



“Is Enough Really Enough?” - May 3, 2026

Sermon by Pastor Rachel Keeler

Group Leader Notes

Pastor Rachel continues our “Centering on Jesus” series with a message from Epistle to the Colossians 2:16–23. She reminds us that Jesus alone is enough for a full and meaningful life, warning against the subtle pull of legalism—adding rules, rituals, or expectations to faith. While rules may appear helpful, they can shift our focus away from a relationship with Christ and lead to guilt, pride, or judgment of others. Pastor Rachel emphasizes that true spiritual growth does not come through man-made systems, but through remaining deeply connected to Jesus, the source of life. Ultimately, she calls us to reject legalism, center fully on Christ, and cultivate a community marked by grace, freedom, and authentic relationship with Him.

Main Scripture Reading: Colossians 2:16-23

Group Discussion

Begin in prayer before reading and discussing the text.

1. **Pastor Rachel asks, “What if Christ really is enough?”** In what areas of your life do you struggle to live as though Jesus is truly enough?
2. **What spoken or unspoken rules, expectations, or traditions have shaped your faith journey?** In what ways have they helped—or hindered—your relationship with Jesus?
3. **Pastor Rachel highlights how legalism can shift our focus from relationship to rules.** What are some practical ways you can keep Jesus at the center of your faith this week?
4. **Have you ever experienced judgment—either from others or toward others—based on religious expectations?** How did that experience affect your faith or relationships?
5. **Where do you see tension in your life between trusting that Jesus is enough and feeling the need to “add something” to your faith?** What is one practical step you can take this week to focus more on your relationship with Jesus rather than on rules or expectations?

Let's Pray

<https://www.youtube.com/live/EZ9PDNCziZs?si=XBQhwICh85swdp5g>

