

Romans 14 Reflection Sheet

Use this sheet to reflect on how Romans 14 challenges you to walk in unity, love, and wisdom as a follower of Christ.

1. Accepting One Another (Romans 14:1–4)

- How do I respond to believers who have different convictions than me?
- Am I tempted to judge others for choices in disputable matters?
- How can I better welcome others into fellowship, even when we differ?

2. Living for the Lord (Romans 14:5–9)

- Do my daily decisions reflect that I belong to the Lord?
- In what areas do I need to be more intentional about living for Christ?
- How can I remind myself that whether I live or die, I am the Lord's?

3. Stop Passing Judgment (Romans 14:10–12)

- Do I ever put myself in the position of judge over another believer?
- How does remembering that we will all stand before God's judgment seat change my perspective?
- How can I grow in humility and grace toward others?

4. Using Freedom Responsibly (Romans 14:13–23)

- Are there areas where I insist on my freedom without considering others?
- Have my actions ever caused a brother or sister in Christ to stumble?
- How can I choose love over liberty this week?

Final Reflection

Write a short prayer asking God to help you walk in love, use your freedom wisely, and pursue peace with others.