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By Dan Maines

Romans 14

Romans 14:1

Now accept the one who is weak in faith, but not to have quarrels over opinions.

† Paul calls for unity, urging believers to welcome the weak without engaging in disputes over doubtful matters.

† Josephus (Antiquities 13.8.1) noted that Jews often quarreled over sectarian differences. Paul warns the church not to fall into

the same trap.

Romans 14:2

One person has faith that he may eat all things, but the one who is weak eats only vegetables.

† Dietary issues divided believers. Some abstained out of conscience, while others embraced liberty. Paul stresses patience with both.

† The Dead Sea Scrolls (CD 12.10-14) show how Jewish sects were strict on diet. Paul insists faith, not food, defines covenant membership.

Romans 14:3-4

The one who eats is not to regard with contempt the one who does not eat, and the one who does not eat is not to judge the one who eats, for God has accepted him. Who are you to judge the servant of another? To his own master he stands or falls; and he will stand, for the Lord is able to make him stand.

† God alone is the judge of His servants. Mutual acceptance is commanded because Christ is the one who sustains His people.

Romans 14:5-6

One person values one day over another, another values every day the same. Each person must be fully convinced in his own mind. The one who observes the day, observes it for the Lord, and the one who eats, does so with regard to the Lord, for he gives thanks to God; and the one who does not eat, it is for the Lord that he does not eat, and he gives thanks to God.

† Disputes over days (Sabbath and feast observances) are addressed. Each must act in conscience before the Lord.

† Philo exalted Jewish feast days, but Paul frees believers from mandatory observance. Christ is the fulfillment.

Romans 14:7-9

For not one of us lives for himself, and not one dies for himself; for if we live, we live for the Lord, or if we die, we die for the Lord. Therefore whether we live or die, we are the Lord's. For to this end Christ died and lived again, that He might be Lord both of the dead and of the living.

† All of life and death belongs to Christ. Covenant identity is found in Him alone.

Romans 14:10-12

But as for you, why do you judge your brother or sister? Or you as well, why do you regard your brother or sister with contempt? For we will all appear before the judgment seat of God. For it is written: "As I live, says the Lord, to Me every knee will bow, and every tongue will give praise to God." So then each one of us will give an account of himself to God.

† Judgment belongs to God alone. Paul cites Isaiah 45:23, fulfilled in Christ's reign.

† Early Christians confessed Jesus as Lord even before Roman tribunals, demonstrating this fulfillment.

Romans 14:13

Therefore let's not judge one another anymore, but rather determine this: not to put an obstacle or a stumbling block in a brother's or sister's way.

† The stronger in faith must not use their liberty to cause others to stumble. Love restrains freedom.

Romans 14:14

I know and am convinced in the Lord Jesus that nothing is

unclean in itself; but to the one who thinks something is unclean, to that person it is unclean.

† Paul affirms Jesus' teaching in Mark 7:15, that food does not defile. But conscience matters, and faith must guide.

Romans 14:15

For if because of food your brother or sister is hurt, you are no longer walking in accordance with love. Do not destroy with your choice of food that person for whom Christ died.

† Liberty must yield to love. To destroy a brother over food is to despise Christ's sacrifice.

Romans 14:16-18

Therefore do not let what is for you a good thing be spoken of as evil; for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. For the one who serves Christ in this way is acceptable to God and approved by other people.

† The kingdom is not about external rituals but righteousness, peace, and joy in the Spirit.

† The Didache (ch. 14) reminds believers that worship is spiritual, not bound to ritual food laws.

Romans 14:19

So then we pursue the things which make for peace and the building up of one another.

† Peace and edification are the priorities in Christ's kingdom.

Romans 14:20-21

Do not tear down the work of God for the sake of food. All things indeed are clean, but they are evil for the person who eats and causes offense. It is good not to eat meat or to drink wine, or to

do anything by which your brother or sister stumbles.

† Christian liberty is real, but love limits liberty. Avoid anything that harms a brother's conscience.

Romans 14:22-23

The faith which you have, have as your own conviction before God. Blessed is the one who does not condemn himself by what he approves. But the one who doubts is condemned if he eats, because his eating is not from faith; and whatever is not from faith is sin.

† Faith must guide conduct. Whatever is not from faith is sin. Conscience is critical in the covenant life.

How it applies to us today

† Disputes over non-essentials still divide believers. Paul calls us to unity and love over liberty.

† The kingdom is not about rituals but righteousness, peace, and joy in the Spirit.

† We must avoid causing others to stumble, valuing love over personal freedom.

† Everything must be done in faith, for whatever is not from faith is sin.

† This is the fulfilled perspective we proclaim at Fulfilled Prophecies †

Source Index

† Josephus, Antiquities 13.8.1 – Jewish sectarian quarrels

† Dead Sea Scrolls, CD 12.10-14 – Dietary restrictions of sects

† Philo, On the Special Laws – Jewish feast observances

† Isaiah 45:23 – Every knee bowing to God

† Mark 7:15 – Jesus declares food does not defile

† Didache, chapter 14 – Spiritual worship over ritual observance

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