

Sunday 4th October 2026 – 2pm

Living Well: Kingdom Principles for a Flourishing Life

(Part 5: Living in Liberty) Colossians 2:16-19

Preacher: Claudeth Hitchman

Cell Group Notes

1. Liberty/Freedom from Human Rules

There are human rules which are natural – scripture here points out you should not be judged because of the physical things, like what you eat or drink, what you choose to put in your body or not to, nor if you choose not to celebrate rituals, festivals etc. which are legalistic and have no spiritual attachment.

You must not be deceived and drawn in by those who want to put you in a spiritual bondage which is NOT of God. They live unspiritually but mimic or fool themselves that they are being spiritual. They are worldly, carnally minded and want to draw you towards this.

All of these things act to ensure you are not living a free life and that you are disqualified from God's Kingdom. This is not true, we discover. Traps are being set all the time to give you a wrong impression or to confuse you with what is truly spiritual (Godly) or false and legalistic.

Disconnected – verse 18 explains that if there is **no connection** with God – what is the basis for the rules, rituals, visions, etc. Where do they lead? There must be a connection to the 'Head' or there is chaos, Godlessness and not progress or growth.

2. Living in Liberty or Freedom

Remember Colossians 2:15 from last week – having disarmed wickedness and works of darkness, liberty has been purchased for us!

So, to continue to live in liberty or freedom we must **stay connected** to God. How? We must not disconnect from the WORD of God and the Holy Spirit. Living in liberty is to live in the freedom of Christ. We must not be pressured by legalistic demands but rather draw to God by His Spirit.

We serve God because we love Jesus and understand the work of the cross, His mercy and grace towards us.

Look at the book of John, chapter 15:1 TLB version, from verse 4

⁴ Take care to live in me, and let me live in you. For a branch can't produce fruit when severed from the vine. Nor can you be fruitful apart from me.

⁵ "Yes, I am the Vine; you are the branches. Whoever lives in me and I in him shall produce a large crop of fruit. For apart from me you can't do a thing. ⁶ If anyone **separates** from me, he is thrown away like a useless branch, withers, and is gathered into a pile with all the others and burned. ⁷ But if you stay in me and obey my commands, you may ask any request you like, and it will be granted

The word "stay means - [in a given place, state, relation or expectancy], be present, remain" – a branch cannot bear fruit if it disconnects. If a limb is cut off from your body – it dies – that limb must be connected to a lifeline.

We must be present with the Lord continually, not out of legalistic duty, but because we are in relationship with the Lord and we desire Him!

Discussion Questions:

1. Is there an area of your life that you can identify as relying on a legalistic 'checklist' to try to prove your worth?
2. How can you change this area – how can you move from legalistic actions to spiritual ones?
3. How can you help each other to not allow yourselves to be 'disqualified'.
4. What will you do this week to stay connected to the Head and to ensure you daily connect to Jesus Christ?