

March 1st, 2026

Reframing Spiritual Health
Romans 16:17-27

I urge you, brothers and sisters, to watch out for those who cause divisions and put obstacles in your way that are contrary to the teaching you have learned. Keep away from them. For such people are not serving our Lord Christ, but their own appetites. By smooth talk and flattery they deceive the minds of naive people.

Romans 16:17–18 (NIV)

The gospel reframes spiritual health. A church remains strong by guarding the _____ of the _____.

OVERVIEW

- A Warning to the Church (vv. 17-20)
- Grounding the Church in its Diversity (vv. 21-24)
- Recentering the church (vv. 25-27)

On Developing Spiritual Immunity:

1. Guard the gospel without growing guarded

_____. Rom 16:17; Matt 22:37-39

2. Become fluent in _____.

Rom 16:19; Matt 6:22; Luke 10:42; Php 4:8

3. Trust the God who _____ you.

Rom 16:25; Matt 7:24

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 was the last time you thought about your immune system—and what usually makes you notice it? How does that illustration help you think differently about spiritual health?

Paul warns the church about people who cause division by subtly distorting the gospel. What's the difference between disagreement and distortion, and why do you think it's so important not to confuse the two?

The message challenged us to “guard the gospel without growing guarded toward one another.” Where do you personally feel that tension most—church, family, politics, social media, or somewhere else? What helps you stay both truthful and gracious?

Paul says to be “wise about what is good and innocent about what is evil.” What are some ways we can become more fluent in goodness in our everyday lives? What tends to shape you more right now—what you consume or what you practice?

Romans ends by pointing us not to our strength, but to the God who “is able to establish you.” Where in your life do you most need to trust that God is sustaining you—not because you're strong, but because He is faithful?



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Romans 16:17–18 (NIV)

The gospel reframes spiritual health. A church remains strong by guarding the centrality of the gospel.

OVERVIEW

- A Warning to the Church (vv. 17-20)
- Grounding the Church in its Diversity (vv. 21-24)
- Recentering the church (vv. 25-27)

On Developing Spiritual Immunity:

1. Guard the gospel without growing guarded toward one another. Rom 16:17; Matt 22:37-39

2. Become fluent in goodness.
Rom 16:19; Matt 6:22; Luke 10:42; Php 4:8

3. Trust the God who establishes you.
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