiences. And he warns us not to confuse external religious restrictions with genuine spiritual transformation.

The answer to all of it is Christ. Christ is the wisdom. Christ is the fullness. Christ is the Head. Christ is the substance. Christ is the victory. Christ is the source of spiritual life. Christ is ENOUGH!

There is something deeply comforting about that truth because Christianity can sometimes become exhausting. We can begin believing that we have to constantly prove ourselves to God. We can believe that if we pray enough, perform enough, give enough, serve enough, suffer enough, know enough, or appear spiritual enough, then perhaps God will finally be pleased with us. But Colossians 2 points us back to the cross. Our responsibility is to remain rooted in the One who has already finished the work.

YOUR LIFE

This week, examine what you are actually trusting.

Ask yourself honestly:

- Am I trusting Christ, or am I trusting my performance?
- Am I resting in what Christ has done, or am I constantly trying to prove myself?
- Have I allowed human opinions to become more authoritative than Scripture?
- Have religious traditions become more important to me than Christ Himself?
- Have I confused outward religious behavior with inward transformation?
- What am I adding to Christ in order to feel spiritually secure?

There may be things in your life that are not inherently wrong but have become spiritually dangerous because they have taken the place that belongs to Christ.

This week, intentionally return to the simplicity and depth of the gospel. Spend time thanking God for what Christ has already accomplished. You are complete in Christ, that is something of which to be thankful! Root yourself more deeply in Him!

YOUR WORLD!

We live in a world overflowing with competing voices. Every day we are told what to believe, what to value, what will make us happy, what will make us successful, what will make us acceptable, and what will make our lives meaningful. Some of those messages come from secular culture through entertainment, social media, education, and even some religious spaces.

The challenge for the Christian is not merely identifying obviously false ideas. The greater challenge is recognizing ideas that contain enough truth to sound convincing while quietly moving Christ out of the center.

Colossians 2 teaches us to develop discernment. We should not reject every new idea simply because it is new. Neither should we accept every idea because it sounds intelligent. We measure everything by Christ and the truth of God's Word.

CLOSING PRAYER

Heavenly Father,

Thank You for giving us Jesus Christ, in whom all the fullness of God dwells. Forgive us for the times we have looked beyond Christ for what only Christ can provide. Forgive us when we have trusted our performance, our traditions, our knowledge, our experiences, or our own strength more than we have trusted You.

Help us to become deeply rooted in Christ. Build us up in Him. Establish us in the faith and protect us from teachings that sound impressive but move our hearts away from Jesus. Give us discernment to recognize what is not according to Christ. Give us humility to receive correction. Give us strength to remain faithful. May our lives proclaim through both our words and our actions that Christ is enough.

In Jesus' name, Amen.