

# 5-Day Devotional: Hold Fast to Christ

## Colossians 2:18–23

### Day 1 — Don't Let Anyone Disqualify You

**Read:** Colossians 2:18, Colossians 2:9–10, Romans 8:1, Ephesians 1:3–7, 1 John 3:1

Paul warns the Colossians, “Let no one disqualify you.” That word carries the sense of being ruled against, robbed, or told you do not measure up. The false teachers were acting like spiritual referees, blowing the whistle on Christians who already belonged to Christ.

Their message was subtle: “Yes, you have Christ, but you need something more.” More discipline. More visions. More access. More religious seriousness. More of whatever they happened to be selling that week.

This is still one of Satan’s favorite tricks. He rarely begins by saying, “Deny Jesus.” He often begins by whispering, “Jesus is good, but He is not enough.” Then guilt, comparison, fear, and spiritual insecurity begin doing their miserable little work.

But Paul reminds us that believers are complete in Christ. We do not stand before God because we have had the right experience, followed the right spiritual trend, impressed the right religious people, or mastered the right practices. We stand before God because Christ has joined us to Himself by grace.

This does not make obedience unimportant. It makes obedience possible. We obey from fullness, not for fullness. We pursue holiness as sons and daughters, not as spiritual beggars trying to earn a place at the table.

So when someone makes you feel like a second-class Christian because you have not had their experience, joined their circle, adopted their preferences, or reached their level of intensity, remember this: no one gets to disqualify those whom Christ has received.

If you are in Christ, you are not lacking a secret key. You are not waiting for elite access. You are not spiritually unfinished because someone else says so.

Christ is enough. And in Him, you are not disqualified.

### Reflection Questions

1. Where am I most tempted to feel spiritually inferior to other believers?
2. What voices or expectations make me feel like Christ is not enough?
3. How does being “in Christ” reshape the way I view my standing before God?

### Practical Application

Write down one false measure of spiritual maturity that often pressures you. Then write this sentence beneath it:  
**“My fullness is in Christ, not in this.”**

## **Prayer**

Father, thank You that my standing before You does not rest on my performance, my experiences, or the approval of others. Thank You that Christ is sufficient and that I am complete in Him. Help me reject every voice that tells me I need something beyond Jesus to be accepted by You. Teach me to obey from grace, not fear. Strengthen my confidence in Christ alone. In Jesus' name, Amen.

# Day 2 — Christ Alone Is Our Mediator

**Read:** Colossians 2:18, 1 Timothy 2:5, Hebrews 4:14–16, Hebrews 7:25, Ephesians 2:18, John 14:6

The false teachers in Colossae promoted the worship of angels. That may sound strange to us, but the idea was probably wrapped in religious humility. God is high. We are low. So maybe we need angelic beings to help us approach Him.

It sounded reverent. But Paul saw the danger clearly. Worship belongs to God alone, and access to God comes through Christ alone.

Angels are real. They are glorious servants of God. Scripture shows them worshiping God, serving God, and ministering according to God's command. But angels are not mediators. They do not receive prayer. They do not open the way to the Father. They do not stand between sinners and God as helpers we must call upon.

This matters because the human heart loves false mediators. Some seek access to God through Mary or the saints. Protestants may reject that officially and then create functional mediators of our own. We may depend on a pastor, a celebrity teacher, a worship atmosphere, a spiritual experience, a theological tribe, or even our own religious performance.

But Scripture gives us something far better than all of that. It gives us Christ.

Jesus is not a reluctant Savior. He is not standing at a distance, waiting for someone more approachable to bring your case to Him. He is the Son of God who took on flesh, died for sinners, rose from the dead, and now intercedes for His people.

Because of Christ, we draw near to the throne of grace with confidence. Not arrogance. Confidence. We come with empty hands, honest confession, and real need. And we come through the One who has opened the way by His blood.

You do not need another mediator. You need the Mediator God has given.

And He is enough.

## Reflection Questions

1. What people, practices, or experiences am I tempted to treat as necessary for closeness to God?
2. Why is Christ's ongoing intercession such a comfort for weak and struggling believers?
3. How does knowing Christ is my mediator affect the way I pray?

## Practical Application

Before you ask anyone else for counsel or reassurance today, pause and pray directly to the Father through Christ. Come honestly, not impressively.

## **Prayer**

Father, thank You for giving me one perfect Mediator, Jesus Christ. Forgive me for the times I look for access, assurance, or spiritual confidence somewhere else. Help me come boldly to Your throne of grace because Christ has opened the way. Teach me to trust His intercession more than my performance, my feelings, or the approval of others. In Jesus' name, Amen.

# Day 3 — Don't Trade Scripture for Spiritual Spectacle

**Read:** Colossians 2:18, 2 Timothy 3:16–17, Hebrews 1:1–2, 2 Peter 1:16–21, John 17:17, 1 John 4:1

Paul says the false teachers were “going on in detail about visions.” They claimed special experiences, hidden access, and spiritual insight that ordinary Christians did not have. And they used those claims to make believers feel inferior.

That still happens.

Sometimes it comes through dramatic claims: “God told me.” “I went to heaven.” “I saw an angel.” “I received a word.” “I know what God is about to do.” Other times, it comes through worship environments built to create a spiritual high. The lights, the mood, the build, the emotional release — and suddenly the feeling itself becomes the proof that God was present.

We need to be careful here. Emotion is not bad. We should feel the truth. If the glory of Christ never stirs our affections, something is wrong. Cold worship is not maturity. Dead orthodoxy is still dead.

But emotion must be governed by truth. Spiritual experience must submit to Scripture. A “word from the Lord” that contradicts the Word of the Lord is not from the Lord. An experience that produces pride, confusion, spiritual superiority, or dependence on something besides Christ is not spiritual maturity.

God has not left His church starving for hidden revelation. He has given us His Son, His Word, His Spirit, and His appointed means of grace. We do not need unverifiable tours of heaven to strengthen our faith. We need the Word of Christ dwelling richly among us.

Worship is not entertainment. It is not a product we consume. Worship is God's people approaching God through Christ, according to His Word, by the power of the Spirit.

Entertainment asks, “Did this move me?” Worship asks, “Was God honored?”

The goal is not a bigger moment. The goal is Christ.

## Reflection Questions

1. Am I more impressed by dramatic spiritual claims or by faithful submission to Scripture?
2. How can I tell the difference between true spiritual affection and emotional manipulation?
3. Do I evaluate worship more by how it made me feel or by whether God was honored?

## Practical Application

The next time you hear a spiritual claim, practice asking: **Does this agree with Scripture? Does it exalt Christ? Does it produce humility and holiness?**

## **Prayer**

Father, thank You for giving me Your Word. Keep me from chasing spiritual spectacle while neglecting the truth You have clearly spoken. Give me discernment to test every claim by Scripture. Help me worship You with real affection, reverence, joy, and truth. Make Christ central in my worship, my thoughts, and my desires. In Jesus' name, Amen.

# Day 4 — Hold Fast to the Head

**Read:** Colossians 2:19, John 15:4–5, Ephesians 4:15–16, Colossians 1:18, Acts 2:42, Philippians 1:6

Paul identifies the deepest problem with the false teachers: they were “not holding fast to the Head.” That is the center of the passage. Their practices were strange, but the root issue was deeper. They had loosened their grip on Christ.

That should sober us.

It is possible to be religious and not hold fast to Christ. It is possible to be disciplined, doctrinal, emotional, busy, and morally serious while slowly drifting from the Head. That is a frightening thought, but a necessary one.

Christ is the Head of the church. That means He gives life, nourishment, unity, direction, and growth. The church is not held together by shared preferences, personality types, politics, musical tastes, schooling choices, or whatever barbecue opinions separate the wheat from the chaff. The church is held together by Christ.

Paul says the whole body grows with a growth that is from God. That phrase is freeing. Real growth does not come from spiritual hype, man-made pressure, guilt, comparison, or emotional intensity. Real growth comes from Christ.

And Christ often grows us through ordinary means. The Word read and preached. Prayer. Baptism. The Lord’s Supper. Fellowship. Encouragement. Correction. Service. These things sound ordinary because they are ordinary. And that is why we underestimate them.

We want dramatic transformation. Christ often gives steady growth. Sunday worship. Daily repentance. Quiet obedience. Faithful parenting. Serving when tired. Forgiving when wronged. Reading Scripture when distracted. Praying when words feel weak. Showing up again tomorrow.

Not flashy. But real.

Some of the deepest Christians are not always talking about their depth. They are quietly holding fast to Christ over decades.

That is growth from God.

## Reflection Questions

1. What ordinary means of grace am I most tempted to neglect?
2. Where am I looking for dramatic growth while resisting steady faithfulness?
3. How does Christ’s headship comfort and correct me?

## Practical Application

Choose one ordinary means of grace to practice intentionally today: Scripture reading, prayer, repentance, encouragement, gathered worship preparation, or serving someone quietly.

## **Prayer**

Father, thank You that Christ is the Head of the church and the source of my life. Forgive me for chasing shortcuts to maturity while neglecting the ordinary means You have given. Help me hold fast to Christ in daily faithfulness. Grow me with growth that comes from You. Teach me to trust slow, steady grace more than spiritual spectacle. In Jesus' name, Amen.

# Day 5 — Self-Made Religion Cannot Change the Heart

**Read:** Colossians 2:20–23, Galatians 5:1, Romans 6:1–14, Titus 3:3–7, Ezekiel 36:26–27, 2 Corinthians 5:21

Paul ends this section by exposing self-made religion. It has “an appearance of wisdom.” That is part of its danger. It looks serious. It looks disciplined. It looks sacrificial. It may even look holy.

But Paul gives the verdict: it is “of no value in stopping the indulgence of the flesh.”

Rules can restrain behavior. Fear can produce compliance. Shame can clean up appearances for a while. Religious pressure can make people look better on the outside. But none of that changes the heart.

That does not mean discipline is bad. Boundaries can be wise. Fasting can be good. Self-control is a fruit of the Spirit. Parents should train children. Christians should fight temptation. We should say no to sin and sometimes even say no to good things for better reasons.

But discipline cannot become our savior.

A filter may guard your eyes, but it cannot give you a clean heart. A budget may restrain greed, but it cannot make you generous. A schedule may help your prayer life, but it cannot make you righteous before God. Accountability may expose sin, but it cannot atone for sin.

Only Christ can do that.

This is why the gospel is such good news. Christ did not come merely to help us manage our behavior. He came to save sinners. He fulfilled the law we have broken. He died as our substitute. He bore our guilt. He endured the judgment we deserved. He rose from the dead. He sends His Spirit. He gives new life.

If you are in Christ, you died with Him. You are no longer enslaved to man-made religion. You are no longer trying to earn God’s acceptance. You are free — not free from holiness, but free for holiness.

So do not trade Christ for something that cannot change you.

Hold fast to Him.

## Reflection Questions

1. Where am I tempted to trust rules, shame, or discipline more than Christ?
2. What is the difference between wise boundaries and self-made religion?
3. How does union with Christ give both freedom and power for holiness?

## Practical Application

Identify one area where you have been managing sin externally without bringing it honestly to Christ. Confess it to God today, and take one wise step of repentance.

## **Prayer**

Father, thank You that Christ has done what self-made religion could never do. Forgive me for trusting rules, discipline, shame, or appearance to change what only You can change. Thank You that Jesus died for my sin, rose from the dead, and gives new life by His Spirit. Help me walk in true freedom and pursue holiness from grace, not fear. In Jesus' name, Amen.