

1.

**Body: A Heart Freed by Christ...**

1.

**Is a heart freed from the principle of sin 11-12**

1.

**Through Circumcision 11**

1.

**Colossians 2:11** “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”

2.

**This circumcision is “Not made by hands”**

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It is a *spiritual*, rather than *physical*, circumcision.

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This *spiritual* change is what the sign signified.

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**At its institution:** Gen. 17 – 2 sides of covenant: God’s

commitment & man's required response by faith

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**In Deuteronomy & Jeremiah** it is called "heart circumcision"

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\* **Deuteronomy 10:16** **16 Circumcise** therefore the  
foreskin of your **heart,**  
and be no longer  
**stubborn.**

-

**Deuteronomy 30:6** And the LORD your God will  
**circumcise**  
your  
**heart**  
and the heart of your offspring, so that you will  
**love**  
the LORD your God with all your heart and with all your  
soul, that you may live.

-

**Jeremiah 9:25-26** 25 "Behold, the days  
are coming, declares the LORD, when I will punish all  
those who are **circumci**

**sed**

**merely in the flesh**

- 26 Egypt, Judah, Edom, the sons of Ammon, Moab, and all who dwell in the desert who cut the corners of their hair, for all

**these nations**

are

**uncircumcised**

, and all the house of

**Israel**

is

**uncircumcised**

in

**heart.**

&quot;

-

\* And so Paul says in **Romans 2:28-29** “2

8 For no one is a Jew who is merely one

**outwardly**

, nor is

**circumcision**

**outward**

and

**physical**

. 29 But a Jew is one

**inwardly**

, and

**circumcision is a matter of the heart**

, by the Spirit, not by the letter.”

-

**This circumcision is more literally “the putting off of the body of flesh”**

-

This is a *decisive break with sin* by means of a new heart

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Formerly, your whole inner man, from your innermost heart of hearts to the outermost tips of your toes, was sinful, was evil.

-

Now, your heart has been changed. Your core. Sin remains in you, but it's not the core of who you are anymore. And so Paul says it remains in your flesh. We call this remaining sin "indwelling sin" because of the way Paul speaks of it in Romans 7:

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**Romans 7:20-23**      "20 Now if I do what I do not want, it is no longer I who do it, but **sin that dwells within me**. 21 So I find it to be a law that when I

want to do right, evil lies      close at hand. 22  
For I delight in the law of God, in my      inner  
being, 23 but I see in my members  
**another      law**  
waging war against the      law of my mind and  
making me captive to the  
**law      of sin**  
that dwells in my      members.”

-

You see, you were      not merely a  
red-tailed hawk with a broken wing in need  
of      rehabilitation. Your condition was far  
worse. You were      *completely*  
broken in your  
*whole*  
inner man, and      you needed  
*complete*

inner rehabilitation. Your heart was not just sick and in need of healing, not even just terminally ill, but it was dead

, and in need of a complete heart transplant

. There was a “law of sin” in you, a “**principle**

of sin.” God put a wedge between your heart of hearts and this principle of sin within you when he gave you a new heart.

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I’ve heard that often women who have been raped or who have committed a sexual sin will afterward go into the shower to try to wash away the evil, the sin, the dirtiness, of what they had just experienced. They wash, and wash, and

wash, even for *hours*, but the stain doesn't come off. Because it's on the *inside*.

The stain is not on the outside of their body, but the inside. Paul felt just this way about his sin in Romans 7:

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**Romans 7:24-25**      “24 Wretched  
man that I am! Who will deliver me  
from this body of death?”



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**This is a circumcision performed  
“By Christ”**

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I won't leave you without Paul's  
answer in the following verse: **“25  
Thanks be to God through Jesus Christ  
our Lord!”**

Paul says the same thing here in  
Colossians. We are delivered from  
our body of death, from sin that dwells in  
us,

**“by the circumcision of Christ.”**

That is to say,

**this is a circumcision performed**

## **by Christ.**

*He*

gives us a new heart that is not sinful in itself, and thereby drives a wedge between the core of our person and the sin that remains in us.

*He*

can cut out your old, evil heart, and give you a new, good heart.

*He alone*

can wash you on the inside, and make you clean. You tell me, “I need a clean break with the sin inside of me; I need to be clean on the inside.”

Then you need the

*circumcision*

of Christ, and you need the

*baptism*

of Christ.

-

## Through Baptism 12

1.

**Colossians 2:12** “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.”

2.

**Buried with Him**

-

God does not just take out your old, evil heart. He takes it out to kill it. And then He **buries** it. In fact, if you have received a new heart, then this verse tells you that amazingly, God put your old

heart to death in Christ's death, and buried it in Christ's burial. You were buried with Him.

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This is symbolized in **baptism**. Just as the water in baptism washes away dirt on the outside of your body, so God washed away the wretched dirtiness of your old heart when He put it to death on the cross and buried it in Christ's grave.

-

This means your old heart is **completely gone**  
! It was buried with Christ.

-

**Raised to life with Him**

-

After getting rid of your old heart, God brought your new heart

to life within you by giving you  
faith in His power by which He  
raised Christ from the dead.

-

**Through faith**

-

Baptism is not made  
effectual in the person baptized  
except through faith

-

The new life we experience  
is received by faith

-

Faith's passive side –  
completely trusting, resting in, and  
depending on Christ

-

Faith's active side – it is  
the new functioning of the new  
heart.



-

**In the working of God who  
raised Him from the dead**

-

**Is a heart freed from the guilt of**

# sin 13b-14

1.

Thereby God has freed you from the principle of sin. A heart freed by Christ is also **a heart freed from the guilt of sin.**

We see this in vv. 13b-14:

1.

**Colossians 2:13-14** “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.”

2.

**“Trespasses”**

1.

Have you seen a sign that

says “No Trespassing” before?  
My parents’ house has a very long driveway that looks like a road, and so to keep people from driving down it they put up a sign that says “no trespassing.” Now we’re a friendly enough family that it’s ok for strangers to drive down our driveway, but the fact that my parents posted that sign does give them the right to tell someone that they don’t belong on our property. That they have “trespassed” into territory they don’t have a right to be in.

2.

Every time we sin, we “trespass” over the line of God’s law. We go where we shouldn’t go. We do what He has told us not to do. And so God has the full right to charge us with our crimes and punish us for them.

3.

# **“Record of debt with its legal demands”**

1.

And in fact, He has charged us with these crimes. There was a “record of debt” which demanded that we pay for the ways we have trespassed over the line of God’s law. That record stood against us, and we had no escape from its demands.

2.

Have you ever been pulled over by a policeman, and given a ticket? The policeman writes out the ticket as a record of your debt, and that ticket contains legal demands! Specifically, the ticket says that you have to pay the fine listed on the ticket, or appear in court, or you will be arrested. That is a record of debt with legal demands.

3.

Do you know that the ticket God has written out for your sins says not only that you deserve to pay a fine, or go to court, or be arrested, but it says that you deserve to die? It does. “ **The wages of sin is death.** ”

4.

If this was the end of the story, my friend, even though you might remain free to roam in this world until the day



of your death, you would not truly be free. You have that debt to pay hanging over you. The debt you will pay when you die. And so Hebrews tells us that unbelievers live their lives enslaved to the fear of death.

5.

**“Set aside”**

1.

But God did not make you to be enslaved to the guilt of sin. He did not make you to be a red-tailed hawk condemned to sit in the rehabilitation center and never fly! He made you to experience the wonderful freedom of being righteous in His eyes, and holy in your walk before Him. And so Paul tells us here that God forgave our

trespasses, He canceled the record of debt with its legal demands, and He set it aside, by nailing it to the cross. The way God did this was by sending Christ to die in your place on the cross. Christ fully paid the penalty you deserve. And because He received all the pain, and suffering, wrath, and torment—even the *death*—which you deserve, the charges against you have been dropped, the ticket has a big

stamp on top of it that says  
“canceled” and it doesn’t stand  
between you and God  
anymore, and you don’t have to  
fear that future fine, or day in  
court, or arrest, or death  
penalty, ever again.

2.

Hebrews tells us that  
Christ took on our flesh, and  
our guilt, so that

-

**Hebrews 2:14-15** “throu  
gh death he might destroy the  
one who has the power of  
death, that is, the devil, 15 and  
deliver all those who through

fear of death were subject to  
lifelong slavery.

”

1.

You are no longer in slavery to the guilt of sin. You've been set free. You're free to go. To fly like you were made to fly. You're not just free to *go*, but also to *come* to God without any guilt or shame, to delight in His presence, and to rejoice in all the blessings He gives you in life. Your heart is set free

from the guilt of sin.

2.

## Applications

1.

Do you sometimes  
worry that God won't forgive  
you for a particular sin you've



committed? You need to know that if you confess that sin to God and ask Him to forgive you, He *will* forgive you.

2.

Do you sometimes worry that if people found out about the evil things you've done, they would detest you; they would utterly reject you?

Even if no one discovers your sins until they hear about them on the judgment day, do you worry that your guilty record will be an ugly black stain on the perfection of your joy in glory? You need to know that your ticket has been canceled. It does not apply to you anymore. It's not on your record. And you know that because Christ died on the cross. He took the blame. He took the

shame. He took the  
punishment. He became that  
ugly black stain of sin,  
because the Father willed  
Him to do it on our behalf.

-

**2 Corinthians 5:21** “F  
or our sake he made him to  
be sin who knew no sin, so  
that in him we might become  
the righteousness of God.”

-

Do you sometimes feel that even though you're forgiven, even though the record of your debt has been canceled, there's still a *barrier* between you and God because you have sinned against Him? There's no fellowship, no

delight, no freedom to come into God's presence and know He's listening to you? And know He loves you? Then you need to know that God has set aside the barrier that stood between you and Him. It's gone. You really are free to come into His presence. The charges, the ticket, the punishment, is gone. God wants you near Him and He

wants to delight in you. If He were a grandfather He would want you on His knee, so He could tell you His stories and you could ask Him your questions. He loves you! The barrier between you is gone.

-

That's what it means to have a heart set free from

# the guilt of sin.

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**Is a heart freed from  
the power of sin 13a, 15**

**1.**

A heart freed by Christ  
is not only freed from the  
*principle*  
and the  
*guilt*  
of sin, but  
**it is also a heart freed  
from the  
power  
of sin.**

Paul says this in vv. 13A  
and 15:



1.

**Colossians 2:13**      “An  
d you, who were dead in  
your      trespasses and the  
uncircumcision of your flesh,  
God made alive      together  
with him,”

2.

**Colossians 2:15**      “H

e disarmed the rulers and  
authorities and put them  
to open shame, by  
triumphing over them in  
him.”

3.

**Dead...made alive 13a**

1.

Before God saved us by setting our heart free from the uncircumcision of our flesh, and setting us free from continually trespassing over the line of His law, Paul says we were “dead.” This means here that we

were *unable to change*  
our evil condition. We  
were unable to change  
the evil in our hearts  
which he calls “the  
uncircumcision of our  
flesh,” and we were  
unable to change the  
evil in our actions which  
he terms our  
“trespasses.” Just like  
a dead man can’t make

his own heart pump or get up and walk, we were “dead” in that we couldn’t stop our hearts or actions from being evil.

2.

But when God gave us a new heart He gave

us a new life. He made  
us alive on the inside.  
And this new life on the  
inside is itself a new *p*  
*ower*

. It is a  
*power*  
that counteracts the  
uncircumcision of our  
flesh, a  
*power*  
that counteracts the

trespasses of our  
actions.

**In your new heart God  
has freed you from the  
power  
of sin.**

3.

# Disarmed...shame...triumphing over 15

1.

He has freed you from the power of sin within you, from the power of indwelling sin, the power of sin in your actions. But He has also



freed you from the power of the sinful world which seeks to take you captive to the principle, the guilt, and the power of sin. God has freed you from this external power of sin in the world by Christ conquering those powers on the cross. He disarmed the rulers and authorities,

and put them to open  
shame, by triumphing  
over them on the cross.

2.

**Temptations –**  
Christ conquered the  
ultimate temptation to not  
die on the cross

3.

**Accusations –**  
Christ was accused  
falsely, but bore the  
accusations we deserve

4.

**Misery – He was o**

**ppressed**

and

**afflicted**

, yet He opened not His  
mouth. “

4 Surely he has borne our

**griefs**

and carried our

**sorrows**

; yet we esteemed him  
stricken, smitten by God,

and afflicted. 5 But he  
was  
**wounded**

for our transgressions;  
he was  
**crushed**

for our iniquities; upon  
him was the  
**chastisement**

that brought us peace,  
and with his  
**stripes**

we are healed.

” (

**Isaiah 53:4-5**

)

5.

**Death - Isaiah**

**53:9**

“And

they made his grave with  
the wicked and with a

rich man in his  
death

, although he had  
done no violence, and  
there was no deceit in  
his mouth.

”

6.

**Hell** — though He

descended into Hell, “  
he was not  
abandoned to  
**Hades**  
, nor did his flesh see  
corruption.  
” (

**Acts 2:31**

)



7.

**Control!** At every point where the sinful world sought to master Christ, He proved Himself both Master and Savior, both Lord and Christ, as Peter said, “  
**Let all the house of**

Israel therefore  
know for certain that  
God has made him  
both Lord and  
Christ, this Jesus  
whom you crucified.

” (

**Acts 2:36**

)

8.

Christ's death was not His defeat. It was His victory. The world did not control Him, but in His death and resurrection He demonstrated Himself to be the Master of

the world, and its  
Savior. Paul says in  
**1 Cor. 2:8**

“

,

None of the rulers of  
this age  
understood this, for if  
they had, they would  
not have crucified  
the Lord of glory.

**Col. 2:11-15 - A Heart Freed By Christ**

Written by Tim Black  
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”

9.

# Application & Conclusion

1.

Now if Christ has conquered the power of sin on the inside of you, as well as on

the outside by  
triumphing over the  
powers of this world,  
you should not let  
yourself be taken  
captive by the power  
of sin. Paul says in  
**Gal. 4:8-9,**

1.

## Galatians 4:8-9

“

8

Formerly, when you  
did not know God,  
you were enslaved  
to those that by  
nature are not gods.

9 But now that you



have come to know  
God, or rather to be  
known by God, how  
can you turn back  
again to the weak  
and worthless  
elementary  
principles of the  
world, whose slaves  
you want to be once

# more?

”

## 2.

The world will ask  
you to worship

things which are not  
gods. The world will  
call you to believe  
in the basic  
elements it claims  
are at the root of  
everything  
else—the world will  
say the basic

elements are earth,  
air, fire, water,  
molecules, atoms,  
subatomic particles,  
physical material,  
information,  
psychological  
drives, personal  
pleasure, prestige,

money, success. It will ask you to worship these things, to depend on these things. It will make you feel guilty for not measuring up to the standards of the

world, and make  
you wonder if real  
forgiveness and  
reconciliation is  
possible in this life.  
It will seek to take  
you captive, and  
keep you in its  
cage. And it will

seek to convince  
you that you  
destined for  
punishment by God  
or by the powers  
and authorities of  
this world.

3.

The world would be right if one fact were not true. The fact is that *Jesus Christ died for your sins and rose from the dead to give you life*.

And because of



Jesus Christ you  
have a new heart,  
you have a new  
record, and you  
have a new life.  
You have a heart  
set free by Christ,  
set free from the  
principle, and the

guilt, and the power  
of sin.

4.

**John 16:33:** “In  
the world you will  
have tribulation. But  
take heart,

” Jesus says, “  
I have overcome the  
world.  
”

5.

**Heb. 2:8:**

Though “  
we do not yet see  
everything in  
subjection to  
” Christ,

6.

**Rom. 8:21: in  
the end creation  
will “ b  
e set free from its  
bondage to decay  
and obtain the  
glorious liberty of  
the children of  
God**

”

7.

**Rom. 8:38-39:**  
and so we know  
that in the present

“

n

either death nor  
life,...nor  
rulers...nor  
powers,...nor  
anything else in  
all creation, will be  
able to separate  
us from the love

of God in Christ  
Jesus our Lord.

”

8.

And because of



that love even  
today “ they who  
wait for the LORD  
shall renew their  
strength; they  
shall mount up  
with wings like  
eagles

; they shall run  
and not be weary;  
they shall walk  
and not faint.

”

(

**Isaiah 40:31**

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