

3: Colossians 2:16-3:17 New Revised Standard Version (NRSV)

¹⁶ Therefore do not let anyone condemn you in matters of food and drink or of observing festivals, new moons, or sabbaths. ¹⁷ These are only a **shadow of what is to come**, but the substance belongs to Christ. ¹⁸ Do not let anyone disqualify you, insisting on self-abasement and worship of angels, dwelling on visions, puffed up without cause by a human way of thinking, ¹⁹ and not holding fast to the head, from whom the whole body, nourished and held together by its ligaments and sinews, grows with a growth that is from God. ²⁰ If with Christ you died to the **elemental spirits of the universe**, why do you live as if you still belonged to the world? Why do you submit to regulations, ²¹ “Do not handle, Do not taste, Do not touch”? ²² All these regulations refer to things that perish with use; they are simply human commands and teachings. ²³ These have indeed an appearance of wisdom in promoting self-imposed piety, humility, and severe treatment of the body, but they are of no value in checking self-indulgence.

3 So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. ² Set your minds on things that are above, not on things that are on earth, ³ for you have died, and **your life is hidden with Christ in God**. ⁴ When Christ who is your life is revealed, then you also will be revealed with him in glory.

⁵ Put to death, therefore, whatever in you is earthly: fornication, impurity, passion, evil desire, and greed (which is idolatry). ⁶ On account of these the **wrath of God** is coming on those who are

disobedient. ⁷ These are the ways you also once followed, when you were living that life. ⁸ But now you must get rid of all such things—anger, wrath, malice, slander, and abusive language from your mouth. ⁹ Do not lie to one another, seeing that you have stripped off the old self with its practices ¹⁰ and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator. ¹¹ In that renewal there is **no longer Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and free**; but Christ is all and in all!

¹² As God’s chosen ones, holy and beloved, **clothe yourselves with compassion, kindness, humility, meekness, and patience**. ¹³ Bear with one another and, if anyone has a complaint against another, forgive each other; just as the Lord has forgiven you, so you also must forgive. ¹⁴ Above all, clothe yourselves with love, which binds everything together in perfect harmony. ¹⁵ And let the peace of Christ rule in your hearts, to which indeed you were called in the one body. And be thankful. ¹⁶ Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and **with gratitude in your hearts sing psalms, hymns, and spiritual songs to God**. ¹⁷ And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

