

# Colossians 2:21-23 NKJV

**21** "Do not touch, do not taste, do not handle,"  
**22** which all concern things which perish with the  
using—according to the commandments and  
doctrines of men? **23** These things indeed have an  
appearance of wisdom in self-imposed religion,  
*false* humility, and neglect of the body, *but are* of  
no value against the indulgence of the flesh.