

February 1st, 2026

Reframing *How We Believe*
Romans 14

Let us therefore make every effort to do what leads to peace and to mutual edification.

Romans 14:19 (NIV)

*The gospel not only reframes _____ we believe –
it reframes _____ we believe.*

OVERVIEW

- Disagreement Over Diet. (vv. 1-3)
- Disagreement Over Days. (vv. 4-9)
- Choose Humility Over Judgment (vv. 10-13)
- Choose Love Over Liberty (vv. 14-21)
- Choose Silence Over Showcasing (vv. 22-23)

What the Gospel Shows Us About *How* to Believe:

1. Being right about an issue is not an excuse to be wrong in _____
_____. Rom 14:5, 13; Matt 7: 3; Gal 6:1-3
2. Not every hill is made to _____ on.
Rom 14:1-3; Mark 7
3. Make your _____ than your opinions. Rom 14:1, 7, 13, 15, 19, 21, 22; 1Cor 13:13

TALK IT OVER

Because we believe that the sharing of our ideas and beliefs enhances our spiritual growth in ways teaching alone cannot - we encourage you to join a small group at Sunridge and discuss some of the following questions.

When have you experienced a situation where *being right* became more important than *treating someone right*? How did it affect the relationship? What might a “Romans 14 posture” have looked like in that moment?

Paul calls the issues in Romans 14 “disputable matters.” What are some modern examples of disputable matters in the church today? Which ones trigger you most? Why do you think certain secondary issues feel so personal or important to us?

Read Romans 14:3 and 14:13. What does it practically mean to “stop passing judgment” and “not put a stumbling block” in someone’s path? Where might we unintentionally create stumbling blocks for other believers? What does it look like to remove them?

Paul says, “If your brother or sister is distressed because of what you eat, you are no longer acting in love” (v.15). How do we apply this principle in situations where our personal freedoms or preferences bump into someone else’s convictions? Can you name an area where love might ask you to limit your liberty? How do we discern when to lay down a freedom and when to stand firm?

Paul tells believers to hold some convictions “between yourself and God” (v.22). How do we know when a conviction is meant to be lived quietly rather than argued publicly? Where might our opinions be louder than our love? What would it look like this week to “make your love louder than your opinions”?



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What the Gospel Shows Us About *How* to Believe:

1. Being right about an issue is not an excuse to be wrong in how you treat people.

Rom 14:5, 13; Matt 7: 3; Gal 6:1-3

2. Not every hill is made to die on.

Rom 14:1-3; Mark 7

3. Make your love louder than your opinions.

Rom 14:1, 7, 13, 15, 19, 21, 22; 1Cor 13:13

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