



ROMANS

Don't condemn a believer based on food and day

Session Number: 29 | Week: 4 | Day: 7

Bible Passage

Romans 14: 1-13

Introduction

In this session, Romans 14: 1-13, we focus on the principles of not judging believers in the cell church. Paul provides enough reasons not to judge other believers based on what they eat or what they wear. Such reasons include Christ accepting them that way; they have Christ's freedom to eat and wear that way, they eat or wear to honor Christ, one day they will stand on the judgment seat of Christ, etc. In the next session, we will focus on using your Christ-given freedom not to stumble other believers.

Session Objectives

By the end of this session, the learner will have:

- Understood Principles where strong cell church members will learn not to judge other weak believers
- Purpose to accommodate other believers who don't eat or wear like you.
- Appreciated that our services and actions within our fellowships are based on a mercy point of view

Session Outline

- Practice of acts in the cell church
- Don't judge others
- Accept other weaker believers
- Living and dying for Christ

Connecting

- Study together in a group of two or more people.
- Begin with a prayer, asking God to bless your understanding.
- Read the passage at least twice using different Bible versions, then retell the story among your group members.
- Share the challenges and blessings from the previous day.

Comprehending

- What is the meaning of the following terms, judging others, condemning others, and criticizing others? What are the Common criteria people use to judge and condemn others

- What shows that a believer has a strong faith in another believer? 14: 1-3,
- List at least 5 reasons why you should NOT judge or condemn another believer over food or a special day. 14: 3-4, 5-12

Committing

- Engage with the Bible—read, study, memorize, meditate, pray, listen, and live it out.
- List three lessons you learnt as an agent of change that you would practice and teach others about
- Take time and worship Jesus with the attributes revealed about Christ now.
- Engage SPACEPETS model, to do something after the session. Look for:
 - **Sin** to confess
 - **Promise** to claim
 - **Attitude** to change
 - **Command** to keep
 - **Error** to change
 - **Prayer** to make
 - **Example** to copy
 - **Truth** to obey and
 - **Something** praiseworthy

Communicating

- Identify one person and share the lessons you learnt in this session?
- Visit or call a new believer and Pray with them over the issues they are struggling with. Issue of attending the church.
- Form another group and repeat this study.

Audio Summary

Romans 14:1-18

- **Context:**
 - Prodigal and firstborn (Luke 15) reflect weak and strong believers; Romans 14 urges unity despite differences, rooted in Christ's mercy.
 - Judgment over disputable matters threatens fellowship—Paul calls for acceptance.
- **Accepting the Weak (Romans 14:1-4):**
 - Welcome those weak in faith without quarreling over opinions (e.g., food—meat vs. vegetables) (v. 1-3); God accepts them (v. 3-4).
 - Christ's lordship, not ours, sustains them—judgment is misplaced.
- **Freedom in Christ (Romans 14:5-9):**
 - Days (sacred or equal) and actions (eating or

abstaining) are for the Lord (v. 5-6); we live and die for Him, united by His death and resurrection (v. 7-9).

- Personal conviction honors Christ—disputable matters don't divide.
- **Judgment Belongs to God (Romans 14:10-18):**
 - Don't judge or despise—Christ judges all at His seat (v. 10-12, Isaiah 45:23); avoid stumbling blocks, pursue peace and righteousness (v. 13-18).
 - Mercy received forbids condemning others—focus on edification, not food or days.
- **Application:**
 - Embrace believers despite differences in practice—Christ's acceptance and coming judgment unite us beyond disputable matters.