



# EMMANUEL

## LifeGroup

### LifeNotes

*LifeGroups exist to follow Jesus together, build authentic community, and lead others to Him*

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**Sermon:** Colossians 2:6–23 | Christ Is Enough

*(Michael, Colossians, March 15, 2026)*

**Primary Scriptures:**

Colossians 2:6–23

**Supporting Scriptures:**

John 15:4–5, Romans 6:4–11, Galatians 2:20, Hebrews 10:10–14, Ephesians 1:7,

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**Ice Breaker Question (15 min):** *(Ice Breakers build deeper relationships!)*

What is a recipe you once tried to “improve” that actually turned out worse? *(Or, if you don't cook)*

What is the worst version of your “favorite dish” you have ever had?

**Sermon Summary:**

In this message, we were reminded that the Christian life is not about adding spiritual ingredients to improve what Christ has already done. Paul teaches that just as we received Christ by faith, we are meant to continue walking in Him, growing deeper in our relationship with Him. We saw that many voices try to pull us away from Christ through philosophy, mystical spirituality, or rule-based religion that promises transformation but cannot change the heart. Through the cross, Jesus has already forgiven our sins, canceled our debt, and defeated the powers of sin and darkness. Because of that finished work, we do not need rituals, secret knowledge, or strict human rules to make us spiritually complete. Our real growth comes from staying connected to Christ, the head of the church, and allowing Him to transform us from the inside out.

**Group Discussion Questions (30 - 45 Minutes)**

1. Paul says we are to be “rooted and built up in Christ.” When you honestly examine your spiritual root system right now, what does it look like?
2. The sermon mentioned philosophy, mystical spirituality, and rule-based religion. Which of these do you think people struggle with most today?
3. What are some modern “*shadows*” people might rely on today? Things that look spiritual or religious but can quietly replace a living relationship with Christ?
4. Review Col. 2:6-23. What is the most encouraging part of these scriptures to you? Share.

**Prayer Time (15 min):** *(Break into smaller groups, read the following instructions, and pray for one another.)*

- **Pray** that God would help us remain deeply rooted in Christ and not drift toward spiritual substitutes.
- **Pray** for hearts that trust fully in the finished work of Jesus rather than trying to earn acceptance through performance.