

FBC Service Sunday February 1, 2026 “Love That Met Us at Our Worst” Romans 5:6–9

Introduction: My church family, as we prepare our hearts for the Lord’s Table this morning, we are reminded that Communion is not something we rush into—it’s something we receive with humility, gratitude, and awe.

The bread and the cup before us do not celebrate our strength, our faithfulness, or our spiritual achievements. They remind us of who we were, and what God has done for us in Christ.

The Apostle Paul writes in Romans chapter five, “*When we were utterly helpless, Christ came at just the right time and died for us sinners.*” It tells us that salvation did not begin with our reaching up to God, but with God reaching down to us.

Communion brings us back to that moment.

Not when we had it all together. Not when our faith was strong.

Not when our lives were clean and orderly.

But while we were still sinners, Christ gave His body and shed His blood.

The bread at Communion speaks of a body broken in our place. The cup speaks of blood poured out so that we might be forgiven, justified, and at peace with God.

As we reflect on this great passage from Romans 5:6–9, and as we prepare to receive Communion together, let us come honestly, thankfully, and reverently—remembering this glorious truth before us.

While we were still sinners, Christ died for us.

Slide 1: Sermon Title – It was a Love That Met Us at Our Worst

Pause for a moment and think of what this passage is talking about.

What kind of persons did Christ die for? The wealthy and privileged? The righteous and religious? The good, the bad and the ugly? What were we like when Christ died for us?

The Bible gives us four answers to that question in today’s passage. It tells us Christ died for us:

- 1) It tells us Christ died for us: when we were powerless,
- 2) It tells us Christ died for us: when we were ungodly,
- 3) It tells us Christ died for us: when we were sinners, and
- 4) It tells us Christ died for us: when we were God’s enemies.

Slide 2: It Tells Us About the Greatest Love We’ve Never Earned

It declares a love that did not wait for improvement and did not depend on worthiness.

We’re confronted here with a love that met us at our weakest and changed everything.

It tells us that God did His greatest work for us **not** when we were at our best, but when we were at our absolute worst. **As many have testified, “where would they be today if God had not saved them?”**

This passage of Scripture in Romans 5, joins others like Isaiah 53; Psalm 23; Hebrews 11; Philippians 4; and John 3 in being among the greatest in the Word of God.

These verses make plain the great provisions that have come our way through the death of the Lord Jesus and by virtue of our placing our faith in Him for salvation.

These verses tell us of the wonderful things we have in Christ. Paul waxes eloquent when he says all this was **“for us.”**

Slide 3: Our Condition: “When We Were Utterly Helpless” (v. 6)

It was “for us. “When we were utterly helpless...”

This is a picture of the human condition apart from Christ.

Paul puts it this way in his letter to the Ephesians: *“God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved.”* (Ephesians 2:5) **You can’t get much more powerless than dead!**

Our text says we were *“utterly helpless.”* Another passage says, *“we were without God and without hope.”* We didn’t need a second chance; we needed a second life.

Paul begins not with God’s power—**but with our weakness.**

It carries the sense of being feeble, infirm, unable to act or help oneself, like someone lying on the ground after collapse, unable even to stand.

And it was in that exact condition—not after we mustered some effort, not once we showed a little improvement, not when we finally “got serious” about God—**that Christ came.**

Slide 4: God’s Timing: “Christ came at just the right time and died for us sinners.” (v. 6)

“At just the right time.” God’s timing is at just the right time.

Not a moment too late. Not a moment too early. **God's clock is never off.**

Jesus did not arrive late. He did not arrive early. He arrived exactly when redemption required it.

The timing of the cross was precise, sovereign, and perfect.

When believers say Christ came at the right time, they mean that his coming was the central event in all of human history. **All prior time looked forward to this event.**

And that was enough for Jesus to come. It was timed love.

The exact moment when our lostness was clearest is when grace rushed in most fully.

The cross was planned for the worst-case version of us. At the right time!

Slide 5: “Christ Died for the Ungodly” (v. 6) For Us Sinners says the NLT

This verse strips away every illusion of self-sufficiency.

We love to think we bring something to the table—even if it's just a little "trying harder."

But Paul says: No. We were powerless. We contributed nothing but the need.

Jesus didn't wait for us to become "godly" enough.

He died for the ungodly, for those whose lives were marked by opposition to God, for the very people who had no claim on mercy.

This is where the gospel offends human logic.

Christ did not die for the deserving, the improving or the morally impressive.

He died for the ungodly.

That word means: irreverent, rebellious, opposed to God

We are not saved because we cleaned ourselves up. and turned over a new leaf.

We are saved because Christ stepped into our lives when we were without God on the broad road.

Slide 6: Human Love Has Limits (v. 7)

“Now most people would not be willing to die for an upright person, though someone might perhaps be willing to die for a person who is especially good.”

Paul does a bit of social commentary here. He compares two types of people. **The first being,**

The Righteous Man: This is the man who follows the rules. He would be what the Bible says, “*has a form of godliness*,” an upright honest person.

Would you die for him? Probably not. You respect him, but you don't love him.

The Good Man: This is the person who is kind, generous, and warm. A solid citizen of the community. Paul says “**perhaps**” for someone like that, a person might find the courage to sacrifice their life.

We see this in movies. The hero dies to save the innocent child. The soldier falls on a grenade to save his brothers-in-arms. **We understand sacrifice when the recipient is worthy.**

If we wouldn't die for good people, we would be hard pressed to die for unrighteous people!

Human love has limits.

Think about it. Would you sacrifice your life for someone who rejected you? Who hated you? Who didn't want anything to do with you? **No, you wouldn't.**

But our Saviour is different. He did. He sacrificed His life for the unrighteous. For the sinful. For those who rejected Him. For those that hated him. But how? And why?

Slide 7: The Divine Demonstration, But God's Love Is Different (v. 8)

Let's continue in verse eight, "But God showed His great love for us..." **Love is a word that is so vastly overused in our culture.**

"But God showed His great love toward us, by sending Christ to die for us while we were still sinners."

Here is the "But of Romans 5." And folks, this is the pivot point of the entire Bible.

That word "BUT" changes everything. It introduces a contrast. He is different. He isn't like us.

If we truly love something, our actions will follow what our heart loves. If we love certain things, we'll sacrifice to get those things. **Quote** "where your treasure is, there will your heart be also."

We say things like, "I love the Blue Jays, I love English trifle, I love fishing, I love gardening etc."

Love is shown by our actions. If someone loves money, they will sacrifice their life and family to get it. If someone loves sports, they'll sacrifice their time and energy to enjoy it.

But real biblical love is a commitment to sacrifice one's self for the object (or person) loved.

God's love is not theoretical. It's demonstrated, publicly, visibly, historically.

God's love was not shown to us after repentance. It was not shown after obedience or after church attendance. **Here's the glorious truth! But it was shown while we were still sinners.**

Christ did not wait for us to move toward Him. He moved towards us.

Jesus proved His sacrificial love for us when he died on the cross for our sins. He displayed to the world how much He loves us. **You and me. The people He created.**

The cross was not only a demonstration of Christ's love for us. It was also a demonstration of God the Father's love.

Slide 8: The Cross Is Not a Symbol. It's a Statement. "While We Were Still Sinners"

Verse 8 is one of the favourite verses in all the Bible for many believers.

"But God showed his great love for us by sending Christ to die for us while we were still sinners."

Though it's just one sentence, it captures the meaning of the Bible from Genesis to Revelation. It contains the primary theme of God's Word. It's the key to understanding every book of the Bible.

Yet not only is it the key to understanding the Bible, but all of life itself.

This one verse has in it the power of life. The power of hope. The power of eternity.

Read it often and memorize it! Write it on the table of your heart. Use it in praise in your prayers.

There's something profoundly uncomfortable about this verse. We like to think God loves us because we've earned it somehow—because we're trying hard, because we mean well, because deep down, we're trying to be good people. **But Paul doesn't give us that comfort.**

"*While we were still sinners.*" Not after we cleaned up our act. Not once we proved ourselves worthy. **No!** It was while we were without God and without hope, God made His move.

Think about what that means. Christ didn't die for the version that we're trying to become. He died for us at our worst, when we were most lost. **The cross wasn't Plan B, enacted after humanity showed promise.**

Pause for a moment and consider who you were before God saved you.

The choices you made when no one was watching. The thoughts you harboured in secret, the habits you couldn't break, the secret sins.

Paul doesn't say, "While we were getting our act together..." or "Once we cleaned up a little..." or "After we started trying harder..."

He says while we were still sinners. that is exactly who Christ died for.

That's when God showed, demonstrated, proved, and put on full display—His great love.

He didn't wait for us to promise we'd do better. **While we were still sinners, Christ died for us.**

This is the stunning heart of the gospel: While we were at our worst, He loved us most.

He came to die for the real us, the broken, the guilty, the ones who couldn't save ourselves.

Because of this truth, we never have to wonder if God could still love us after what we've done.

The answer was settled on Calvary long before we even committed the sin. **The cross is the ultimate proof. Herein is love not that we loved God but that He loved us."**

But Jesus didn't just live and die for us. **He was raised for us!** He was resurrected from the dead, proving that he defeated death forever.

He promises to forgive our sin, give us HIS righteousness, and restore us in a relationship to God the Father. We have heaven as our home. We can grow in our relationship with God. Pursue righteousness.

Slide 9: The "Still" of God's Love

God did not wait for us to become "**righteous.**" He didn't wait for us to become "**good.**"

He looked at us in our pride, our self-righteousness, our self-importance, and our apathy—and He said, "**That is who I will die for.**"

The most beautiful word in verse 8 is "**still.**" **While we were still sinners.**

Let's wrap up this message as we prepare for Communion with the cost of our salvation.

Slide 10: The Cost: “Christ Died for Us” (v. 8)

Jesus did not die as a martyr. He died as a substitute. He took: our guilt, our punishment, our condemnation, so that we could receive forgiveness, righteousness, and peace with God.

Slide 11: The Result: “Justified by His Blood” (v. 9)

“Since we have been made right in God’s sight by the blood of Christ...”

What glorious words these are to the believers’ ears.

It means: declared righteous, acquitted, no longer condemned

Slide 12 Image: Not guilty

Like a judge slamming the gavel and declaring, justification ends the case forever.

The good news is this:

Slide 13: Those Justified by Christ Will Never Face Condemnation (v. 9)

Our future is secure because our past has been forgiven.

Slide 14: Conclusion: Love That Changes Everything

When we look at these uplifting verses from Romans 5, surely we have to marvel that God would do all this just for us.

But He did! Our blessings are far greater than the mind could ever begin to comprehend.

We were sinners, **but God loved us.** We were guilty but are now made right in God’s sight.

Slide 15: “While we were still sinners, Christ died for us.”

That is love that met us at our worst—and will carry us home.

Prayer:

Lord, no words can express our gratitude and amazement that you should die for us.

How amazing is it that each of our lives is so valuable to you that you would lay yours down to save us.

May the elements of Communion we partake today remain with us as a vivid reminder of the cost of so great salvation. **Amen.**