**2 9** For in him the whole fullness of deity dwells bodily, **10** and you have been filled in him, who is the head of all rule and authority. **11** In him also you were circumcised with a circumcision made without hands, by putting off the body of the flesh, by the circumcision of Christ, **12** having been buried with him in baptism, in which you were also raised with him through faith in the powerful working of God, who raised him from the dead. **13** And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, **14** by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross. **15** He disarmed the rulers and authorities and put them to open shame, by triumphing over them in him.

**16** Therefore let no one pass judgment on you in questions of food and drink, or with regard to a festival or a new moon or a Sabbath. **17** These are a shadow of the things to come, but the substance belongs to Christ. **18** Let no one disqualify you, insisting on asceticism and worship of angels, going on in detail about visions, puffed up without reason by his sensuous mind, **19** and not holding fast to the Head, from whom the whole body, nourished and knit together through its joints and ligaments, grows with a growth that is from God.

**20** If with Christ you died to the elemental spirits of the world, why, as if you were still alive in the world, do you submit to regulations— **21** “Do not handle, Do not taste, Do not touch” **22** (referring to things that all perish as they are used)—according to human precepts and teachings? **23** These have indeed an appearance of wisdom in promoting self-made religion and asceticism and severity to the body, but they are of no value in stopping the indulgence of the flesh.