

D Group Lesson: Accept Each Other

Sermon Series: Better Together – A Study of Christian Unity

Scripture: Romans 14:1-12

Main Idea: We can disagree on preferences without allowing those differences to divide us. Because Christ has accepted us, we should accept one another.

HOOK – Getting Started

Icebreaker:

Think of something you have a strong preference about—food, music, sports, clothing, or even how something should be done.

Discuss:

1. What is a preference you have that you know others may disagree with?
2. Why do people sometimes turn personal preferences into arguments?
3. Why do you think churches can struggle with unity over things that are not essential?

Transition:

It is easy to think, “*My way is the right way.*” Romans 14 reminds us that Christians will not always agree on every preference. The question is not whether we will disagree, but **how we will treat one another when we do.**

LOOK – What Does God’s Word Say?

Read Romans 14:1-12 together.

1. What does Paul command Christians to do in verse 1?

Paul says to **accept one another**. The idea is to welcome someone rather than reject them because of differences over disputable matters.

Discuss:

- What does it look like to genuinely accept someone you disagree with?
- What is the difference between accepting someone and agreeing with them?

2. What were the Christians in Rome disagreeing about?

Paul mentions differences involving **food and special days**. These were matters of personal conviction and preference rather than essential Christian doctrine.

Discuss:

- What are some modern examples of “disputable matters” Christians might disagree about?
- Why is it dangerous to treat every preference as if it were a biblical command?

3. What warning does Paul give to both sides?

Romans 14:3 says the one who eats must not **despise** the one who does not, and the one who does not eat must not **judge** the one who does.

In other words:

- The **strong** should not look down on the weak.
- The **weak** should not condemn the strong.
- Neither side should put themselves in the place of God.

Discuss:

- Which is easier for you: looking down on someone or judging someone?
- Have you ever assumed someone was less mature spiritually because of a preference they had?

4. Why shouldn't we try to control or change everyone?

Romans 14:4 reminds us that **God is their Master**, not us.

We don't know everything about another person's heart, motives, or spiritual journey. Christ is the Judge, and each of us will ultimately give an account to God.

Discuss:

- Why is it so tempting to try to “fix” other people?
- What happens to relationships when we constantly try to make people conform to our preferences?

TOOK – Putting It Into Practice

The sermon gave us **three practical ways to accept others**:

1. Drop the Labels

Stop putting people into boxes based on their opinions.

Instead of saying:

- “They're legalistic.”
- “They're too liberal.”
- “They're too young to understand.”
- “They're old-fashioned.”

See them first as a **brother or sister in Christ**.

Question:

What labels do Christians sometimes use that can damage unity?

2. Quit Judging

Having freedom in Christ does not give us permission to look down on someone else.

Question:

Is there someone you have been judging because they see a non-essential issue differently than you do?

3. Release Control

We cannot change people's hearts. That's the Holy Spirit's job.

Instead of trying to force someone to think like us, we can offer **grace, patience, and love**.

Question:

What is one situation where you need to stop trying to control someone's opinion and simply trust God?

D Group Challenge

This week, **choose one person you disagree with** about a non-essential issue.

Instead of avoiding them, labeling them, judging them, or trying to change them:

Accept them. Encourage them. Pray for them.

Remember:

“Our methods may differ, but our mission is the same.”

We are **one faith, one Lord, one baptism, and one body**.

Closing Question

What is one thing you will do differently this week to help create greater unity in your church, family, workplace, or relationships?

Prayer

“Lord, help us to love people even when we don't agree with them. Give us humility to recognize our own weaknesses, grace toward others, and wisdom to know the difference between biblical truth and personal preference. Help us to stop judging, labeling, and controlling others. Make us a unified church that points people to Jesus. Amen.”