

Sepher Qolassim (Colossians)

Chapter 2

אֵלֶיךָ מֹדִיעַ אֲתֶכָם גְּדֹלַת קָרְבָן שְׁלִי בְעִדְכָם
וּבְעַד אֱנֹשִׁי לַיְדָקְרָא וּבְעַד כָל אָשָׁר לְאָרָא אֲתָה פָנֵית בְבָשָׂר:

1. **hin'ni modi'a 'eth'kem gofel haq'rabb sheli ba`ad'kem ub`ad 'an'shey Lud'q'ya'**
ub`ad kol 'asher lo'-ra'u 'eth-pnay babasar.

Col2:1 Behold, I let you to know what a great struggle I have for you
and for those who are at Ludeqeya, and for all those who have not seen my face in the flesh,

«**2:1** Θέλω γάρ νύμας εἰδέναι ἡλίκον ἀγῶνα ἔχω ύπερ νύμων
καὶ τῶν ἐν Λαοδικείᾳ καὶ ὄσοι οὐχ ἑόρακαν τὸ πρόσωπόν μου ἐν σαρκὶ,

1 Thelō gar hymas eidēnai hēlikon agōna echō hyper hymōn

For I want you to know how great a struggle I have for you

kai tōn en Laodikeiā kai hosoi ouch heorakan to prosōpon mou en sarki,

and the ones in Laodicea and as many as having not seen my face in the flesh,

בְלֹמַעַן יְנַחֲמֵי לְבָוֹתָם וּנְקַשֵּׁרְיוּ יְחִידָה בְאַחֲבָה וּלְכָל-עַשֶּׂר דְּעָתָה
נְכוֹנָה לְהַבִּין וּלְהַשְׁכִּיל סָוד הָאֱלֹהִים אֲבִינוּ וּסְוד הַמָּשִׁיחַ:

2. **I'ma'an y'nuchamu libotham w'niq'shu yachad b'ahabah**
u'lkal-'sher da`ath n'konah l'habin u'lhas'kil sod ha'Elohim 'abinu w'sod haMashiyach.

Col2:2 that their hearts may be comforted, being knit together in love,
and to all riches of the full assurance of understanding, to the knowledge
of the mystery of the Elohim, our Father, and of the mystery of the Mashiyach,

«**2»** ἵνα παρακληθῶσιν αἱ καρδίαι αὐτῶν συμβιβασθέντες ἐν ἀγάπῃ
καὶ εἰς πᾶν πλοῦτον τῆς πληροφορίας τῆς συνέσεως,
εἰς ἐπίγνωσιν τοῦ μυστηρίου τοῦ θεοῦ, Χριστοῦ,

2 hina paraklēthōsin hai kardiai autōn, symbibasthentes en agapē
that may be encouraged their hearts, having been united together in love

kai eis pan ploutos tēs plērophorias tēs syneseōs,
and in all wealth of the full assurance of understanding,
eis epignōsin tou mystēriou tou theou, Christou,
resulting in the knowledge of the mystery of the Elohim, namely Messiah,

גַּאֲשֶׁר גְּנוּזִים בּוֹ כָּל-אֶצְרוֹת חַכְמָה וְהַדָּעַת:
3. **'asher g'nuzim bo kal-'ots'roth hachak'mah w'hada`ath.**

Col2:3 in whom are hidden all the treasures of wisdom and knowledge.

〈3〉 ἐν ᾧ εἰσιν πάντες οἱ θησαυροὶ τῆς σοφίας καὶ γνώσεως ἀπόκρυφοι.

3 en ἡ eisin pantes hoi thēsauroi tēs sophias kai gnōseōs apokryphoi.

in whom are all the treasures of wisdom and knowledge hidden.

4. w'zo'th 'omer 'ani lakem

I'ma`an 'asher-lo' yat`eh 'eth'kem 'ish b'siph'they chalaqoth.

Col2:4 And this I say to you, for that no one should deceive you with smooth lips.

«4» Τοῦτο λέγω, ἵνα μηδεὶς ὑμᾶς παραλογίζηται ἐν πιθανολογίᾳ.

o legō hina mēdeis hymas paralogizētai en pithanologia.

ה כי גַּם־אָמֵן בְּבָשָׁרִי אָנָּנוּ רָחוֹק מִכֶּם הַגָּה בְּרוֹוחִי אָנָּנוּ אֲצַלְכָם
וְאַשְׁמָח בְּרָאָתִי אֶת־מְעַמְדָכָם וְתַקְפֵ אַמְינָתָכָם בְּמַשִּׁיחָה:

**5. ki gam-'im bib'sari 'ani rachoq mikem hinneh b'ruchi 'ani 'ets'l'kem
w'es'mach bir'othi 'eth-mq `qmad'kem w'thoqeph 'emunath'kem baMashiyach.**

Col2:5 For even though in my flesh I am far from you, behold, I am with you in spirit, rejoicing to see your order and the stability of your faith in the Mashiyach.

«5» εἰ γὰρ καὶ τῇ σαρκὶ ἄπειμι, ἀλλὰ τῷ πνεύματι σὺν ὑμῖν εἴμι, χαίρων καὶ βλέπων ὑμῶν τὴν τάξιν καὶ τὸ στερέωμα τῆς εἰς Χριστὸν πίστεως ὑμῶν.

5 ej gar kaj tē sarki apeimi, alla tō pneumatij syn hymin eimi, chajrōn

For if indeed in the flesh I am absent, but in the Spirit with you I am, rejoicing

kaj **blepōn** hymōn tēn taxin kaj **to stereōma** tēs eis Christon pisteōs hymōn.

and seeing your order and the firmness in the Messiah faith of your.

**וְלֹכֶן כִּאֲשֶׁר קָבְלָתָם אֶת-הַמְשִׁיחָה אֶת יְהוָשָׁע אֶדְגִּינוּ
כֵּן גָּמַד-הַתְּהִלָּכוּ בָּז:**

6. laken ka'asher qibal'tem 'eth-haMashiyach 'eth Yahushuà 'Adoneynu ken gam-hith'hal'ku bo.

Col2:6 Therefore as you have received the Mashiach **וְיַעֲשֵׂה** our Adon, so also walk in Him,

«**6** Ως οὖν παρελάβετε τὸν Χριστὸν Ἰησοῦν τὸν κύριον, ἐν αὐτῷ περιπατεῖτε,

**6 Hōs ouν parelabete ton Christon Iēsoun ton kyrion, en autō peripateite,
As therefore you received the Messiah Yahushua the Master in Him walk,**

לְמִדְתָּם מְשֻׁרִישִׁים וּנְבָנִים בָּו וּקְיִמִים בָּאָמֹנוֹה כִּאֲשֶׁר 7
וּמְרַבִּים בְּתוֹךְ בָּהּ:

**7. mash'rishim w'ni'b'nim bo w'qayamim ba'emunah
ka'asher lumad'tem umar'bim b'thodah bah.**

Col2:7 having been rooted and building up in Him and establishing in your faith,
just as you were instructed, and overflowing in it with thanksgiving.

<7> ἐρρίζωμένοι καὶ ἐποικοδομούμενοι ἐν αὐτῷ
καὶ βεβαιούμενοι τῇ πίστει καθὼς ἐδιδάχθητε, περισσεύοντες ἐν εὐχαριστίᾳ.

7 errizōmenoi kai epoikodomoumenoī en autō kai bebaioumenoī
having been rooted and being built up in Him and being firmly founded
tē pistei kathōs edidachthēte, perisseuontes en eucharistiā.
in the faith as you were taught, abounding in thanksgiving.

חַזְהָרָיו פֵּן-יּוֹלִיךְ אֲתֶכֶם אִישׁ שׂוֹלֵל בְּפִילְס֋ופִיה וּבִמְדּוֹחַ
שׁוֹא לְפִי קְבָלָת בְּנֵי הָאָדָם וְתַקְוִינֵי הַעוֹלָם וְלֹא עַל-פִּי הַמֶּשִׁיחַ:
**8. hizaharu pen-yoli'k 'eth'kem 'ish sholal b'philosoph'yah ub'maduchey
shaw' l'phi qabalath b'ney ha'adam w'thiqunei ha`olam w'lo' `al-pi haMashiyach.**

Col2:8 Beware lest a man shall lead you astray through the philosophy
and through vain deception, according to the tradition of sons of men,
according to the elementary matters of the world, and not according to the Mashiach.

<8> βλέπετε μή τις ίμᾶς ἔσται ὁ συλαγωγῶν διὰ τῆς φιλοσοφίας
καὶ κενῆς ἀπάτης κατὰ τὴν παράδοσιν τῶν ἀνθρώπων,
κατὰ τὰ στοιχεῖα τοῦ κόσμου καὶ οὐ κατὰ Χριστόν·

8 blepete mē tis hymas estai ho sylagōgōn dia tēs philosophias
Beware lest anyone of you there be being taken captive through philosophy
kai kenēs apatēs kata tēn paradosin tōn anthrōpōn, kata
and empty deceit according to the tradition of men, according to
ta stoicheia tou kosmou kai ou kata Christon;
the elementary principles of the world and not according to the Messiah;

ט בְּרִי בָּו בְּגֻפֹּו שְׁכַן כָּל-מֶלֶא הָאֱלֹהִות וּבָו אַתָּם נְמֻלָּאִים:
9. ki bo b'gupho shoken kal-m'lo' ha'Elahuth ubo 'atēm nim'la'im.

Col2:9 For in Him all the fullness of the El of invisibility dwells in His body
and you are full in it,

<9> ὅτι ἐν αὐτῷ κατοικεῖ πᾶν τὸ πλήρωμα τῆς θεότητος σωματικῶς,

9 hoti en autō katoikei pan to plērōma tēs theotētos sōmatikōs,

because in Him dwells all the fulness of the Elohim bodily,

רַאֲשָׁר הוּא רֹאשׁ כָּל־שְׂרָה וּשְׁלֹטָן: 10

10. 'asher hu' ro'sh kal-s'rarah w'shal'tan.

Col2:10 which is the head of all principality and authority.

<10> καὶ ἔστε ἐν αὐτῷ πεπληρωμένοι, ὃς ἔστιν ἡ κεφαλὴ πάσης ἀρχῆς καὶ ἔξουσίας.

10 kai este en autō peplērōmenoi,

and you are in Him having been made full,

hos estin hē kephalē pasēs archēs kai exousias,

who is the head of all rule and authority

רַאֲשָׁר גָּמְנִמְלָתָם מֵילָה שֶׁלָּא בִּיהִים בְּהַפְּשָׁתָה גּוֹף חֶבְשָׁר 11
אֲלֵיתָה עַל־עַלְמָה (אֲלֵיתָה)

רַאֲשָׁר גָּמְנִמְלָתָם מֵילָה שֶׁלָּא בִּיהִים בְּהַפְּשָׁתָה גּוֹף חֶבְשָׁר
הַחֹטָא) הִיא מֵילָת הַמְּשִׁיחָה:

11. ubo gam-nimal'tem milah shel' b'yadayim b'haph'shatath guph habasar
(hachote') hi' milath haMashiyach.

Col2:11 And in Him you were also circumcised with a circumcision made without hands,
in the removal of the body of the sinful flesh by the circumcision of the Mashiyach,

<11> ἐν ᾧ καὶ περιετμήθητε περιτομῇ ἀχειροποιήτῳ

ἐν τῇ ἀπεκδύσει τοῦ σώματος τῆς σαρκός, ἐν τῇ περιτομῇ τοῦ Χριστοῦ,

11 en hō kai perietmēthēte peritomēacheiropoiētō

in whom also you were circumcised with a circumcision not made with hands

en tē apekdysei tou sōmatos tēs sarkos, en tē peritomē tou Christou,

in the putting off the body of the flesh, in the circumcision of the Messiah,

רַאֲשָׁר גָּמְנִמְלָתָם אַתָּה בְּטֻבִּילָה אֲפָחָתָם אַתָּה בְּתַחְיָה 12
עַל־יְדֵי הָאָמֵנה בְּגֻבְרָת אֱלֹהִים אֲשֶׁר הָעִירָה מִן־הַמְּתִים:

12. ki niq'bar'tem 'ito bat'bilah 'aph-qam'tem 'ito bat'chiah `al-y'dey ha'emunah
big'burath 'Elohim 'asher he `iro min-hamethim.

Col2:12 for you were buried with Him in immersion, when you also were raised with Him
in the resurrection through faith in the working of Elohim, who raised Him from the dead.

<12> συνταφέντες αὐτῷ ἐν τῷ βαπτισμῷ, ἐν ᾧ καὶ συνηγέρθητε

διὰ τῆς πύστεως τῆς ἐνεργείας τοῦ θεοῦ τοῦ ἐγείραντος αὐτὸν ἐκ νεκρῶν.

12 syntaphentes autō en tō baptismō, en hō

having been buried together with Him in His baptism, with whom also

kai synēgerthēte dia tēs pisteōs tēs energeias tou theou
you were raised together through your faith of the working of Elohim
tou egeirantos auton ek nekrōn;
having raised Him from the dead;

גַּם־אָתֶכְם הַמֹּתִים בְּפֶשּׁעִים וּבְעֲרֵלָת בְּשֶׁרֶכְם
הַחַיָּה אָתָּה בְּסֶלֶךְ לְכֶם אֶת־כָּל־פֶשּׁעֵיכֶם:
13. gam-'eth'kem hamethim bap'sha'im ub'ar'lath b'sar'kem
hecheyah 'ito bis'loach lakem 'eth-kal-pish'eykem.

Col2:13 Even you are dead in your transgressions and in the uncircumcision of your flesh,
He made you alive together with Him, having forgiven us all our transgressions,

<13> καὶ ὑμᾶς νεκροὺς ὄντας [ἐν] τοῖς παραπτώμασιν καὶ τῇ ἀκροβυστίᾳ τῆς σαρκὸς
ὑμῶν, συνεζωοποίησεν ὑμᾶς σὺν αὐτῷ, χαρισάμενος ἡμῖν πάντα τὰ παραπτώματα.

13 kai hymas nekrous ontas [en] tois paraptomasin kai te akrobystia tēs sarkos hymōn,
and you being dead in the trespasses and the uncircumcision of your flesh,
synezōopoiesen hymas syn autō, charisamenos hēmin panta ta paraptomata.
He made alive together you with Him, having forgiven us all the trespasses;

וַיְמַכֵּן אֶת־הַשְׁטָר הַמְעִיד בָּנָיו בְּחַקְתֵּיו
וַיִּשְׂאַהוּ מִתּוֹכָנוּ וַיִּתְקַעֵּה בְּצָלֹב:
14. wayim'chaq 'eth-hash'tar hame'id banu b'chuqothayu
wayisa'ehu mitokenu wayith'qa`ehu bats'lub.

Col2:14 blotting out the handwriting that bear witness to us in His ordinances
and He has taken it out of us, having nailed it to the crucifixion.

<14> ἐξαλεύψας τὸ καθ' ἡμῶν χειρόγραφον τοῦ δόγμασιν ὃ ἦν ὑπεναντίον ἡμῖν,
καὶ αὐτὸν ἤρκεν ἐκ τοῦ μέσου προσηλώσας αὐτὸν τῷ σταυρῷ.

14 exaleipsas to kath' hēmōn cheirographon tois dogmasin
having wiped out the against us handwriting in the ordinances,
ho ēn hypenantion hēmin, kai auto ērken ek tou mesou
which was contrary to us, and He has taken it out of the midst
prosēlōsas auto tō staurō;
by having nailing it to the cross;

טוַיְפַשֵּׁט אֶת־הַשְׁרִים וְהַשְׁלִיטִים
וַיִּתְגַּם לְרֹאָה בָם רַבִּים וַיּוֹלִיכֶם בָּזֶבֶר:
15. wayim'chaq 'eth-hash'tar hame'id banu b'chuqothayu
wayisa'ehu mitokenu wayith'qa`ehu bats'lub

15. wayaph'shet 'eth-hasarim w'hashalitim

wayit'nem l'ra'awah bam rabbim wayolikem bo shebi.

Col2:15 And having simplified **principality** and **authority**,

He gave to show them a multitude, having prevailed the captivity in it.

<15> ἀπεκδυσάμενος τὰς ἀρχὰς καὶ τὰς ἔξουσίας ἐδειγμάτισεν ἐν παρρησίᾳ,
θριαμβεύσας αὐτοὺς ἐν αὐτῷ.

15 apekdysamenos tas archas kai tas exousias

having disarmed **the rulers** and **the authorities**

edeigmatisen en **parrēsia**, thriambeusas autous en autō.

He made a **show** of them in public, having triumphed over them in it.

לְעֵדָה מִזְמְרָתָה וְעַל-כָּן לְאֶלְيָהָן אִישׁ אֲתָכֶם עַל-הָבָר מַאֲכָל
יְמַשְׁקָה אֹו-עַל מָעוֹדִים וּרְאֵשִׁי חֶדְשִׁים וּשְׁבָתוֹת:
16

16. `al-ken lo'-yadin 'ish 'eth'kem `al-d'bar ma'akal

umash'qeh 'o-`al mo`adim w'Ra'shey Chodashim w'Shabbatot.

Col2:16 Therefore, let no one judge you on the word of food, and drink,

or on appointed feasts and Rashey Chodashim (heads of months) and Shabbatot

<16> Μὴ οὖν τις ὑμᾶς κρινέτω ἐν βρώσει καὶ ἐν πόσει

ἢ ἐν μέρει ἑορτῆς ἢ νεομηνίας ἢ σαββάτων·

16 Mē oun tis hymas krinetō en brōsei kai en posei

Therefore let not anyone judge you in eating and in drinking

ē en merei heortēs ē neomēnias ē sabbatōn;

or in respect to a feast or a new month or Sabbaths;

אֲשֶׁר הֵם צָל הַדָּבָרִים הַעֲתִידִים לְבָא וְגַוְפָם הוּא בָּמְשִׁיחָה:
17

17. 'asher hem tsel had'barim ha`athidim labo' w'gupham hu' baMashiach.

Col2:17 which they are a shadow of the future things to come;

but the body is of the Mashiach.

<17> ἡ ἐστιν σκιὰ τῶν μελλόντων, τὸ δὲ σῶμα τοῦ Χριστοῦ.

17 ha estin skia tōn mellontōn, to de sōma tou Christou.

which is a shadow of the coming things, but the reality is of the Messiah.

וְעַל-תִּתְנַהֵר לְאִישׁ לְהִאֲבִיד שְׁכָרְכֶם עַל-יְהִי שְׁפָלוֹת רֹוח
וְעַבְדַּת מְלֹאכִים וְהִיא מְהֻלָּךְ בְּדָבָרִים אֲשֶׁר לֹא רָאוּ עִירָנִיו
וּמְלֹא רֹוח גָּאוֹחַ עַל-לְאֶדֶם מְשִׁכָּל בְּשָׁרוֹ:**18**

18. 'al-tit'nu l'ish l'ha'abid s'kar'kem `al-y'dey shiph'luth ruach
wa`abodath mal'akim w'hu' m'hale'k bid'barim 'asher lo' ra'u `eynayu
umale' ruach ga'awah `al-lo'-dabar misekel b'saro.

Col2:18 Do not let one deprive you of your reward by a spirit of humility
and the working of the messengers, and he walks into things that his eyes has not seen,
and is filled with a spirit of pride over nothing by his fleshly mind,

<18> μηδεὶς ὑμᾶς καταβραβευέτω θέλων ἐν ταπεινοφροσύνῃ καὶ θρησκείᾳ τῶν
ἀγγέλων, ἢ ἔόρακεν ἐμβατεύων, εἰκῇ φυσιούμενος ὑπὸ τοῦ νοὸς τῆς σαρκὸς αὐτοῦ,

18 mēdeis hymas katabrabeuetō thelōn en tapeinophrosynē

Let no one deprive you of the prize by delighting in humility

kai thrēskēia tōn aggelōn, ha heoraken embateuōn,
and veneration of the angels, things which He has seen delving into,
eikē physioumenos hypo tou noos tēs sarkos autou,
being vainly puffed up by the mind of His flesh,

יְהוָה אֱלֹהִים יְהוָה אֱלֹהִים יְהוָה אֱלֹהִים יְהוָה אֱלֹהִים
רַט וְאַרְגֵּנוּ אֲחֹז בְּרָאֵשׁ אֲשֶׁר מִמְּנֵי כָּל־הָגֻפָּה הַמִּחְבָּר
וְהַמְּאֹחֵז בְּצִירָיו וְדַבְּקָיו יַגְדִּל גָּדוֹל אֱלֹהִים:

19. w'eynenu 'ochez baro'sh 'asher mimenu kal-haguph ham'chubar
w'hama'achaz b'tsirayu ud'baqayu yig'dal gidul 'Elohim.

Col2:19 and we do not hold to the head, from which all the body by the joints
and ligaments being fully supplied and being united together,
grows with the growth of Elohim.

<19> καὶ οὐ κρατῶν τὴν κεφαλήν, ἐξ οὐ πᾶν τὸ σῶμα διὰ τῶν ἀφῶν
καὶ συνδέσμων ἐπιχορηγούμενον καὶ συμβιβαζόμενον αὔξει τὴν αὔξησιν τοῦ θεοῦ.

19 kai ou kratōn tēn kephalēn, ex hou pan to sōma dia tōn haphōn
and not holding the head, out from whom all the body through the joints

kai syndesmōn epichorēgoumenon

and ligaments being fully supplied

kai symbibazomenon auxei tēn auxēsin tou theou.

and being united together grows with the growth of Elohim.

עֲלֹתָה אֲמָתָם עַמְּמָתָשָׁרָה לְתִקְוָנִי הַעֲזָלָם
כֹּלֵן אִמְמָתָם עַמְּמָתָשָׁרָה לְתִקְוָנִי הַעֲזָלָם
לְמָה תִּשְׁתַּعֲבֶדוּ לְחַקִּים כְּאֶלְיוֹן עַדְכָּם חַיִם בְּעַזְלָם:

20. laken 'im-matem 'im-haMashiyach l'thiqunei ha`olam
lamah thish'ta`b'du l'chuqim k'ilu `od'kem chayim ba`olam.

Col2:20 If, then, you have died with the Mashiyach from the elementary principles
of the world, why should you be enslaved to such laws until you live in the world?

<20> Εἰ ἀπεθάνετε σὺν Χριστῷ ἀπὸ τῶν στοιχείων τοῦ κόσμου,

τί ὡς ζῶντες ἐν κόσμῳ δογματίζεσθε;

20 **Ei** apethanete **syn Christō apo tōn stoicheiōn tou kosmou,**

Since you died **with the Messiah from the elementary principles of the world,**

ti hōs zōntes en kosmō dogmatizesthe?

why as living in the world do you subject yourselves to ordinances?

כִּא אַל-תָּאֹהֵז אַל-תְּטֻעֵם אַל-הַגַּעַן: 21

בְּבָזְבָּזָה עַמְּדִים לְכָלֹת בְּתְשִׁמְישָׂם לְפִי מִצּוֹת אֲנָשִׁים וְלִמְדִידָהֶם: 22

21. **'al-to'chez 'al-tit' am 'al-tiga'.**

Col2:21 Do not handle, do not taste, do not touch!

〈21〉 Μὴ ἄψῃ μηδὲ γεύσῃ μηδὲ θίγῃς,

21 **Mē hapsē mēde geusē mēde thigēs,**

Do not touch nor taste nor handle,

כְּבָזְבָּזָה עַמְּדִים לְכָלֹת בְּתְשִׁמְישָׂם לְפִי מִצּוֹת אֲנָשִׁים וְלִמְדִידָהֶם: 22

22. **w'hem `om'dim lik'loth b'thash'misham l'phi mits'oth 'anashim w'limudeyhem.**

Col2:22 (they stand up to consume by their applications)

according to the commandments of men and to their teachings?

〈22〉 ἃ ἔστιν πάντα εἰς φθορὰν τῇ ἀποχρήσει,
κατὰ τὰ ἐντάλματα καὶ διδασκαλίας τῶν ἀνθρώπων,

22 **ha estin panta eis phthoran tē apochrēsei,**
which things are all destined to deterioration with use,

kata ta entalmata kai didaskalias tōn anthrōpōn,
according to the commandments and teachings of men,

כְּבָזְבָּזָה עַמְּדִים לְכָלֹת בְּתְשִׁמְישָׂם לְפִי מִצּוֹת אֲנָשִׁים וְלִמְדִידָהֶם: 23

כִּגְנְרָאִים כְּעֵין חַכְמָה בְּעֻבּוֹדָה בְּדִינָה מִלְבָד וּבְשִׁפְלוֹת רִיחָן:

יבְּעַפּוֹרִי הַגּוֹף שְׁאַיִן בּוֹ מֹעֵיל בְּקַדְלְהַשְׁבִּיעַ הַבָּשָׁר:

23. **hanir'im k`eyn chak'mah ba`abodah b'duyah mileb ub'shiph'luth ruach**
ub'inuy haguph she'eyn bo mo'il raq-l'has'bi'a habasar.

Col2:23 Which are visible like the eye of wisdom in a work that is fictional from the heart,
with the spirit of humility, and neglecting of the body,
which is not only helpful to it to the satisfying of the flesh.

〈23〉 ἃ τινά ἔστιν λόγον μὲν ἔχοντα σοφίας ἐν ἐθελοθρησκίᾳ καὶ ταπεινοφροσύνῃ
[καὶ] ἀφειδίᾳ σώματος, οὐκ ἐν τιμῇ τινι πρὸς πλησμονὴν τῆς σαρκός.

23 **hatina estin logon men echonta sophias en ethelothreskia**

which things are an appearance having of wisdom in self-imposed religion

kai tapeinophrosynē [kai] apheidiā sōmatos,

and humility and severe treatment of the body,

ouk en timē tini pros plēsmonēn tēs sarkos.

not in any value against the indulgence of the flesh.