



# Going Deeper

R o m a n s 1 4 : 1 – 1 3

## Big idea

Because of the gospel, believers must use their freedom with love, pursue unity over preferences, and live with a clear conscience before the Lord.

## Sermon Recap

### Freedom and Conscience (Verse 14)

Paul makes it clear that nothing is unclean in itself—Christian freedom is real. However, if someone believes something is wrong and still does it, they sin. The issue is not the object, but the conscience. Mature believers must understand that freedom and responsibility go hand in hand.

### Love Over Liberty (Verse 15)

Using our freedom in a way that causes another believer pain means we are no longer walking in love. The question shifts from “Can I do this?” to “Should I do this?” Spiritual maturity is not just knowing your freedom, but knowing when to lay it down for the sake of others.

### The Kingdom’s True Focus (Verses 16–18)

The Kingdom of God is not about food, drink, or personal preferences, but about righteousness, peace, and joy in the Holy Spirit. When believers elevate secondary issues, they distract from the mission and damage their witness to a watching world.

### Pursuing Peace and Building Up (Verses 19–21)

Believers are called to actively pursue peace and mutual edification. Even good things should be set aside if they cause another believer to stumble. Mature faith chooses restraint when necessary for the spiritual good of others.

### Living by Faith (Verses 22–23)

Paul concludes that whatever does not come from faith is sin. Even neutral actions become sinful if they violate conscience or are done in doubt. Every decision should be made with confidence before the Lord.

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## How to go deeper this week

### Day 1 — Freedom and Responsibility

**Read:** Romans 14:14; 1 Corinthians 10:23

**Reflect:** Are there areas where you are exercising freedom without considering others?

**Pray:** Ask God for wisdom to use your freedom responsibly.

### Day 2 — Choosing Love Over Rights

**Read:** Romans 14:15; John 13:34–35

**Reflect:** Have your actions ever caused another believer to struggle?

**Practice:** Identify one way you can choose love over personal preference this week.

### Day 3 — Keeping the Main Thing the Main Thing

**Read:** Romans 14:17–18; Matthew 6:33

**Reflect:** Are you more focused on preferences or on advancing God's Kingdom?

**Pray:** Ask God to realign your priorities with His Kingdom purposes.

### Day 4 — Pursuing Peace

**Read:** Romans 14:19; Hebrews 12:14

**Reflect:** Are you actively building others up or unintentionally tearing them down?


**Practice:** Encourage or build up someone in your church this week.

### Day 5 — A Clear Conscience Before God

**Read:** Romans 14:22–23; Psalm 139:23–24

**Reflect:** Is there anything in your life you cannot do with a clear conscience before the Lord?

**Pray:** Ask God to search your heart and lead you in obedience.

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## Practical applications

- **Let love guide your freedom:** Choose what builds others up, not just what you're free to do.
- **Focus on what matters most:** Don't let secondary issues distract from the mission of the gospel.
- **Pursue unity:** Be intentional about bringing peace, not division.
- **Limit your liberty when needed:** Mature faith is willing to sacrifice preferences for others.
- **Live with a clear conscience:** Make decisions you can confidently bring before the Lord.

## Reflection and discussion

1. What does it look like to balance Christian freedom with responsibility toward others?
2. Why is love more important than exercising personal liberty?
3. How can secondary issues become distractions from the gospel?
4. In what ways can you actively pursue peace within the church?
5. How does living by faith shape your everyday decisions?

## Scriptures for Further Instructions

- **1 Corinthians 8:9-13** – Freedom and causing others to stumble
- **Galatians 5:13-14** – Freedom expressed through love
- **Matthew 22:37-40** – The greatest commandments
- **Philippians 2:1-4** – Considering others above yourself
- **1 Peter 2:12** – Living honorably before a watching world

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