

Sabbath School Lesson Notes on Romans

Lesson 13: "Christian Living"

I. Introduction + Sabbath Afternoon: Chris – 1-2 min.

Broad questions about Romans.

1. *What most impresses you about the book of Romans?* **Mike + Michael** - only 1 min each
2. *What is the main theme of the book of Romans?* **Fred** – 1 min
3. *What verse is a favorite of yours in this epistle?* **All pastors** – 30-45 seconds each

II. Sunday's Lesson: Weak in Faith

****Read Rom. 14:1.** *What was to be received and what was to be avoided?* **Fred** – 15 sec.

What were the doubtful disputations among the Christians of Paul's day? **Fred** – 45 sec.

Chris – So, Romans 14 is not about clear-cut statements of right and wrong, such as are found in the 10 Commandments, but rather about disputable matters that tend to be subject to man's opinions. Paul is concerned with how those that are weak in the faith might be affected if disputes are happening.

****Read Rom. 14:2.** *Why is the man whose faith is weak eating only herbs or vegetables?* **Mike** - 1-2 min. (recommend to have all look up **1 Cor. 8:1+7**) + **Michael** – 30 sec. if needed.

Chris – So. One whose faith is weak would avoid eating food offered to idols. *Would one that is strong in faith do differently?*

****Read 1 Cor. 8:4-8.** *Why could a Christian whose mind was clear concerning the fact that idols were not gods at all, have no trouble eating food offered to idols?* **Michael** – 20 sec.

What potential problem comes from these two different ways of handling food offered to idols?

Michael – 45 sec. (recommend reading **Rom. 14:3, 4a**) + **Fred** – 30 sec. if needed.

Chris – Often, well-meaning Christians read into this passage that only weak people are vegetarians or that the distinction between clean and unclean meats has been abolished. However, we can see those ideas are not even under discussion. It's about whether or not to eat food that may have been offered to idols and not to judge one another about it.

III. Monday's Lesson: Before the Judgment Seat

****Read Rom. 14:10-12.** *Where should matters of man's opinions be left and why?* **Michael** – 1 min.

****Read Rom. 14:13-15a.**

Chris - The context here is not judging others about eating food that may have been offered to idols. Without the context, it sounds like it's about abolishing the distinction of unclean meats.

Is there any other evidence in verse 14 that this is not about clean or unclean meats? **Fred** – 30 sec.

IV. Tuesday's Lesson: No Offense

****Read Rom. 14:15.** *What does it mean, "Destroy not him with thy meat"? How could eating food offered to idols cause someone's destruction?*

****Read 1 Cor. 8:7-11.** *So, How could eating food offered to an idol cause someone's destruction?*

Mike – 1 min. (recommend reading verses 12-13 at close of remark to emphasize that it is a sin to disregard your influence on another).

****Read Rom. 14:16-20.** *What should be the focus for the kingdom of God?* **Mike** – 30-45 sec.

****Read Rom. 14:21-22.**

Chris - Read the bold print in the middle of the page including the questions. **Michael + Chris** answer – 30-45 sec. each. Feel free to use the questions in the box as thought questions.

V. Wednesday's Lesson: Observance of Days

Chris: Read the opening short paragraph.

****Read Rom. 14:5-6.** *What days are Paul referring to here? Does this say anything about the 4th commandment? If not, why not?* **Fred** – 1.5-2 min (recommend having all look up **Gal. 4:10**) + **Chris** – 30 sec. if needed.

Optional: ****Read Rom. 14:7-10.** *Why is no man an island in the Christian community?* **Michael or Fred** – 30 sec.

VI. Thursday's Lesson: Final Words

****Read Rom. 15:1-3.** *What important Christian truth is found in this passage?* **Michael** – 30 sec.

****Read Rom. 15:5-9.** *What is Paul asking everyone, Jews and Gentiles alike to do?* **Michael** -30 sec

VII. Friday's Page: *If time, discuss (b) in the box at the bottom. How do we find the right balance?*

If time, excerpts could be shared from the quotations showing the problem of relying too much on the advice of others and the equal and opposite danger of relying too much on self and ignoring the advice of others.

VIII. Conclusion: **Read Romans 15:13** and/or **Romans 16:25-27.**