

## Transcript\* - Hold Fast – John Klundt – 7/6/2025

Well good morning everybody. I hope you had a good 4th of July weekend, I'm guessing. Well, probably not in this room, but I was safe to say in the, in our other two services that nobody blew up their fingers or their lost their limbs or anything like that, but maybe in this room, some of you did. My my speed nowadays is like sparkler speed.

If that's okay with you. I like that. Yeah. Sparklers are semi safe, right? For the most part. But happy 4th of July to you. And, as we started our our time off together, it is so good to be reminded, that we need the blessing of the Lord for this country. It's a good to be reminded of that.

And it's also good to know that going forward, that that we need that for sure. And in every, every possible way. So my name is John, one of the pastors here. And, grateful for you to today to be here, especially if you're a first timer with us. So glad that you joined us today. I also want to say welcome to everybody who joins us on live stream.

Glad that you're spending the next hour with us. This morning and we are in a series going through the the letter of Colossians to the church or to the people of Colossae. And, I just want to say to you, last week, our family pastor Jonathan Cook, taught and just did a really good job.

And so if you. Yeah, if you if you didn't get a chance to hear that, I would encourage you to go back to our website, BCM sitcom and listen, to that as he certainly did a good job. It's been really a good series. Going through Colossians as we've been going through the summertime, and it's got a lot of important things to say, particularly about Jesus and every possible way.

And so we're going to see that again, how it unfolds in, chapter two. But it was, 4th of July weekend. I don't know how you celebrate. I don't know if you do like barbecue or grilling out or hamburgers and hot dogs or if you're more fancy than that. But grilling seems to be like a way that people celebrate.

Maybe. Here. Making sure you're also swimming. But not grilling and swimming at the same time, but doing that. Having people over, having a party, and then, of course, fireworks. For sure. For some people, as they celebrate. But one of the ways that 4th of July now is celebrated and in a big way. I don't know if you've ever heard of the Nathan's Hot Dog Eating Contest.

Have you ever heard of that? Yeah, that's what I know that that's such a good image of what this guy's name is. Joey Chestnut, by the way. And he's 17 time national hot dog eating champion. Yes. Not that most of you really care about that. But but it's held on 4th of July every year, and so the record is 76 hot and ten minutes.

Yes. And if you if you do, watch it, please have an empty stomach. That's all I can tell you. It is. It is very interesting to watch how they do it. And this year, I believe he got 71. Yeah, I know a little bit of a downer, but he wins every year by like 25, 30 hot dogs more than anybody else.

But he's not the only one that eats, fast. Actually, there's another guy. His name is Jeff Esper. And Jeff, has the, world record. This is all Guinness related, by the way. World record for eating slices of pizza in ten minutes. He's eating 83 slices of pizza. Phenomenal, phenomenal. I don't know how many pizzas that is, because if sometimes you cut it in, like, pieces of eight, but sometimes pieces of 12.

But that's just a lot of pizza. And for anybody to consume, and especially in a ten minute time period, I believe they were like, 9 or 10 inch slices, so significantly size pizza. But the guy I want to talk to you about, this his name is Donald Gorski, and you may have heard of him because he has the world record for eating the most McDonald Big Macs.

Yeah. I don't know how many of you think this is the greatest sandwich in the world, but Donald Gorski literally believes that McDonald's Big Macs are the best sandwich that anybody could ever eat in their entire. I'm so much so that since 1972, he's eating hardly anything else but Big Macs. Literally. Like this is his food of choice.

He eats it for lunch and dinner and sometimes even a late night snack, and he'll rarely have any French fries with it. As good as McDonald's French fries are. He he will not. So he eats. He eats this. And this is what's phenomenal. Since 1972, he's consumed 35,000 Big Macs. He actually has the receipts to prove it, too.

He keeps he's meticulous, he keeps receipts. And for the longest time, just to make sure that he was he would record where he was at what McDonald's, what street it was on. And then he would also, keep the boxes that the Big Macs came and he would throw it in the back of his car. So I don't know how long he did that for, but he, he, he was really, into it.

So much. So I just want to share. This is just phenomenal. But since 1972, he's only not eaten a Big Mac. Eight total days, eight total days. And here are the reasons why he did not do it. First of all, I was the day that his mom died. I'm guessing his mom maybe didn't like Big Macs, so he did it out of respect for his mom.

She actually requested on that day that he would not, he had a snow day, where they weren't able to get to the McDonald's by Thanksgiving. He was traveling one time, and then he had to do overtime and couldn't make it to, McDonald's. So in order to remedy that, he has, made sure that he has an emergency stash in his freezer to make sure that he never misses his Big Mac again.

That's a little over the top, for sure. And so I want to say, you're probably saying, well, that's very interesting. What does it have to do with what we're going to talk about today? And I'm glad you asked that, because we're going to be in Colossians the second chapter, and we're going to talk about food

today. And for those of you that came in this morning and got some donuts, you're going to enjoy our time together this morning.

Because it's going to talk, really not talk about donuts in particular, but it's going to talk about food and it's going to talk about sometimes how we as, people who are followers of Jesus, try to add some things on to our faith. We try to not just say that Jesus is enough, but there must be something more that we need than Jesus.

And so Paul is going to address it, and he begins in verse 16, and here's how he here's how he begins to address it. He says, therefore. And so he's using that word to let us know that everything that came before it in relationship to what he's going to say next has a part to play in what he's going to talk about.

And so part of the biggest emphasis so far in the book of or the letter of Colossians is this that Jesus is supreme and he's preeminent. He's supreme and preeminent, and nothing compared like he's been since creation. He's he's spoken creation into like he was a part of all of it. And there's a, there's a just an incredible thing that Jesus has done.

And so Paul has been setting him up like this because false teaching has come into the church. And there's there's ways that people are trying to, talk about what it means to be a follower of Jesus. And they're they're teaching some false teaching. And that's going to be evident as we get into this and how we can see how that's kind of just something that happens.

And it happens again here in 2025. It's no different than a couple thousand years ago, because sometimes we just feel like, oh, there must be more than than Jesus that we need. Since we we might think, oh, we should add on to it, or maybe we need to take away from it. Or maybe, maybe for some of us, Jesus, we're thinking he's not enough.

And Paul is going to talk about that today as well. So verse 16, chapter two. Here we go. Therefore, let no one pass judgment on you in question of food and drink. That sounds really good, by the way. Let no one pass judgment. Don't forget that. Or with regard to a festival or new Moon or Sabbath. So he's like, hey, these things that are part of your tradition, that we're a part of what you used to believe and take pride in.

Those things are not to be passed on to other people in terms of how they should follow Jesus and determine whether they're a good follower of Jesus, for that matter. He says these are a shadow of the things to come, but the substance belongs to Christ. Who does the substance belong to Christ? Yes. And so he's like, hey, don't let anybody judge you on the food.

That that you eat. And so there's good news for us today. We can eat food and not have judgment. Right. Now I'm going to get into it just a little bit with you, because there needs to be a little bit of moderation

and some, some thinking about the things that we eat and drink, particularly when it comes to other people.

But for the most part, we get to eat. And he was saying to you here, hey, there are people who are coming in after the church has been established and it's happened with, with, the churches oftentimes that Paul started and now it's happening in the church in Colossi, although he was never there. He's hearing reports of people coming in after him and saying, hey, we want to make sure that you're following Jesus.

Right. And one of the ways that you need to follow Jesus is to go back to the traditions of the Israelite in the Jewish people, which is, hey, you, you would eat certain things and then you would not eat certain things. And that is what sets you apart. And he's saying, hey, we're not following that anymore. So let no one pass judgment on you, and I'll just give you some examples.

Leviticus chapter 11 and Deuteronomy chapter 14. It just has this long list which is in the Old Testament, this long list of foods that you would either eat and or not eat. And if you were an Israelite, this is how it would be determined. One of the ways that you were set apart for being a follower of God, and it would really create a space between you and other people groups.

And this really was about the the faith that you had was about fellowship. And God did not want them to fellowship with other people. And he certainly didn't want them to share a meal which would lead to a relationship which would lead to believing in possibly their gods which happened to them, and also intermarrying, which God did not want to have happen for the Israelite people.

And so there was this thing food. Just remember this food is oftentimes fellowship, right? Like when we sit down, oftentimes when you are hanging out with people, you're naturally going to say, hey, let's eat some, let's eat a meal, let's have a snack like all of that kind of stuff. And so this is what kept them separated from other people because they couldn't mix the food that they were specifically eating.

So some of the list, I'll just give you some ideas, like meat was one of the categories that they would have and the meat that they one of the meats they were not supposed to eat was pig. Now, think about this just for a minute with me. How radical it would be today if a couple of days ago, on 4th of July, we couldn't have had a hot dog or or.

Anything. Bacon. Could you imagine? Bacon? Yeah. Going your lifetime and never having tasted sweet, sweet bacon or sausage or pulled pork like none of you would, you would have never had any of that stuff. And so they're saying, hey, you can't you can't eat it. You can't. Now, who knows what makes up a hot dog? But all we know is they're delicious.

But the thing is, like, that was your. You're not supposed to eat it. And again, what they were saying, what they were trying to do is disparage those who were eating it. And remember, these were Gentiles.

They were allowed to eat food that the that the Israelite people would not eat. And so they're coming in and say, yes, receive Jesus.

But understand that also what you have to do to be a good follower of Jesus and to and to do the right things is not eat certain things. And one of them would be pig. And then of course, another one would be a certain kinds of birds. And the birds. One of the birds they could actually eat was chicken.

This is why it's so far, way back in the day. I believe we have the phrase today tastes like chicken because they first eat chicken and not other birds, and that set them up to go, you know what? It tastes like chicken because everything is compared to chicken. So they could they could not they could eat chicken. Now when it came to fish, they could eat most fish, but they couldn't eat like lobster.

And they couldn't eat crab again. I know, bummer, right. Like all of these things. And so they're thinking, what are you doing to me? I can't like I can't eat that. We we ate that all the time. They would say. But they're saying, more importantly, this is how you are a good follower of Jesus. So they were adding to what it meant to be a follower of Jesus.

And he's saying, don't want anyone to pass judgment on you. You can you can choose to not do those things if you want, but it doesn't take away from you being a follower of Jesus and or your salvation. Now, the last category, which I don't think it was a very difficult one to give up, which is insects. So they were like, hey, by the way, you can eat locusts, you can eat grasshopper, and you can eat crickets.

It's like everybody's like, yeah, that sounds delicious. But we know, we know one of the characters in the New Testament, John the Baptist, he was famous for eating locusts. And, people thought he was a little off his. You know, mind a little bit because of that. But but they were so they had these regulations. And again, it was if you do this, this, this makes you a better follower of Jesus and or closer to God.

And they were using food to disparage people who were becoming followers of Jesus. They were also using certain festivals and certain days like the Sabbath. And so we church, we cannot think. And it's not okay for us to think that food and or drinks or doing them or not doing them, actually makes us closer to Jesus. He's saying that part, the work of Jesus on the cross has fulfilled that, and so much so that he says, hey, there's the shadow.

Like these were the shadow that was cast from a long time ago. And that shadow is no longer when you walk, when you walk out to the out into, boy, is it sunny today. Very bright. And you walk out and typically you'll see your shadow on the ground or on a wall and you'll it'll it'll have a similar image to you, but not completely and not fully.

And this is saying the stuff that used to happen was to, was to say there is something and there's someone coming. And we knew that to be the Messiah, the promised Messiah, that would one day come for, for all peoples. And how important that would be for, for all people one day. But it's no longer, and for the for the followers of Jesus.

They were having regulations put on them, particularly the Gentiles. Now, did Jesus ever talk about this? Well, he sure did. In Matthew chapter 15, Jesus was asked a question by the religious leaders saying, hey, we noticed because people watch. They watch followers of Jesus, those who proclaim it, they want to see like, is it real in your life?

Are you really living out your faith? You really believe what what you say you believe in? And they were watching Jesus with his disciples and they said, hey, it just appears like your disciples before they eat, they don't really wash their hands, which it was a part of a ritual that was important for them before they would eat.

And by the way, it just makes common sense. If your hands are dirty, you probably should wash them and make sure that they're clean before you touch the food that you're going to put into your into your mouth. And so that was a big piece of it. He's like, hey, what do you think about that? He's like, hey, don't you guys remember in Isaiah that you can you can worship Jesus with your lips, but your hearts can be far from God.

And he said, just think about it this way. He says, it's not what goes in to your mouth that makes you unclean. It's what comes out. That's right. So it's not the food that we eat that defiles us, that makes us unclean. It's it's the actions that come out. It's what we choose to do. It's the choices that we make.

It's the way that we live our life that that make us unclean. And they're watching for this. And essentially, in this particular moment in time with everybody who was around Jesus, his disciples like Peter and the rest of the guys, they were listening to Jesus, but they weren't really catching on because they kept adhering to the to the rituals and to the regulations about what they could and could not eat.

But at this point in time, Jesus pretty much said, hey, not a big deal. Well, a little bit later on in acts chapter ten, Peter, who is one of the leaders of the church at this time, this is after the death and after the burial and after the resurrection of Jesus. He is he is up on a rooftop and he has this dream, this vision that a sheet of food comes down.

And it's all the kind of food that he was not supposed to eat as a follower, as an Israelite. And the sheet comes down and it says, hey, get up and get up and eat. And Peter's thinking, man, I've, I've really made some bad choices down the road. I'm not going to get duped on this one. He's like, no, I can't, I can't do that.

I can't eat it. And again, the sheet comes down for the second time and says, same thing, get up and eat. And he's like, no, I can't, I can't do it. A third time. It happens again. And he's like, no, I'm like, I'm not. I'm not going to eat that. I'm not supposed to eat that. I would never, he says, eat that.

And then just a moment later, this really had not as much to do with food as to the people that that Peter would be encouraged to go to, which were the Gentiles. And again, the food regulations had to go away so that Christ could be taken to the to the Gentile nations. And Jesus did that with the work of the cross, the the final and fulfilled work of the cross through Jesus means church, that none of us can be better at being followers of Jesus by not eating certain kinds of foods or and or by attending certain rituals and or, keeping the Sabbath day holy.

None of that makes us better. And they were communicating this to the people of of the church in Colossae, and they were saying, hey, you can you can be closer to God, and you can have more insight, which is where he takes us next into the next couple verses. He says, let no one. So he first he says, no one pass judgment.

Now he says, let no one disqualify you. Insisting on asceticism. I'll come back to the definition of that in just a moment. And worship of angels, which is very interesting. Those two things are connected, going on in detail about visions puffed up with without reasons by his sense. You wish mine is the first of all, don't let anybody disqualify you.

Basically, maybe the better terminology is don't let anybody cheat you. Don't let anybody rob you of your joy because they're they're putting on things of you that were never intended for followers of Jesus Christ anymore. Because again, the finished work of Jesus on the cross, it nullifies those things. And asceticism is essentially this. It's the definition is severe self-discipline or avoidance of all forms of indulgence.

And the communication is if you do this again, it makes you a better follower of Jesus. You're you're better than the other people who won't do it or who will indulge. And again, let me just communicate this to you in terms of this. If you choose not to eat certain foods, fine. But you don't have to do that.

But it's not going to help you earn your salvation. And that's oftentimes what we think. There seems to be this just complete emphasis for us sometimes where we think it, it just can't be that Jesus died on a cross, and I can just receive him as my Lord and Savior. There has to be something else to it. And we're so prone to go back to the to the old covenant, into the old way of doing things, because we we just sense that in order to be a follower of Jesus, I just have to do some things to help me earn this salvation that I am promised.

And so much of what I want to say to you today is we don't we don't earn anything. You can't earn it. It's given to you. It's given to all of us. That was that was his idea was like, hey, I'm sending my son to the cross. He's going to die for the for the sins of all people so that there can be salvation only through the name of Jesus.

And when Jesus saves you, you're saved. And so trying to earn it by asceticism or like not doing certain things or doing certain things in a certain way, in a certain ritual, is not going to earn our salvation. But we're so prone to go backwards because we miss the point. The point isn't I'm earning my salvation. The point is you are saved to live a life that is blessed in Christ, and we get to do things out of our salvation, out of the fact that you have received the incredible grace of Jesus Christ.

And that's what he wants us to know. He's like, hey, so what is this worshiping angels thing? Like? How does that unfold and how does that work out? Well, part of what is going on here is what we have in our culture today a narcissism and their culture, which in our culture today we would call more like New Age or New Thought in that regard.

And the teaching was this, that. And this is why Paul really emphasized in chapter one the supremacy and the preeminent see of Jesus, including in creation, because Gnosticism would teach that that God, although he was kind of a part of creation, that he really let the angels do all of the creating of the world, and therefore, because God was distance from the from the culture and from the world, that we're going to worship angels because they're actually a part of creation.

Here's what we know. At no time does God ever encourage us to worship anything but him. He's pretty certain that he's deserving of our worship and that nothing else is. And so to teach that angels were worthy of our worship is a false teaching us. Nothing else should deserve our worship except for God and Jesus alone. Amen. He literally says, that's one of the commandments.

That's one of the things he encourages us to say, hey, there is no worship of any other gods or any other idols. It is God and His God alone. And so we we have to understand if we're if we're hearing this, if somebody's saying, you know what, maybe, maybe, just maybe the angels were a part of this and so we should worship them instead of God.

We should be going, oh no, no, no, no, we cannot. We cannot accept that. We cannot receive that in any possible way. It is not okay. And I say, he's saying, here's what's happening. The people who are teaching this are using this to to make themselves look really good. And they're puffing themselves up and they're, they're making themselves to be out to having these, these visions or these thoughts that nobody else can have.

And by the way, if anybody does that, if they teach that to you and it's just them who are having this alignment, because what we know is that through the Word of God, that that revelation is for all people, not just for a few select people who have these visions and the rest of us don't. That is false.

Teaching church and and the Christian church in the churches in the world today and including America churches, there are false teachers and there are false prophets. And just because just because somebody has a book in a Christian store does not make it true or okay, or on a Christian website, we



have to be really discerning about the things that we read and specifically about the things that we believe.

That's what was going on in the church in Colossae, was happening in the church, not outside the church. In some other realm. This was going on within the context of church. These were people who seemed like they were Christians and seemed like they cared about the church and seemed like they cared about Jesus and seemed like they cared about God.

But they did not. And they were trying to put a yoke on top of the people in the church in Colossi that they did not and should not have any saints. So there is no judgment. And don't let anybody disqualify you. Don't let anybody cheat you, don't anybody rob you of your salvation or your joy with your salvation by putting on and adding an extra burden to it.

This is what he's trying to emphasize. So my encouragement to you today is when you read something and you hear something from somebody, be discerning. Be slow to listen to people and to adhere to what they are saying to you. Especially when it comes to prophecy, especially when it comes to telling you they have visions and they can see things and they can hear things.

I'm telling you, you should have yellow flags and red flags going off, and it should be concerning to you when that happens.

It's almost as if when people get it wrong, false teachers and false prophets church. It's almost as if we just say, well, I guess they didn't get it right. When they don't get it right, it's a false teacher and a false prophet. And that's the end of the story. And Scripture tells us we should have nothing to do with them and not to be fearful of them.

Because it's not okay. And so anybody who's not doing it for the good of, of the total and the whole and the body of Christ is for themselves, and then he goes on to verse 19. So here's the antidote, here's the problem of why they're receiving this teaching, and they're letting people judge them and add things on to their faith.

And he says, and not holding fast to the head, who is the head of the church? Who is the head of the church? Just I'm just going to say it one more time. Who is the head of the church? Thank you. From whom? The whole body is nourished and knit together through its joints and ligaments, grows with the growth that is from God, and God alone.

Too many times there's growth that is happening that is not of God, because there's teachings that people want to hear, and those who are false teachers and false prophets. They're great at manipulation and telling people what they want to hear. And he's saying, hold fast. They were not holding fast to the head. Who is Jesus? And my encouragement to you today is if you want an antidote for trying to earn your salvation.

And just trusting in Jesus alone is to hold fast to the head. Who is Jesus, who is supreme and preeminent in every possible way and the only way to salvation? There is no way under heaven by which we may be saved. It is only by the name of Jesus, only by the grace of Jesus, only because of the death and the burial and the resurrection of Jesus.

And that is it. There is no other. And he's saying, hey, the growth that he will give the church when we are connected to the head, when we continue to look towards Jesus being the head of the church and allowing him to speak to us through His word makes all the difference in the world, and the growth will be nourished in the way that God allows it to grow, and it will be a growth that comes from God, and God alone.

So a couple more verses as we wrap up today. And it's so good the way that Paul wraps up our time together today, he says, if with Christ you die to the elemental spirits of the world, why? As if you were still alive in the world, did you submit to regulations? He says, do not handle, do not taste, do not touch.

Referring to the things that all perished in our use. Again, just a quick reminder. After you eat something, whatever you eat, whatever that is, it doesn't matter. After you eat it, what is it after you eat it? Is it still a donut? Is it still a hot dog? Is it still a piece of pizza? Is it still a Big Mac?

Is it? No, the answer is no. It is not that any longer. He says. Therefore those things are gone. And that's why they're not sinful for you to eat them, he says, they're perish. They're gone, he says, according to human precepts. And teaching these, he says, these things that you're being taught seem like they come from wisdom.

There's an appearance of wisdom. And that's how they that's how, again, they're because they're just a slight variation of what we know to be true in Jesus, promoting self-made religion and asceticism again, severely like trying to follow a certain regulation of certain rules, the severity to the body, like not being self indulging. But here's what he says they are of no value in stopping indulgence of the flesh.

We oftentimes get fixated so much on the do's and don'ts that we forgot about what's already been done, and that is the finished work of Jesus on the cross. He has finished. It is finished. It doesn't need to be continuing and going on, and we don't need to keep earning our salvation. It is finished. And then he finishes with this.

He's like, hey, you and I keeping all these rules and keeping all these regulations and trying to adhere to all these things. They don't keep us from sinning. Actually, they produce the opposite result. And that's true based upon what we see happening in the Old Testament. And that's why what Jesus did. But the finished work on the cross is the most amazing gift and the most amazing thing that we can ever tell anybody about is phenomenally incredible.

**What Jesus did for us on the cross. So let no one pass judgment on you. Let no one disqualify you and hold fast church to the head. Who is Jesus and Jesus alone? Amen. Father, we thank you for our time together today. We thank you for the finished work of Jesus on the cross. We thank you that, father, there is nothing that we have to do to earn our salvation.**

**We're so grateful for that today. We're so grateful that we don't, father have to keep a set of expectations and a set of rules. But you have given us freedom. And the greatest freedom that we have is the freedom, father, to not sin. And so we're so thankful for that today. We thank you. We thank you for Jesus in his name.**

**We pray. Amen.**

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