This particular passage (in particular verses 20-23) is stated by translators to be among the most disputed and disagreed upon in Scripture. Some commentators go so far as to state the passage as possibly corrupted so that the intent is impossible to determine and translate with any absolute certainty.

Despite this, one thing all of the commentators appear to be in agreement on is the element of ascetics and philosophy – both heavy influences the believers would have been exposed to in Colosse.

In attempting to resolve the conflicting Greek by comparing it to the Torah, the culture the Colossians were currently living in and learning to be separate from, and by picking out repetitive clues from the text, I believe this translation reflects a closer approximation to the original text, meaning, and intent of the epistle.

It was translated as much as possible word for word within the conflicting Greek, and then paraphrased from this literal base to bring out the nuances hidden and/or ignored by other translators. The end result is a much smoother coherent text that I believe resolves the conflicts of the Greek, making the intent and original message more clear.

Words in [ ] style brackets show words added to clarify what was being forbidden.

Words in { } style brackets are the commentary explaining the ascetic goal of the prohibition

Words in ( ) style brackets are commentary in general

God (translated from the Hebrew word Elohim) is replaced with the more accurate English rendition of “High Authority” when referring to Yeshua, and “Most High Authority” when referring
to the Father, or simply as “the Most High” where is more natural flow of words is desired.

2:1 For I desire that all of you know how greatly I have struggled for you, and for them at Laodicea, as well as for all those who have not seen me in person face to face.

2:2 So that they may be comforted in their thoughts, and be woven together in love with all richness, and in full confidence of understanding in their acceptance of the mystery of the Most High (Elohim) in Messiah.

2:3 In whom are hidden all treasures of knowledge and wisdom.

2:4 And this I say to protect you from any who might try to deceive you with clever speech.

2:5 And though I am not with you in person, yet I am with you in the spirit, beholding both your character and the firmness of your faith in Messiah.

2:6 And as all of you have also received the Messiah Yeshua as King, so all of you also walk in Him.

2:7 And be deeply rooted and grown up in Him, and established in the faith, even as you have been taught, and prosper therein with thankfulness.

2:8 And be careful to not allow anybody to ruin your walk through philosophy and empty deceptions taught through the traditions of men according to the foundational precepts of the surrounding culture, rather than after Messiah’s teaching.

2:9 For in Yeshua dwells all of the fullness of the Most High (Elohim) in bodily form*.

2:10 And all of you are now complete in Yeshua, the head of all principalities and powers.

2:11 In who also all of you have been circumcised in your thoughts (hearts) when you put off the body of flesh, and sins of your flesh, through the circumcision that comes through Messiah.

2:12 Having been buried with Him when immersed under the water, and now raised with Him through faith in the supernatural power of the Most High Authority (Elohim) who raised Him from the dead.

2:13 So that you, who were dead in your violations of Torah and in the uncircumcision of your flesh, He has now made alive together with Him, having forgiven all your Torah violations,

2:14 Having wiped out the record of debt, the judgment brought down and written against us, and held against us; and He has taken it out of the way having nailed it to the cross.

2:15 Having disarmed the rulers and authorities of darkness, He triumphed over them publicly, putting them to shame, and triumphed over them concerning this.

2:16 Let no man condemn you therefore in eating, or in drinking, in participation of a festival, or a New Moon, or Sabbaths,

Note*: Yesh’yahu (Isaiah) 45:14 “They will make supplication to You saying ‘Surely the Most High Authority is in You.’” See also, Yehochanan (John) 14:10,11.
2:17 which are a shadow of things to come for the whole body of Messiah.

2:18 And let nobody deceive you out of your reward through great humility and angelic like reverence exuded as they inquire and expound upon those things which they have not seen; thereby becoming conceited through the useless thoughts of their subjective reasoning.

2:19 Who do not uphold the Head from which the body with all of its joints and tendons is served, and which all knit together grows with the increase of the Most High (Elohim) concerning the inward man.

2:20 So consider, if all of you have died to the affairs and things of society through Messiah, then why do you live like a person of the (Greek) culture around you by submitting to its decrees?

2:21 Do not touch [women] {be celibate}, do not taste [pleasant foods] {lest you become a glutton}, do not handle [fine material] {lest you be tempted to live in luxury}.

2:22 All activity indeed, which leads to moral decay when abused and misused. But these are mere teachings and commandments handed down from men,

2:23 Which though having an appearance of wisdom through ascetic values and acts of humility, and which all involve self denial; are of no value in subduing the sinful nature of the flesh.

3:1 But now, if you have been raised with Messiah, then seek those things which are above, where Messiah is sitting at the right hand of the Most High (Elohim).

3:2 and set your mind on the things that come from above, rather than on the things of the earth.

3:3 For you have died to sin and your life is now hidden with Messiah in the Most High (Elohim).

3:4 So that when the Messiah appears, we will likewise appear with Him in splendor and majesty.

3:5 (So don’t make a religion out of avoiding normal behaviors for fear of abusing or misusing those activities, but rather within those normal activities), put to death, through Yeshua, the sinful desires of your members here in the earth. Put to death the desire to engage in pre-marital relations and the desire to engage in ceremonially impure behaviors. Through Him, put to death all your evil desires and passions, as well as the desire to covet, which is a form of idolatry.

3:6 For it is because of these evil desires (not because of normal activities and behaviors), that the wrath of the Most High Authority (Elohim) is coming upon the sons of disobedience.