

## Set Free to Help (3/6/22)

**Main Verses:** Romans 14:1-15:3

**Key Verse:** Romans 15:1 (See also Romans 14:13; Romans 15:1-2)

**'Takeaway':** When others are timid in faith, God calls us to help, not judge.

**Getting Started:** What do you think it means to be timid in faith?

**READ** the main verses (or have older kids help read).

Some **QUESTIONS** to consider:

Toddler/PreK:

- What were the believers disagreeing about?
- What does God say through his word is most important?

Elementary:

- What are some of the things the believers in Rome were disagreeing about?
- What was the temptation for both sides?
- How does God want us to respond? What does he say is most important?

Here are some **IMPORTANT IDEAS** we discover in these verses :

Toddler/PreK:

- Timid is defined as showing a lack of courage or confidence; easily frightened. (Merriam Webster)
- The people in the passage were most likely disagreeing about what foods they could and could not eat. Paul does not think they need to follow the food laws anymore but also wants those who agree with him to not make fun of or judge those who think they do because they are afraid to break them.
- Sometimes people disagree about what God wants/doesn't want them to do based on their knowledge of his word.
- Loving my brother or sister is more important than what my brother or sister eats.
- God wants us to help each other to grow in our knowledge of him and how he wants us to live.

Elementary:

- Timid is defined as showing a lack of courage or confidence; easily frightened. (Merriam Webster)
- Paul is addressing a specific disagreement between Christians in Rome—most likely over Jewish food laws and whether or not they still needed to be followed.
- While he appears to side with the “strong” (those who did not feel compelled to follow the food laws), he also encourages them to be careful in their interactions with the “weak”—those who were afraid to break those rules—to not make them feel small or despised for their views. It is never okay to make fun of someone for their beliefs.
- In some cases, helping may involve talking to a person about their beliefs, but in others, it may be to not engage in the activity. Our goal must be to help other believers grow into spiritual maturity and not hinder their progress. Loving my brother or sister is more important than what my brother or sister eats.

An **ENCOURAGEMENT** in light of God's word:

(Toddler/PreK) Talk to God, thanking him for sending Jesus who died and rose again for our sins so that by faith in him, we can know him and love him. Ask God to teach you how to live in a way that helps people to know him.

(Elementary) Talk to God, thanking him for sending Jesus to atone for our sins so that we can be set free to live the way God wants us to live. Ask him to help you grow in your faith, and live in a way that helps other people to know him.

