

Session 07

Not ASHAMED

CENTRAL TRUTH | God revealed His saving power through the good news of Jesus.

We try to avoid feeling shame. Sometimes we lie about what we've done or what we like because others might make fun of us. Or we cringe when someone brings up our most embarrassing moments. We've all been there. But in his letter to the Romans, Paul points out one thing we should never be ashamed of: the gospel. God revealed His saving power through the good news of Jesus, and we are called to respond with faith. By the Spirit's power, we can be confident in this good news and boldly share it with others.



REFLECT

What questions do I have about God?

What questions do I have about myself?

What questions do I have about the world and those around me?

ROMANS 1:1-7

¹ Paul, a servant of Christ Jesus, called as an apostle and set apart for the gospel of God — ² which he promised beforehand through his prophets in the Holy Scriptures — ³ concerning his Son, Jesus Christ our Lord, who was a descendant of David according to the flesh ⁴ and was appointed to be the powerful Son of God according to the Spirit of holiness by the resurrection of the dead.

⁵ Through him we have received grace and apostleship to bring about the obedience of faith for the sake of his name among all the Gentiles, ⁶ including you who are also called by Jesus Christ. ⁷ To all who are in Rome, loved by God, called as saints. Grace to you and peace from God our Father and the Lord Jesus Christ.

ROMANS 1:16-17

¹⁶ For I am not ashamed of the gospel, because it is the power of God for salvation to everyone who believes, first to the Jew, and

also to the Greek. ¹⁷ For in it the righteousness of God is revealed from faith to faith, just as it is written: The righteous will live by faith.

ROMANS 1:18-25

¹⁸ For God's wrath is revealed from heaven against all godlessness and unrighteousness of people who by their unrighteousness suppress the truth, ¹⁹ since what can be known about God is evident among them, because God has shown it to them. ²⁰ For his invisible attributes, that is, his eternal power and divine nature, have been clearly seen since the creation of the world, being understood through what he has made. As a result, people are without excuse. ²¹ For though they knew God, they did not glorify him as God or show gratitude. Instead, their thinking became

worthless, and their senseless hearts were darkened. ²² Claiming to be wise, they became fools ²³ and exchanged the glory of the immortal God for images resembling mortal man, birds, four-footed animals, and reptiles. ²⁴ Therefore God delivered them over in the desires of their hearts to sexual impurity, so that their bodies were degraded among themselves. ²⁵ They exchanged the truth of God for a lie, and worshiped and served what has been created instead of the Creator, who is praised forever. Amen.



Refer to page 5 for a description of the 7 Arrows of Bible Reading.

JEREMIAH 31:31-34

📍 READ & RESPOND

Jeremiah prophesied a future covenant between God and His people—one unlike any they had known before. The Israelites had continuously broken the previous covenant. They struggled to obey the rules, no matter how clearly they were laid out. But God’s new promise was different. This new covenant changes us from the inside out so we can truly know Him. He also promised to forgive our sins and remember them no more. This new covenant is not about our ability to follow rules but about God’s grace. It is a relationship with Jesus Christ that restores God’s children to Him.

🔄 What are the two differences between the “old covenant” and the “new covenant”?

➔ How should knowing that God’s law is written on your heart change the way you think about and respond to sin this week?

↑ What does this passage reveal about God’s desire for a deep, personal relationship with His people?

📍 MEMORIZE

Write **Romans 1:16** in a creative font and illustrate it with markers, paint, or other art supplies. Seeing the verse in a colorful and artistic way helps it stick in our minds. Hang it where you can see it every day.

📍 PRAY

Lord, thank You for writing Your law on my heart through a relationship with Jesus. Thank You for forgiving my sins. Help me to live a life that honors Your covenant.

Day 02

ROMANS 1:1-7

📍 READ & RESPOND

To introduce yourself to a new group, you might describe yourself by sharing your background or your passions. In his letter to the Romans, Paul does just that, introducing himself to a church he hadn't yet visited. He makes it clear that his identity is found not in himself but in Jesus and the gospel. Our true identity comes from Jesus. No matter our background or what we do, our ultimate purpose is to serve Him and share the good news of who He is. Like Paul, we can have unwavering confidence in the gospel, allowing it to shape our lives and empower us for service to God's kingdom.

🔄 How does Paul describe himself in this passage? What is his mission as an apostle?

↓ What does Paul's choice to introduce himself as a "servant" of Christ reveal about what our primary identity should be?

→ How should your identity as a follower of Christ shape the way you introduce yourself to others and what you prioritize in your life?

📍 MEMORIZE

Write each word of **Romans 1:16** on separate pieces of paper. Mix up the words and put them back in the correct order. This activity helps you think about the correct structure of the verse.

📍 PRAY

Jesus, thank You for the gospel and for giving me a new identity in You. Please help me remember that I am Your servant. Give me the boldness to share Your good news with others.

Day 03

1 CORINTHIANS 15:22-25

READ & RESPOND

In today's passage, Paul reminds us that because we are all part of the human race, we're all affected by Adam's sin. Because of him, we are all born into a world of death. But that's not the end of the story. In Christ, we are all made alive. Jesus is the first of a new group of people who have been raised from the dead. He has conquered death, and He will reign as King until all of His enemies—including death itself—are under His feet. This passage reminds us that because of Jesus, death no longer has the final say.

🕒 What happened to everyone because of Adam? What happens to everyone in Christ?

↑ What does God's plan to defeat death itself reveal about His ultimate power and His redemptive love for humanity?

↔ Knowing that everyone is born "in Adam," how should you show compassion and grace to those who are still living outside of Christ?

MEMORIZE

Write **Romans 1:16** on a small card. Walk around and say the verse out loud. The physical movement helps your brain process and remember the words. You can say it faster or slower as you walk.

PRAY

Lord, thank You for making me alive in Christ. Thank You for Your victory over death and for the hope that I have in You. Please help me to live a life that reflects this truth.

Day 04

ROMANS 1:16-17

📍 READ & RESPOND

Do you ever feel embarrassed to talk about something you care about? Paul explains that he is not ashamed or embarrassed of the gospel, although it seemed foolish to some people during his time (see 1 Cor. 1:18). Because of the gospel, we have salvation. And it is by faith that the gospel is received. In His righteousness, God has made a way for us to be right with Him through faith in Jesus. We don't have to work our way to God; He has already made a way through His Son. The good news of Jesus Christ is not something to be ashamed of. It has the power to change our lives and the lives of those around us.

← For the Christians in Rome, a city that valued power, why would Paul's statement that he was not ashamed of the gospel have been so encouraging?

↓ The gospel is for "everyone who believes." What does this mean we need for salvation?

↔ In what area of your life are you tempted to be ashamed of your faith? How can you be bold in sharing the gospel this week?

📍 MEMORIZE

Write **Romans 1:16** on a sticky note and put it on your bathroom mirror. Every time you get ready in the morning or evening, say the verse out loud while looking at your reflection. The visual and verbal repetition will help you lock the words into your memory.

📍 PRAY

Heavenly Father, thank You for the gospel and for my salvation. Help me to be confident in my faith. Give me the courage to share the good news with others and to never be ashamed of You.

Day 05

ROMANS 1:18-25

READ & RESPOND

Have you ever wondered why people believe in so many things? This passage explains that even without a Bible or a preacher, God has made Himself known to everyone. God's eternal power and divine nature are clearly seen in His creation. He has revealed enough of Himself that no one has an excuse for not knowing Him. But instead of honoring and thanking God, people often turn away from Him. They choose to worship created things—like money, fame, or even themselves—instead of the Creator. This passage is a powerful reminder that our world is full of people who have ignored God and that we, too, can be tempted to worship things that aren't Him.

📍 According to this passage, how has God made Himself known to all people?

↑ What are some ways God's "eternal power and divine nature" are clearly seen?

→ How are you sometimes tempted to put created things before God?

MEMORIZE

Make up a simple tune or rap to go with **Romans 1:16**. The rhythm and melody will help you remember the words. You can sing it to yourself or record it to listen to later.

PRAY

Lord God, thank You for revealing Yourself to me through creation and Your Word. Please forgive me for the times I have been tempted to worship other things. Help me to honor and glorify You alone.