



# How To Heal Division

## Romans 14:13-23

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### Paul's Point - verse 13

1. Who is Paul writing to? Have you ever felt judged by Christians? Explain. Tougher question: Have you ever judged other Christians? Explain. What does Paul tell us to do instead of judging?
2. The stumbling blocks and hindrances that Paul highlights had to do with what (from Romans 14)? Today, what are stumbling blocks and hindrances? Are any of these worth dividing over?
3. Are there stumbling blocks and hindrances set up by Christians that you struggle with? What are these?
4. Do you think there are stumbling blocks and hindrances that you may be setting up in the path of other Christians? What might these be? How could you find out?

Paul gives us three choices that we can occupy ourselves with rather than judging others:

### Choice #1: The Choice To Love - verses 14,15

1. According to verses 14 and 15, why is choosing to love so crucial?
2. How can we know if we are *"no longer walking in love"*?
3. Consider James 4:1. What do our actions demonstrate about our heart? What do our actions demonstrate about our relationship with God? What might our actions tell us about what needs to change in our heart?
4. These days, what does it mean for you personally to love your siblings in Jesus?

### Choice #2: The Choice To Build Up (instead of tearing down) - verses 16-21

1. What are the blessings of building each other up? What do we get to experience together? What do we get to experience personally? (See verses 17-19. See also 15:13)
2. Consider Galatians 5:13. Where does our freedom come from? What does it mean for us to be free? What is Paul's warning? How might we use our freedom to tear down our siblings in Jesus? How might we use our freedom to build up our siblings in Jesus?
3. These days, what does it mean for you personally to build up your siblings in Jesus?

### Choice #3: The Choice of Faith - verses 22,23

1. How strong or weak are you in the faith? Why? Put another way: Would you be more like the strong or the weak in this passage? Why?
2. In verse 22, what is Paul's instruction to those who feel themselves "stronger" in the faith?
3. In verse 23, what is Paul's instruction to those who feel themselves "weaker" in the faith?
4. How do both of these instructions touch on our faith and convictions and the choices we need to make personally?

### Extra Credit:

1. As you've matured in the faith, how have you become more sensitive to the consequences your actions have for other Christians? What does this sensitivity look like in your responses to others?
2. Where do you draw the line in trying to please everyone? How and why?
3. What have you done in the past six months that has led to *"peace and for mutual upbuilding"*?
4. Consider some "real" conflicts (or grey areas) you are a part of or witness to. How will you use the teaching of this passage in those circumstances?