

## **Abiding in The Vine – Part 4**

### **Beyond Rules: Spirit-Empowered Surrender and Deeper Union with Christ - Deeper Abiding**

#### **1. Brief recap from last meetings. Last meeting we talked about:**

- The connection between dying to self, abiding in Christ, how dying to self helps us "remain in Him" and how relying on self creates separation from the vine.
- How abiding requires vulnerability, humility, surrender, and staying rooted in Christ's words and love **Jn. 15:4-5, 7; Jn. 15:9-10**. Putting these together along with **Col. 3:16**: ***"Abide in Christ, abide in His Love, abide in His Word and let His Word abide in you."***
- How the passions and desires of the flesh as mentioned in (**Gal. 5:24**) are like weed entanglements that block the life-giving flow from the vine (Jesus).
- How abiding is a daily choice—and denying self is choosing to abide.
- How important **Rom. 8:13** is in regards to dying to self.  
*"if by the Spirit you put to death the misdeeds of the body."* If by the Spirit we will be successful with "dying to self" and abiding, if by the flesh we will certainly fail.
- **If by the flesh = religion / If by the Spirit = Relationship.**
- Do we want a flesh-driven life or a Spirit-led life of surrender.

#### **2. Grasping the Crucial Difference: Flesh-Powered vs. Spirit-led Obedience.**

- a) Let's walk through **Col. 2:20–23 (NLT)** and **Gal. 3:1–4 (NLT)** together, and then move into **Col. 3:1–17 (NLT)**. We will see a huge shift. Col. 2:23 is very important to noticed prior to moving onto Col. 3. The earlier passages warn against futile, flesh-powered rule-keeping, while chapter 3 shows us the beautiful alternative: a Spirit-led life rooted in surrender and our new identity in Christ which leads to abiding in the True Vine. This is the key—we're no longer striving in our own strength ("just try harder"), but **learning to live the new life through the power of the Holy Spirit dwelling in us**. ~ This is deeply connected with Abiding in the Vine which we have discussed in Part 1-3 of this study.
- b) In the last study we talked about how important **Rom. 8:13** is. Let's apply this to **Col. 3:5**.
  - **Rom. 8:13 (NLT)** *"For if you live by its dictates, you will die. But if through the power of the Spirit you put to death the deeds of your sinful nature, you will live."*
  - **Col. 3:5 (NLT)** *"So put to death the sinful, earthly things lurking within you. Have nothing to do with sexual immorality, impurity, lust, and evil desires. Don't be greedy, for a greedy person is an idolater, worshiping the things of this world."*
  - **Putting them together (application):** *"But if through the power of the Holy Spirit you put to death the sinful, earthly things lurking within you, you will live."* This is how we obey **Col. 3:5**, not by gritting our teeth in self-effort, but by relying on the Spirit's power to mortify sin and experience true life in Christ. **This requires yielding to the Holy Spirit for help which all leads to deeper abiding in the Vine.**

- c) Let's look at **Col. 3:5 (AMPC)**: *"So kill (deadens, deprive of power) the evil desire lurking in your members [those animal impulses and all that is earthly in you that is employed in sin]." (AMP) says "...[with its sensual, self-centered instincts]" in lieu of "Animal impulses."*

Here, "employed" means engaged in, occupied with, or devoted to sin. We're putting to death the evil desires that lead to sinful actions.

This can only happen by the Spirit's power, not our own fleshly efforts. We can muster willpower for ordinary things—like getting up early, exercising, or skipping that second Oreo—but deep spiritual battles (truly killing sinful desires lurking within us) require the Holy Spirit. Dying to self is, at its core, a spiritual fight and is vital to abiding.

- d) **Col. 2:23 (NKJV)** declares that self-imposed rules *"are of no value against the indulgence of the flesh,"* or in the words of the NLT, *"they provide no help in conquering a person's evil desires."* "They" refers to those human regulations and the fleshly effort to keep them. - This should encourage us to focus on the Spirit-led "rule keeping" that is mentioned in **Col. 3:1-17** - where true transformation and victory over sin happens.

Victory over sin leads to deeper abiding. **How does this lead to deeper abiding?**

- Sin disconnects a believer from the True Vine (Jesus) by breaking the vital, life-giving connection needed for spiritual nourishment, causing spiritual dryness, unfruitfulness, and eventual separation, much like a branch severed from the vine, which withers and becomes useless. Victory over sin helps keep the believer connected to the Vine.
- As mentioned in our last study: Sins are like weed entanglements that block the life-giving flow from the vine (Jesus).

- e) I also want to link in **2 Pet. 1:5-7** with the above passages because it ties in well.

- **2 Peter 1:5-7 (NKJV)** *"But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, and to brotherly kindness love."* (ESV and others) say "Make every effort".
- Peter urges us to *"give all diligence"* (NKJV) or *"make every effort"* (ESV) to supplement our faith with these virtues. But here's the key—this language can sound like rule-keeping if we miss the context. We can easily slip into legalism, trying in the flesh to force these qualities, instead of letting God work in us through the Holy Spirit's power to produce these qualities.

- f) Linking **2 Pet. 1:5-7** to Spirit-led Obedience in **Col. 3:1-17**: Both passages describe progressive Christian growth—moving from faith toward mature Christ-likeness through a sequence of virtues. They use imperative (urgent) language such as ("put on," "add to," "give all diligence," "make every effort"), which can sound like rule-keeping, e.g. do this or else! However, the context in each shows this effort is not legalistic self-effort; it is **faith-fueled, grace-enabled, Spirit-empowered diligence.**

g) Also notice how the fruit of the Spirit (**Gal. 5:22-23**) lines up with **2 Peter 1:5-7**.

**Gal. 5:22-23** Holy Spirit produces: "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control".

**2 Peter 1:5-7** add to your faith: "virtue, knowledge, self-control, perseverance, godliness, brotherly kindness and love."

- Allowing the Holy Spirit to produce this fruit requires yielding to the Holy Spirit.

Yielding to the Holy Spirit is the open door and the starting point to how we abide in the True Vine (**Jn. 15:1-17**). This abiding that is mentioned in **Jn. 15:1-17** has an outflow of all characteristics that are mentioned in **2 Pet. 1:5-6** and in **Gal. 5:22-23**.

h) **Phil. 2:12-13** also ties into the above passages and beautifully ties all this together:

*"Therefore, my beloved... work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for his good pleasure."*

This passage captures the divine-human cooperation in sanctification perfectly. We are called to diligent, active effort—Work out our own salvation (**Phil. 2:12-13**), putting to death sin (**Col. 3**), putting on Christlike virtues, and making every effort to supplement our faith (**2 Pet. 1:5-7**)—yet the desire and power to do so come from God Himself. E.g. We should be intentionally allowing the Holy Spirit produce good fruit.

i) What is the main theme of abiding in **Jn. 15:1-17**? Abiding and bearing much fruit!

### 3. The Spiritual battle

Our spiritual battle is real, but it should not be mere fleshly self-effort or legalism.

Rather, it should be grace-empowered and Spirit-led, relying on the Holy Spirit rather than on ourselves.

- Be encouraged: the God who commands your obedience is the very One working in you to make it possible. Let God work in you. Yield and surrender daily to the Holy Spirit's power, cooperating with Him in dying to self so you can add to your faith and abide in Christ (**Jn. 15:1-11**) and as a result remain "in Him" and bear lasting fruit.

"I see yielding to the Holy Spirit in faith and in surrender, as being crucial to adding to my faith...mentioned in **2 Pet. 1:5**. As I read the Word, the Holy Spirit teaches me about these promises spoken of in **2 Pet. 1:4** and through faith and by the Spirit I can walk in these promises. The "adding to" mentioned in **2 Pet. 1:5-7** is me allowing the Holy Spirit to produce in me good fruit. "Yielding and letting **Gal. 5:22-23, Rom. 8:13**", versus "trying and failing **2 Pet. 1:5-7**". I have tried to work out **2 Pet. 1:5-7** in my flesh in the past and have failed miserably. Yes, there is intentionality involved, but allowing the Holy Spirit to help me with this intentionality through faith is key. That is why I say yielding to the Holy Spirit is the open door and the starting point to how I abide in Him **Jn. 15:1-17**. This abiding that is mentioned in **Jn. 15:1-17** has an outflow of all of the characteristics that are mentioned in **2 Pet. 1:5-6** and in **Gal. 5:22-23**.

## Homework:

1. Read all of **Col. Chapter 2** and **3**. As you read, make note of every reference to rules, self-effort and human regulations, (**chapter 2**) and every call to “put off/put to death” or “put on” virtues (**chapter 3**).
2. Then read **Jn. 15:1–11**. Ask yourself: How does the warning against powerless self-effort in **Col. 2** connect to the danger of being cut off from the Vine and withering? How does the Spirit-led obedience of Colossians 3 help us “remain in Christ”, “stay connect to the vine” and “bear lasting fruit”?
3. Read through **2 Pet. 1:5-7**, **Gal. 5:22-23**, **Rom. 8:13** and see how they are all connected with abiding in the Vine **Jn. 15:1-17**.
4. Note on “mortify” that is mentioned in **Rom. 8:13** & **Col. 3:5**: To subdue or deaden (the body or its sinful desires) through self-denial and discipline—but, as we’ll see, empowered by the Spirit.

Extended homework for deeper study online here:

<https://christinyoustudymap.com/biblestudies/>

*“Finding Treasure in the Word” RiverLife Fellowship Life Link – Meeting 38 - 01/20/26*

All studies with full notes in PDF format are available here:

<https://christinyoustudymap.com/biblestudies/>

## For deeper study:

### Key Points on Reconciling These Passages

- **Yielding to the Holy Spirit as the Foundation:** Research suggests that the "make every effort" in 2 Peter 1:5-7 is not solely human striving but a cooperative process empowered by the Spirit, avoiding the pitfalls of fleshly attempts that lead to failure.
- **Integration of Effort and Grace:** The virtues in 2 Peter overlap significantly with the fruit of the Spirit in Galatians 5:22-23, indicating that personal intentionality (like adding to faith) is enabled by divine provision, not independent of it.
- **Abiding in Christ as the Key Mechanism:** John 15:1-17's emphasis on abiding in the vine aligns with this, where remaining in Christ produces fruit naturally, connecting to the Spirit's work in Romans 8:13 for putting to death sinful deeds.
- **Practical Balance:** While intentional actions are involved, yielding in faith prevents burnout, as evidenced by personal experiences and biblical exhortations to walk by the Spirit.

### Understanding the Role of Yielding

I see yielding to the Holy Spirit in faith and surrender as crucial to adding to my faith, as mentioned in 2 Peter 1:5. This isn't about striving in my own strength but allowing the Spirit to work through me, transforming my character from the inside out.

### Connecting Scripture Reading and Promises

As I read the Word, the Holy Spirit teaches me about God's promises in 2 Peter 1:4, and through faith, empowered by the Spirit, I can live them out. This process makes the "adding to" in 2 Peter 1:5-7 a matter of letting the Spirit produce good fruit in me, rather than forcing it myself.

### Contrast Between Yielding and Striving

It's like yielding and letting the Holy Spirit bring forth the fruit of Galatians 5:22-23 and the mortifying power described in Romans 8:13, versus trying in my own flesh and failing at 2 Peter 1:5-7. I've tried working out these virtues on my own in the past and failed miserably—yes, there's intentionality required, but the Holy Spirit helps guide that intentionality through faith.

### Abiding as the Starting Point

That's why I believe yielding to the Holy Spirit is the open door and starting point for abiding in Him, as outlined in John 15:1-17. This abiding naturally outflows into all the characteristics mentioned in 2 Peter 1:5-7 and Galatians 5:22-23, creating a harmonious growth in my walk with God.

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In exploring the reconciliation of 2 Peter 1:5-7 with Galatians 5:22-23, Romans 8:13, and John 15:1-17, it's essential to recognize the interplay between human responsibility and divine empowerment in the Christian life. The passage in 2 Peter 1:5-7 instructs believers to "make every effort" to supplement faith with a series of virtues: moral excellence (or goodness), knowledge, self-control, perseverance (or patient endurance), godliness, brotherly affection (or kindness), and love. This list builds progressively, starting from faith as the foundation and culminating in love, emphasizing a diligent pursuit of spiritual maturity. At first glance, this call to effort might seem to rely on human willpower, potentially conflicting with the idea in Galatians 5:22-23 that such qualities—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control—are "fruit" produced by the Holy Spirit, not manufactured by us.

However, a closer examination reveals harmony rather than contradiction. The virtues in 2 Peter overlap substantially with the fruit of the Spirit: for instance, love appears in both as the pinnacle, self-control is explicitly shared, patience aligns with perseverance, kindness with brotherly affection, and goodness with moral excellence. This suggests that Peter's exhortation is not about self-generated righteousness but about cooperating with the Holy Spirit's transformative work. As one source notes, these qualities are developed through God's provisions—His glory, excellence, and promises (2 Peter 1:3-4)—which enable believers to partake in the divine nature, escaping worldly corruption. Human effort, then, is the **diligent response to grace, not its replacement**; it's about **applying what God has already supplied**, much like Philippians 2:12-13 urges working out salvation because God works in us.

This reconciliation becomes clearer when incorporating Romans 8:13, which states that "if by the Spirit you put to death the deeds of the body, you will live." Here, the emphasis is on the Spirit's power for mortifying sin, contrasting with fleshly efforts that lead to failure. **Attempting to "add to" faith in 2 Peter through mere human strength often results in discouragement**, as personal testimonies and biblical warnings against legalism illustrate. Instead, yielding to the Spirit—surrendering in faith—allows for genuine progress, **where intentional actions like studying Scripture or practicing self-discipline are empowered rather than self-reliant**. The Holy Spirit illuminates God's promises during Bible reading, fostering knowledge and moral excellence, and enables self-control and perseverance amid trials.

John 15:1-17 further ties these together through the metaphor of abiding in the vine. Jesus describes Himself as the true vine, with believers as branches that must remain in Him to bear fruit—fruit that includes love (John 15:9-17) and aligns with the characteristics in both 2 Peter and Galatians. **Abiding involves ongoing communion with Christ through prayer, obedience, and reliance on the Word, which naturally produces the Spirit's fruit**. Without this connection, efforts are fruitless (John 15:4-5), echoing the futility of fleshly striving. **Yet, abiding requires intentionality: choosing to yield daily, which opens the door to the Spirit's production of virtues**. **This abiding outflows into godliness, brotherly affection, and love, fulfilling Peter's progression and Paul's list.**

Personal reflection often highlights this dynamic—many believers report failing when trying to cultivate these traits independently, **only to experience growth through surrender and Spirit-led intentionality**. For example, pursuing knowledge through Scripture isn't mere intellectual exercise but Spirit-illuminated insight that builds self-control and endurance. **This process is lifelong**, as Peter warns that neglecting it leads to spiritual shortsightedness (2 Peter 1:8-9), while Galatians affirms that walking by the Spirit avoids gratifying the flesh (Galatians 5:16).

To visualize the overlaps, consider the following table comparing the key elements:

Aspect	2 Peter 1:5-7 Virtues	Galatians 5:22-23 Fruit	Connection to John 15 & Romans 8:13
Foundation	Faith (gift from God)	Produced by Holy Spirit	Abiding in Christ (vine) as source; Spirit empowers faith
Moral/Goodness	Moral excellence	Goodness	Fruit from abiding; putting to death evil deeds by Spirit
Knowledge/Wisdom	Knowledge	(Implied in Spirit-led living)	Word abiding in you (John 15:7); mind set on Spirit (Rom. 8)
Discipline	Self-control, perseverance	Self-control, patience	Endurance through trials; mortifying flesh by Spirit
Relational	Godliness, brotherly affection	Kindness, gentleness, faithfulness	Love one another (John 15:12); life in the Spirit
Capstone	Love	Love	Greatest command; evidence of abiding and Spirit's work

This table underscores the unified biblical theme: **growth involves effort, but it's Spirit-dependent, rooted in abiding**.

In summary, yielding to the Holy Spirit in faith and surrender is crucial to adding to faith as in 2 Peter 1:5. As believers read the Word, the Spirit teaches about promises (2 Peter 1:4), enabling walking in them through faith. The "adding to" is allowing the Spirit to produce fruit (Galatians 5:22-23), contrasting with fleshly failures. Intentionality is key, but Spirit-aided through faith, making yielding the entry to abiding in John 15, outflowing these characteristics.

## **Double bonus deeper study on Abiding**

**What is abiding?** – Jn. 15:4 - Abide: Original Word: μένω / Pronunciation: meh'-no - continue, dwell, endure, be present, remain, stand, tarry for, to continue to be present, to be held, kept, continually, to remain as one, (of a relationship) to exist permanently in, inseparably united.

There are scripture that say the moment we believe in Christ we are in Christ and we abide in Him and He in us and there are other scriptures that encourage us to remain in Him, to continue to abide. Below I have placed a reconciliation question and answer for study.

Note/disclaimer: Below is an A.I. response to my challenging question and is pulling from the entire text of the Bible in these versions AMP, AMPC, ESV, KJV, NASB, NIV, as well as many commentaries, it is always wise to dig into the Word of God yourself and read the scriptures in full context while allowing the Holy Spirit to teach you as you dive in. Ask this same question yourself and ask the Holy Spirit to reveal truth as you dig into the word for the answers. Use the question and answer below for deeper study and a starting point for your own study.

### **Question:**

How do I reconcile 1 John 4:13 (AMP) “13 By this we know [with confident assurance] that we abide in Him and He in us, because He has given to us His [Holy] Spirit.” that says a believer abides in Christ because they have the holy spirit which speaks of the new position of a believer, that they are now in union with the father, son and holy spirit and now abide in Christ with scriptures like John 15:4-7 which talks about abiding in the true vine which is a strong encouragement to abide in Christ or be cut off from the vine and wither. As I study the Word, I am seeing that abiding in Christ happened at salvation, e.g. the believers position changes to now being "in Christ" and at the same time is an ongoing process/choice through intimate relationship with Christ. At salvation a person's position changes to now being in Christ/abiding in Christ but abiding is an also ongoing choice similar to a believer having been sanctified (set apart) at salvation and is being sanctified, an ongoing process?

### **Grok 4's answer:**

The verses you're comparing—1 John 4:13 and John 15:4–7—use the same Greek word for “abide” (menō, meaning “remain, dwell, continue”), but biblical scholars widely recognize that the word is applied in two distinct senses across Scripture: positional abiding (permanent union with Christ) and experiential/practical abiding (ongoing fellowship and fruit-bearing). These are not contradictory; they describe different aspects of the Christian life. Your observation is exactly on target: salvation grants a new, unbreakable position in Christ, while abiding in the John 15 sense is an ongoing choice to walk in intimate dependence on Him.



## 1. Positional Abiding (Permanent Union) – 1 John 4:13

At the moment of salvation, every true believer is placed “in Christ” and receives the indwelling Holy Spirit as the seal and guarantee of that union.

- 1 John 4:13 (AMP): “By this we know [with confident assurance] that we abide in Him and He in us, because He has given to us His [Holy] Spirit.”
- This is objective assurance: the presence of the Holy Spirit is evidence that we are permanently in union with the Father, Son, and Holy Spirit.
- Supporting passages:
  - Ephesians 1:13–14: Believers are “sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it.”
  - Romans 8:9: “If anyone does not have the Spirit of Christ, he does not belong to Christ.”
  - John 14:16–17, 20: Jesus promises the Spirit will “be in you” and “you in me, and I in you” — a permanent indwelling and mutual abiding that begins at salvation.
  - 2 Corinthians 1:21–22; Ephesians 4:30: The Spirit is God’s seal and deposit, and we are sealed “for the day of redemption.”

This positional reality is irreversible. No true believer can ever be “cut out” of this union (John 10:28–29; Romans 8:38–39).

## 2. Experiential/Practical Abiding (Ongoing Fellowship) – John 15:4–7

In the vine-and-branches metaphor, Jesus is speaking to His disciples (already believers) about remaining in vital, dependent relationship with Him in order to bear fruit.

- John 15:4–7 (key points):
  - “Abide in me, and I in you” — a command and invitation.
  - The branch that “does not abide” cannot bear fruit, withers, and is “thrown away... gathered... cast into the fire and burned.”
  - Yet fruit-bearing branches are “pruned” (disciplined) so they bear more fruit (v. 2).

This is not about losing salvation but about:

- Fruitfulness vs. fruitlessness in daily life.
- Answered prayer, joy, and effectiveness flowing from close communion (vv. 7, 11).

- Divine discipline for believers who drift into self-reliance or sin (Hebrews 12:5–11; 1 Corinthians 11:30–32).

The “cutting off” and “burning” language refers to:

- Temporal judgment/discipline (loss of fruit, effectiveness, joy, rewards), or
- Removal from positions of service/fruitfulness in this life, or
- In some interpretations, exposure of false professors who were never truly attached to the vine (see Judas in the Upper Room context of John 13–17; 1 John 2:19).

But for genuine believers, the warning is motivational: choose daily dependence on Christ (through His Word, prayer, obedience, reliance on the Spirit) to experience the fullness of the positional union we already have.

#### Reconciliation Summary

- At salvation: You are grafted into the Vine positionally and permanently. The Holy Spirit’s indwelling is the proof and seal of this abiding/union (1 John 4:13; Romans 8:1, 9).
- In daily living: You are exhorted to abide experientially—to remain in close, obedient fellowship—so that Christ’s life flows through you, producing fruit, answered prayer, and joy (John 15:4–11; Colossians 2:6–7: “As you received Christ Jesus the Lord, so walk in him”).
- The same Spirit who guarantees your position also empowers your practical abiding (Galatians 5:16–25; Romans 8:13–14)

Your distinction—positional change at salvation vs. ongoing choice in relationship—is the classic biblical resolution taught by many sound teachers (e.g., union vs. communion; justification vs. sanctification in its progressive sense). The warnings in John 15 are loving encouragements to live out the reality you already possess, not threats to undo the finished work of salvation. Keep studying—these truths bring great assurance and motivation to draw near to Him daily (James 4:8).

## Tripple bonus deep-dive into Col. 2:23

### Understanding the Warning in Colossians 2:23

V. 23 (NIV) "Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility, and their harsh treatment of the body, but they lack any value in restraining sensual indulgence."

V. 23 (NLT) "These rules may seem wise because they require strong devotion, pious self-denial, and severe bodily discipline. But they provide no help in conquering a person's evil desires."

(In some translations like the one you cited, it uses "pious self-denial" and "severe bodily discipline.")

This is part of a larger passage (Colossians 2:20–23) where Paul is warning the Colossian church against false teachings—likely a mix of early Gnostic-like ideas, Jewish legalism, and ascetic practices—that promoted human-made rules ("Do not handle! Do not taste! Do not touch!" v. 21). These rules emphasized external acts of self-denial (e.g., strict dietary restrictions, extreme physical austerity) as a way to achieve spiritual superiority or conquer sin. Paul says they **appear** wise and devout, but they are ultimately ineffective because they rely on human effort and willpower alone, without addressing the heart or depending on Christ's power.

The key problem: This type of "pious self-denial" is **self-imposed** (human tradition, not God's command) and produces only a **false humility**. It does not truly conquer evil desires because it bypasses the gospel.

### Scriptures That Encourage Self-Denial ("Dying to Self")

The New Testament repeatedly calls believers to self-denial, but it is framed very differently. Here are key examples:

- **Matthew 16:24–25** (also Mark 8:34–35; Luke 9:23): "Then Jesus said to his disciples, 'Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it.'" → This is a call to radical surrender to Christ, not optional rules.
- **Luke 14:27, 33**: "And whoever does not carry their cross and follow me cannot be my disciple... In the same way, those of you who do not give up everything you have cannot be my disciples." → Self-denial here means prioritizing Jesus above possessions, comfort, and personal ambitions.

- **Romans 6:6–11:** "For we know that our old self was crucified with him so that the body ruled by sin might be done away with... Count yourselves dead to sin but alive to God in Christ Jesus." → "Dying to self" is a spiritual reality accomplished through union with Christ's death and resurrection.
- **Galatians 2:20:** "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God..." → Paul describes true self-denial as Christ living through us, not our own striving.
- **Galatians 5:24:** "Those who belong to Christ Jesus have crucified the flesh with its passions and desires." → Enabled by the Spirit, not human rules.
- **Philippians 3:7–8:** "But whatever were gains to me I now consider loss for the sake of Christ... I consider them garbage, that I may gain Christ." → Paul "denies" his former achievements and status for the surpassing worth of knowing Jesus.
- **2 Corinthians 5:14–15:** "...those who live should no longer live for themselves but for him who died for them and was raised again."

### How to Compare and Reconcile Them: Key Distinctions

The Bible does **not** contradict itself—both the warning and the encouragements are consistent when we see the differences:

Aspect	Colossians 2:23 (Warning Against)	Positive Calls to Self-Denial ("Dying to Self")
Source	Human commands and teachings (v. 22)	Command of Christ and the gospel
Motive	Appearance of wisdom, false humility, spiritual superiority	Love for Christ, gratitude for grace, desire to follow Him
Method	External rules, harsh physical discipline, self-imposed religion	Internal transformation through union with Christ and the Spirit
Power Source	Human willpower and effort alone	Christ's death/resurrection and the Holy Spirit
Outcome	No real help against evil desires; temporary or illusory restraint	True freedom from sin's power; new life in Christ

<b>Focus</b>	Denying the body to earn merit or suppress desires	Denying the sinful self (ego, pride, flesh) to let Christ reign
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### Summary of the difference:

The "pious self-denial" Paul criticizes is **legalistic asceticism**—rules people invent to look spiritual while relying on their own strength. It fails because it doesn't change the heart.

True biblical self-denial is **gospel-centered**—we "die to self" not to earn salvation, but because we **already have** salvation in Christ. It is a joyful response of surrender, empowered by the Holy Spirit, that actually produces lasting victory over sin.

In practice: Fasting, simplicity, or disciplining the body can be good when done in dependence on Christ (e.g., Jesus' own fasting in Matthew 4). But when they become rules for earning favor or impressing others, they fall into the Colossians 2 trap.

This distinction protects us from both extremes: legalism (human rules) and license (no discipline at all). True self-denial flows from grace, not toward it.