



# Going Deeper

R o m a n s 1 4 : 1 - 1 3

## Big idea

Christian love is displayed when believers pursue unity and extend grace toward one another in matters where Scripture does not give explicit commands.

## Sermon Recap

### Receive One Another (Verse 1)

Romans 14 continues the teaching of Romans 13:10 that love fulfills the law. Paul calls believers to willingly receive and accept one another instead of dividing over personal convictions or opinions.

### The Weak and the Strong (Verses 1-2)

Some believers had sensitive consciences because of their past religious backgrounds. Jewish believers struggled with Old Covenant food laws, and Gentile believers feared connections to pagan sacrifices. As a result, some ate only vegetables while others exercised their freedom to eat meat.

### Despise vs. Judge (Verse 3)

The strong were tempted to despise the weak as legalistic. The weak were tempted to judge the strong as irresponsible or sinful. Paul reminds the church that God has accepted both.

### Living for the Lord (Verses 5-9)

Some believers observed certain days while others did not. In matters not clearly commanded in Scripture, believers must follow their conscience with the goal of honoring the Lord.

### The Judgment Seat of Christ (Verses 10-13)

Every believer will one day give a personal account to God. Instead of judging one another, Christians should make the careful decision not to place stumbling blocks in the path of other believers.

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## How to go deeper this week

### Day 1 — Welcoming Others

**Read:** Romans 14:1–4

**Reflect:** Do you tend to judge believers who practice their faith differently than you?

**Pray:** Ask God to help you welcome other believers with humility and grace.

### Day 2 — Matters of Conscience

**Read:** Romans 14:5–6

**Reflect:** Are your decisions guided by a desire to honor the Lord?

**Practice:** Before making a decision today, ask yourself, “Does this glorify God?”

### Day 3 — Living for Christ

**Read:** Romans 14:7–9; 1 Corinthians 10:31

**Reflect:** What does it mean that you do not live for yourself but for Christ?

**Pray:** Ask God to help every area of your life reflect His lordship.

### Day 4 — Leaving Judgment to God

**Read:** Romans 14:10–12; Matthew 7:1–3

**Reflect:** Why is it easy to judge other believers over secondary issues?


**Practice:** Replace criticism with prayer for someone you disagree with.

### Day 5 — Protecting Unity

**Read:** Romans 14:13; John 13:34–35

**Reflect:** How can your actions strengthen unity in the church?

**Pray:** Ask God to help your life display love that points others to Christ.

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## Practical applications

- **Welcome believers with different convictions** — unity matters more than preferences.
- **Respect matters of conscience** — not every Christian will reach the same conclusion.
- **Avoid judgment** — God alone is the final judge of every believer.
- **Use your freedom wisely** — ensure your actions do not cause others to stumble.
- **Stay focused on the mission** — do not allow secondary issues to distract from sharing the gospel.

## Reflection and discussion

1. Why does Paul instruct believers to receive one another instead of arguing about opinions?
2. What is the difference between a biblical command and a disputable matter?
3. Why do both strong and weak believers struggle with judging one another?
4. How can Christians maintain unity while still holding personal convictions?
5. In what ways can disagreements distract the church from its mission to share the gospel?

## Scriptures for Further Instructions

- **Romans 14:1-13** — Accepting believers with different convictions
- **1 Corinthians 10:23-24** — Considering the good of others
- **Ephesians 4:1-3** — Maintaining unity in the body of Christ
- **Matthew 7:1-5** — Avoiding hypocritical judgment
- **John 13:34-35** — Love as the mark of Christ's disciples

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