FALL 2026 // WEEK 7

Life Group Questions

Romans – The Gospel is_____ // October 24/25, 2026

Freedom to Serve // Romans 14:1-23



In light of the Romans 13 passage relating to governments and submitting to authorities, we wanted to make you aware of a further opportunity to help you think more deeply and biblically about the topic of politics. This RETHINK workshop is coming soon on 10/30 – 10/31! You can register by clicking this link (or typing it into your browser):
https://www.lincolnberean.org/eventfinder/eventdetails/?id=43864.

Introduction

We continue through the "practical application" chapters of Romans, as Paul explains how believers are to live in light of the gospel truths he's set out in the first eleven chapters of Romans. It is clear over these last couple chapters that the life of a Christian is not free from differences or disagreement, even among the church body. Paul points to how we might love our neighbor in those times when differences of opinions arise.

Study Questions *(to complete on your own)*

1) Read Romans 12:1-3 to remember where the conversation around differing opinions should start. **What should be our heart posture when we interact with other Christians that have different convictions?**

2) **Read and then summarize each section of Romans 14 listed below. Try to keep each summary to one sentence so as to summarize all of chapter 14 in three sentences.**
   Romans 14:1-4:

   Romans 14:5-12:

   Romans 14:13-23

Discussion Questions *(with your group)*

1) Our passage this week flows from the previous chapter (Romans 13) that urges us to put on Christ and make no provision for the flesh. **How can we understand Romans 14:1-4 as a way of putting on Christ and loving others?**

The issue discussed in verses 1-4 pertains to opinions about diet and what food is acceptable to eat. **What is a modern-day example of an issue that could cause similar conflict or difference of convictions among Christians? What would be a right response to this conflict?**

How do we determine what's a "gray area" issue where Paul says to give each other grace, and what's a core gospel issue where we actually need to stand firm? Why does it matter that we can tell the difference?

2) Verses 5-12 address our motives behind our convictions, and the only one qualified to pass judgement on those convictions. **Read verses 5-9. What should our motives be when living out our convictions?**

When it comes to your convictions on "gray areas", what makes you fully convinced that you should or shouldn't do something? Are the motives that Paul mentions (honoring God and gratitude to God) also your motives when living out your convictions? Explain your answer.

God alone has the right to judge his people, and one day, we will give an account of our behavior. **When do you most catch yourself judging or looking down on other Christians? Similarly, is there someone in your life whose convictions you've been quick to criticize? What would it look like to shift from passing judgment to loving them this week?**

3) Verses 13-23 explain how we can set aside our freedom for the good of our neighbor. We can show love to our brothers and sisters in Christ when we safeguard their conscience, even at the expense of our personal liberties and enjoyments. **Why do you think Paul puts love ahead of our freedom here? When is it hard to give up something we feel we have every right to enjoy? When is it easier?**

Paul says the kingdom of God is not a matter of eating and drinking. His kingdom is a matter of righteousness and peace and joy in the Holy Spirit. We ought to pursue peace. **How does this truth change what we choose to argue and create conflict over? What does it look like to actively build someone up in a disagreement of opinion, rather than avoid conflict?**

Is there an area of freedom in your life (e.g., entertainment, social media, alcohol, spending) that might be affecting someone around you? What is one step you could take this week to put love first? How can your life group be praying for you in this area?

Personal Spiritual Exercises

Just like physical exercises help strengthen and stretch our bodies for healthy living, these spiritual exercises are meant to move us spiritually in ways that may be new so that we might experience inner growth. Since God longs for us to experience Him with our whole selves—mind, body, spirit— we invite you to strengthen your souls with exercises that challenge and stretch you in new ways. Choose one and commit to repeating it until you gain strength in that area.

1) **Scripture Reading: to listen and soak in the Word as an experience of the words washing over you.** Read or listen to chapters 13-16 of Romans at least twice/week. As you take it in, resist the impulse to study and parse the details. The point is not to gain "head knowledge" but a stirring in the heart as the Holy Spirit brings the Word to life in you.

2) **Memorization to internalize God's Word.** A key passage for this session is ***Romans 15:4-6***. Commit to memorize it yourself and encourage others in your group to do it with you.

3) **Walk & Pray: to actively engage with the scripture passage.** Write out the memory verse above (in #2) on a card to take with you while you walk. As you walk and think on the scripture, take time to ask God, "Is there anything I need to know about my life related to these verses?"

4) **Journal Reflection: to practice remembering what God has done.** Make time in your schedule to put down in writing the feelings and thoughts that are stirring as you interact with the Word of God.

5) **Self-control Exercise: to help you come to stillness from a busy or hurried pace of life.** Set a timer for 10 minutes. Sit upright but comfortably in a chair with your palms open and upward on your lap. Focus on a word or short phrase about the character of God the Father, Son, or Holy Spirit. When your thoughts wander to the things on your to-do list or other people's needs, redirect them back to the character of God. When the 10 minutes is up, close in a short prayer of gratitude.

Prayer

Praying together in a group is different than praying alone with God. It's a conversation that can help you grow closer to each other as you are in God's presence. One way to pray follows this often-used pattern in scripture – acknowledge who God is, recognize the need we have for Him, and ask to partner with Him on behalf of others. When possible, use the passage of scripture from this week's sermon as your starting point, then form a prayer that follows this pattern:

God, our Father, this week we learned that you are _____ and _____ .

As I looked into your Word, I understood how I need you to _____. Help me to be faithful to _____ in the week ahead.

Other people are on my heart, and I trust that you have put them there for a reason. I ask for your will to be accomplished in their life as they _____. Help me to know how to respond well to the needs of _____, even as my first step is in praying for them right now.

Each group engages in prayer differently. Some groups go around and allow anyone to pray that desires to do so. Other groups have several people pray or maybe 1 person closes the group in prayer. Still other groups split into smaller groups of 2-3 people, and those people pray for each other. How you choose to engage in prayer is dependent on your group and your choice to ENGAGE! **We learn to pray by praying and by listening and praying with others!**