

**Romans 14:19 (ESV)** So then let us pursue what makes for peace and for mutual upbuilding.

**Romans 15:2 (ESV)** Let each of us please his neighbor for his good, to build him up.

**Romans 14:13-23 (ESV)** <sup>13</sup>Therefore let us not pass judgment on one another any longer, but rather decide never to put a stumbling block or hindrance in the way of a brother. <sup>14</sup>I know and am persuaded in the Lord Jesus that nothing is unclean in itself, but it is unclean for anyone who thinks it unclean. <sup>15</sup>For if your brother is grieved by what you eat, you are no longer walking in love. By what you eat, do not destroy the one for whom Christ died. <sup>16</sup>So do not let what you regard as good be spoken of as evil. <sup>17</sup>For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit. <sup>18</sup>Whoever thus serves Christ is acceptable to God and approved by men. <sup>19</sup>So then let us pursue what makes for peace and for mutual upbuilding. <sup>20</sup>Do not, for the sake of food, destroy the work of God. Everything is indeed clean, but it is wrong for anyone to make another stumble by what he eats. <sup>21</sup>It is good not to eat meat or drink wine or do anything that causes your brother to stumble. <sup>22</sup>The faith that you have, keep between yourself and God. Blessed is the one who has no reason to pass judgment on himself for what he approves. <sup>23</sup>But whoever has doubts is condemned if he eats, because the eating is not from faith. For whatever does not proceed from faith is sin.

**1. Our actions affect others.**

- **My actions could cause other believers to stumble.**

**Romans 14:13 (ESV)** Therefore let us not pass judgment on one another any longer, but rather decide never to put a stumbling block or hindrance in the way of a brother.

- **My actions could cause other believers to be grieved.**

**Romans 14:15 (ESV)** For if your brother is grieved by what you eat, you are no longer walking in love. By what you eat, do not destroy the one for whom Christ died.

- **My actions could cause other believers to be destroyed.**

**Romans 14:15 (ESV)** For if your brother is grieved by what you eat, you are no longer walking in love. By what you eat, do not destroy the one for whom Christ died.

**2. How to build others up:**

**A. Choose to build up.**

**B. Recognize the value of every person.**

**Romans 14:15 (ESV)** For if your brother is grieved by what you eat, you are no longer walking in love. By what you eat, do not destroy the one for whom Christ died.

**C. Keep our focus on what's really important.**

**Romans 14:16-18 (ESV)** <sup>16</sup>So do not let what you regard as good be spoken of as evil. <sup>17</sup>For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit.

<sup>18</sup>Whoever thus serves Christ is acceptable to God and approved by men.

**D. Limit our liberty out of love for each other.**

**Romans 14:20-21 (ESV)** <sup>20</sup> Do not, for the sake of food, destroy the work of God. Everything is indeed clean, but it is wrong for anyone to make another stumble by what he eats. <sup>21</sup> It is good not to eat meat or drink wine or do anything that causes your brother to stumble.

**There are four ways you know if something is wrong to do:**

- **1 John 3:4 (ESV)** Everyone who makes a practice of sinning also practices lawlessness; sin is lawlessness.
- **James 4:17 (ESV)** So whoever knows the right thing to do and fails to do it, for him it is sin.
- **Romans 14:23 (ESV)** But whoever has doubts is condemned if he eats, because the eating is not from faith. For whatever does not proceed from faith is sin.
- **1 Corinthians 8:9-13 (ESV)** <sup>9</sup> But take care that this right of yours does not somehow become a stumbling block to the weak. <sup>10</sup> For if anyone sees you who have knowledge eating in an idol's temple, will he not be encouraged, if his conscience is weak, to eat food offered to idols? <sup>11</sup> And so by your knowledge this weak person is destroyed, the brother for whom Christ died. <sup>12</sup> Thus, sinning against your brothers and wounding their conscience when it is weak, you sin against Christ. <sup>13</sup> Therefore, if food makes my brother stumble, I will never eat meat, lest I make my brother stumble.

**1 Corinthians 10:23-24 (ESV)** <sup>23</sup> "All things are lawful," but not all things are helpful. "All things are lawful," but not all things build up. <sup>24</sup> Let no one seek his own good, but the good of his neighbor.

**Galatians 5:13 (ESV)** For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.

**E. Do not force my opinion on others.**

**Romans 14:22 (ESV)** The faith that you have, keep between yourself and God. Blessed is the one who has no reason to pass judgment on himself for what he approves.

**F. Live by faith.**

**Romans 14:23 (ESV)** But whoever has doubts is condemned if he eats, because the eating is not from faith. For whatever does not proceed from faith is sin.

**Romans 15:1-4 (ESV)** <sup>1</sup> We who are strong have an obligation to bear with the failings of the weak, and not to please ourselves. <sup>2</sup> Let each of us please his neighbor for his good, to build him up. <sup>3</sup> For Christ did not please himself, but as it is written, "The reproaches of those who reproached you fell on me." <sup>4</sup> For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.

**Romans 15:5-13 (ESV)** <sup>5</sup> May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, <sup>6</sup> that together you may with one voice glorify the God and Father of our Lord Jesus Christ. <sup>7</sup> Therefore welcome one another as Christ has welcomed you, for the glory of God. <sup>8</sup> For I tell you that Christ became a servant to the circumcised to show God's truthfulness, in order to confirm the promises given to the patriarchs, <sup>9</sup> and in order that the Gentiles might glorify God for his mercy. As it is written, "Therefore I will praise you among the Gentiles, and sing to your name." <sup>10</sup> And again it is said, "Rejoice, O Gentiles, with his people." <sup>11</sup> And again, "Praise the Lord, all you Gentiles, and let all the peoples extol him." <sup>12</sup> And again Isaiah says, "The root of Jesse will come, even he who arises to rule the Gentiles; in him will the Gentiles hope." <sup>13</sup> May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.