

D Group Lesson: Building Up Each Other

Better Together — Week 4

Text: Romans 14:13–15:13

Time: 45–50 minutes

HOOK — 10 Minutes

The Jenga Challenge

Ask the group:

Have you ever played Jenga? What can happen when one block that seemed unimportant is removed?

Explain:

A church can be like a Jenga tower. Small disagreements, preferences, criticism, or the insistence on being right can cause the whole church to begin to wobble.

Discuss:

1. Why do you think disagreements over small things can sometimes create big problems?
2. What are some church preferences that people can easily turn into bigger issues than they need to be?
3. Why is it sometimes harder to choose love than to prove we're right?

Key thought:

A healthy church is built when we are more concerned about building people up than proving ourselves right.

LOOK — 25 Minutes

Read Romans 14:13–19

1. What does Paul tell believers to stop doing in verse 13? What does he tell them to do instead?
2. What does it mean to cause another believer to “stumble”?

3. According to verses 17–19, what should we focus on instead of disputable issues?

God's kingdom is about righteousness, peace, and joy—not winning arguments.

Read Romans 14:20–23

4. What does Paul say about our Christian freedom?

5. Can something be permissible for you but still not be beneficial for someone else? Why?

6. What is the difference between having a personal conviction and forcing that conviction on someone else?

Read Romans 15:1–7

7. What responsibility do stronger believers have toward those who are weaker?

8. Verse 2 says, “Each of us should please our neighbors for their good, to build them up.” What would that look like in real life?

9. How does Jesus' example in verses 3–4 change the way we treat people we disagree with?

10. Verse 7 says to “accept one another, then, just as Christ accepted you.” What does Christ's acceptance of us teach us about accepting others?

Summarize the Six Actions

Paul gives us a practical way to **build each other up**:

- **Value** every person.
- **Focus** on what matters.
- **Commit** to building others up.
- **Limit** our rights when necessary.
- **Stop** forcing our opinions on others.
- **Live** by faith and a clear conscience.

Big Idea:

It's more important to be loving than to be proven right.

TOOK — 10–15 Minutes

Putting It Into Practice

Ask everyone to quietly consider:

Is there a person, preference, or disagreement where God may be asking me to choose love over being right?

Then discuss:

1. **Where am I most tempted to judge or criticize others?**
2. **What is one personal preference I could hold more loosely for the sake of unity?**
3. **Who is someone I could encourage or build up this week?**
4. **What would it look like for me to pursue peace rather than win an argument?**

Weekly Challenge

- **Choose ONE person this week whom you may disagree with or struggle to understand.**
- **Instead of criticizing, avoiding, or trying to change them:**
- **Pray for them. Encourage them. Listen to them. Build them up.**

Closing Thought

Read **Romans 15:5–6 and 15:13** together.

A healthy church isn't a church where everyone agrees on everything.

It's a church where people with differences choose to **love, accept, encourage, and build one another up because they are united in Christ.**

Better Together means choosing love over being right.