Home Group Notes
Week of November 1, 2026
ALIVE! Through Faith in Jesus Christ
Romans 14

Hello Friends. God is teaching us about what it looks like to live and follow Jesus. If we have placed our faith in Jesus, we are no longer condemned and we can never be separated from His love. Now, we are empowered by the Holy Spirit and can live and love like Jesus. This chapter addresses a very important matter – how we can live in joyful fellowship even when have differences in practices to please God. Let's keep following Jesus together!

YOUR TIME OF LEARNING IN GOD'S WORD

The letter we call "Romans" was written to the church family in Rome. In the first eleven chapters, the author, Paul, wrote a clear record of how sinful people can be acceptable before a righteous God through faith in Jesus Christ. Beginning in chapter twelve, Paul describes how those who are in Christ can now live righteously by faith in God. As we have seen in previous chapters, the church was composed of Jews and non-Jews (Gentiles), both of whom are righteous only by trusting in Jesus. In 49 A.D., those who were Jewish were expelled from Rome for about five years (by the emperor, Claudius) This letter was written in 57 A.D., three to four years after the Jews returned to Rome and regathered in their house churches. During the absence of Jewish Christians, the Gentile Christians held more prominence and were now judging the Jews who returned to Rome. (We see Paul's warning to Gentiles about "superiority" and "arrogance" in Romans 11:17-21.) Some of the Jewish disciples were still holding on to convictions about Old Testament commands. Specifically, they believed that God wanted them to continue to follow Old Testament laws about foods and holy days. In chapter 14, Paul instructs them about how to live like Christ in this situation.

Read through Romans 14 and record key words.

What were people quarreling about?

Some, probably Jewish believers, were still trying to please God by following practices commanded in the Old Testament regarding food laws, holy days, and more. These are described as "weak." Others believed that these no longer needed to be followed. What was (is) Paul's command regarding this?

Which of Paul's commands and principles is something that you want to apply?

GROUP TIME: DISCUSSION OF APPLICATION FROM GOD'S WORD

The focus in this chapter is not on orthodox doctrine (teaching) but on personal application. We know that correct doctrine is clearly revealed in the Word of God, the Bible.

However, throughout history there have been those who have judged others for how they follow the Lord. What differences of application became issues in the church in Rome?

In church culture today, what kinds of practices or choices get judged or even divide us? What would Paul say about this?

In this chapter, Paul reveals the criteria for the choices of how we live? What do we learn from his statements in 14:4, 6, 8, 10, 14, 15, 19, 20, 22, 23?

How are we to live in fellowship with people who have different practices?

In our coalition of churches (Evangelical Free Churches), we have a statement that we try to follow: "In essentials unity; in non-essentials liberty; in all things charity." Does this capture the essence of this chapter?

How can we, in our own small group, avoid judging or dividing over "non-essentials?"