



ARMED

A STUDY THROUGH ROMANS

Study Guide

Part One



8500 West 159th Street
Overland Park, KS 66223
913.814.7223
VisitGraceChurch.com

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Romans: Part One

Study Guide

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Series Overview

Paul's letter to the Romans contains a complete description of the Gospel of Christ and its implications. It explains:

- Why we need the gospel (sin)
- The only hope for humanity (Jesus)
- How the Gospel gives us freedom and victory over our flesh (liberty in Christ)
- The role of Israel during the church age and end times
- How the Gospel affects Christians' relationships with everyone around them (the love of the Gospel)

Using This Guide

You may choose to use this guide:

- for personal study or reflection.
- as a discussion guide with any group of people interested in knowing what the Bible says about these topics.

1-Creation Reveals God's Power

Scripture: [Romans 1](#)

Icebreaker: Receiving a Letter

Describe the most significant letter you have ever received (job offer, college acceptance, audit notice, draft notice, marriage proposal, etc.). How did this letter mark a change in your life?

Discussion Questions

- Consider the phrase “called to be saints” ([Rom 1:7](#)). God calls us to be set apart as His own people. The word Paul used for this is “saints.” What does it mean to be set apart as one of God’s people? As a saint, how should your life be different from the lives of those who are not part of God’s family?
- The phrase “mutual faith” refers to the faith in Jesus Christ that believers share ([Rom 1:12](#)). In what ways can our shared faith make it possible for us to encourage one another? Share examples of how someone else’s faith has encouraged you.
- What we do or do not do reflects whether we are ashamed or proud of the gospel of Christ ([Rom 1:16](#)). Make a list of things you have done that show you are not ashamed of the gospel of Christ.
- Discuss which of the following is true for you and how it lets you know you are right with God.
 - View the cross as the power of God ([1Cor 1:18](#)).
 - Acknowledge Christ as the Judge of all people ([Acts 10:42](#)).
 - Take the resurrection as serious truth ([Acts 17:31](#)).
 - Give thanks to God for His power, glory, and grace ([Rom 1:20-21](#)).

Dig a Little Deeper: Agnosticism Inexcusable

How do the following verses show that God's creation lets us know of His existence?

Rom 1:19-20

Psa 19:1-2

Acts 14:17

Application Exercise: Your Letter

If you have accepted Christ as Savior:

- Using Paul's words in **Romans 1** as a pattern, write a letter that describes who you are in Christ and your commitment to the gospel of Christ.
- Make a note on your calendar one month from now to ask yourself, "Am I more committed to the gospel than I was a month ago? What can I do to be more clear on who I am in Christ?"

If you have not accepted Christ as Savior:

- Write a letter that describes your relationship with God and any spiritual struggles you are having.
- Make a note on your calendar one month from now to ask yourself, "Am I closer to God than I was a month ago? What can I do to resolve my spiritual struggles?"

2-Humanity is Guilty Before God

Scripture: [Romans 2-3](#)

Icebreaker: Guilt

Some common approaches to guilt are to deny the guilt you feel, to make excuses for what you did, to punish yourself, or to compare yourself to someone who you think is worse. How has your experience with guilt changed since accepting Christ?

Discussion Questions

- Think about people you know who are eager to have others listen to them. Some may even be enthusiastic in reforming others. Paul's challenge to them and to us is that our first job is to undergo reformation ourselves ([Rom 2:17-21](#), [1Cor 6:9-11](#)).
 - ▶ What can we do to make getting ourselves right with God come before we attempt to assist others in getting right with God?
 - ▶ How can holding others to a standard we don't meet make it difficult to reach others for Christ?

- Although people sometimes do good things by human standards, no one is righteous ([Rom 3:10](#), [Psa 14:1-3](#)). Why is this true?

- We may disagree with Paul that no one seeks God; however, does anyone truly seek God to the **degree** that He deserves ([Rom 3:11](#))? Make a list of things that get in the way of people seeking God as much as He deserves.

Dig a Little Deeper: Looking in the Wrong Places

Reflect on the wrong places to look for righteousness.

In the world	Rom 1:20
In yourself	Rom 2:15
In religion	Rom 2:17-21
In the Law	Rom 3:20-22

Application Exercise: Responding to the News

Watch, read, or listen to the news, noticing evidence that humankind is spiritually dead and in rebellion against God. Use that evidence as a prompt to pray:

- For those who are not members of God's family to see that something is missing in their lives.
- For those who are members of God's family to faithfully reflect Christ's light to everyone around them.

3-Salvation is through Christ by Faith

Scripture: [Romans 4-5](#)

Icebreaker: Changes

What were some key changes in your life last year? What are some changes in your life you expect to happen in the coming year?

Discussion Questions

- God considers those who trust Him as righteous ([Rom 4:6-7](#)). God puts their sins on Christ's account and credits Christ's righteousness to their account ([Rom 4:23-25](#)). In what way does knowing this affect how you view your relationship with God?

- Grace is the action of a caring God who lifts us up, not because of any merit in us, but because of His great sacrificial love ([Eph 2:8-9](#)). Our acceptance of Christ restores our relationship with God ([Rom 5:11](#)). Create a definition of "saving faith."

- Discuss what it means to live each day knowing that you have peace with God ([Rom 5:1-11](#)).
 - ▶ Accessing God's grace by faith
 - ▶ Rejoicing in the hope of God's glory
 - ▶ Glorifying in tribulations
 - ▶ Experiencing joy in God through Christ

Dig a Little Deeper: Circumcision of the Heart

Reflect on the following passages and what it means to be spiritually circumcised.

Circumcision of your heart	Deu 30:6
Example of Abraham	Rom 4:9-12
Faith working through love	Gal 5:6
Spiritual circumcision	Col 2:11-12

Application Exercise: Prayer During Trials

Use Paul's example to pray about your suffering.

Sample Prayer

Lord, help me lean on You for strength and comfort. I know I can't handle this by myself. Let others see the peace You bring me during this hardship. Let them hunger to have that peace as well. Lord, help me respond to my suffering in ways that bring You glory rather than bring me sympathy.

4-In Christ, We Are Dead to Sin

Scripture: [Romans 6](#)

Icebreaker: Captains

Make a list of famous captains from books, movies, or history. Which ones do you admire and why?

Discussion Questions

- When we accept Christ as Lord, our old captain (our sin nature) loses its authority on our lives ([Rom 6:6](#), [Rom 6:11](#)).
 - ▶ What are some things our old captain does to try to get us to follow him?
 - ▶ What are some ways to listen to the voice of our new Captain (Jesus)?

- While you remain on earth, you will face temptation. What can you do to make it easier to yield to God rather than your temptations ([Rom 6:12-23](#), [Gal 5:24-25](#))?

- Why do you want to yield to God?
 - To gain His **favor** ([Rom 6:14-15](#))
 - To gain **freedom** from sin ([Rom 6:16-20](#))
 - To produce godly **fruit** ([Rom 6:21-23](#))

Dig a Little Deeper: The Company You Keep

Reflect on how the company you keep can either help you avoid sin or entice you to sin.

Don't let evil company corrupt your good habits.	1Cor 15:33
Don't follow the advice of the ungodly.	Psa 1:1
Imitate those who imitate Christ.	1Cor 11:1
Spend time with those who will hold you accountable in your walk with God.	Heb 3:13-15

Are you lifting others up or are they dragging you down?

Application Exercise: Count It Dead

- Think of a habit or attitude you know God wants you to change.
- Talk to God about it. Tell Him that you count it dead because He rules your life (**Rom 6:11**).
- Pray each day for 40 days asking for strength to continue to count that habit or attitude as dead.

5-In Our Bodies, the Old Nature Still Lives

Scripture: [Romans 7](#)

Icebreaker: Don't Think of a Pink Elephant

- Whatever you do, don't think of a pink elephant.
- Close your eyes for 10 seconds.
- Did the image of a pink elephant pop into your head?
- Think of other examples of how telling yourself not to do or think something makes it more difficult to resist.



Discussion Questions

- How can focusing on the Law stimulate sinful thoughts ([Rom 7:10-14](#))?
- Think about how you perceive the Word of God ([Gal 5:16-21](#)).
 - A nagging voice, "You should____. You must not____."
 - An invitation to surrender to Christ's guidance.

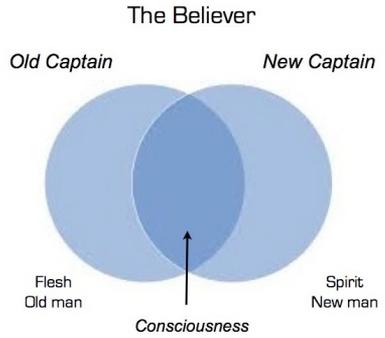
Which perception makes you more susceptible to sin?

Which perception gives you more confidence in God?

- In what ways do you relate to Paul's struggles with sin ([Rom 7:14-20](#))?
- How is it better to struggle with God than with men ([1Tim 1:18](#), [1Tim 6:12](#), [2Tim 4:7](#))?

Dig a Little Deeper: Two Captains

Make a list of things you can do to feed your consciousness with thoughts of the new Captain rather than the old captain.



Application Exercise

At the beginning of the week, put an item on your calendar for each day in the coming week that will help you feed your consciousness with thoughts of the new Captain.



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