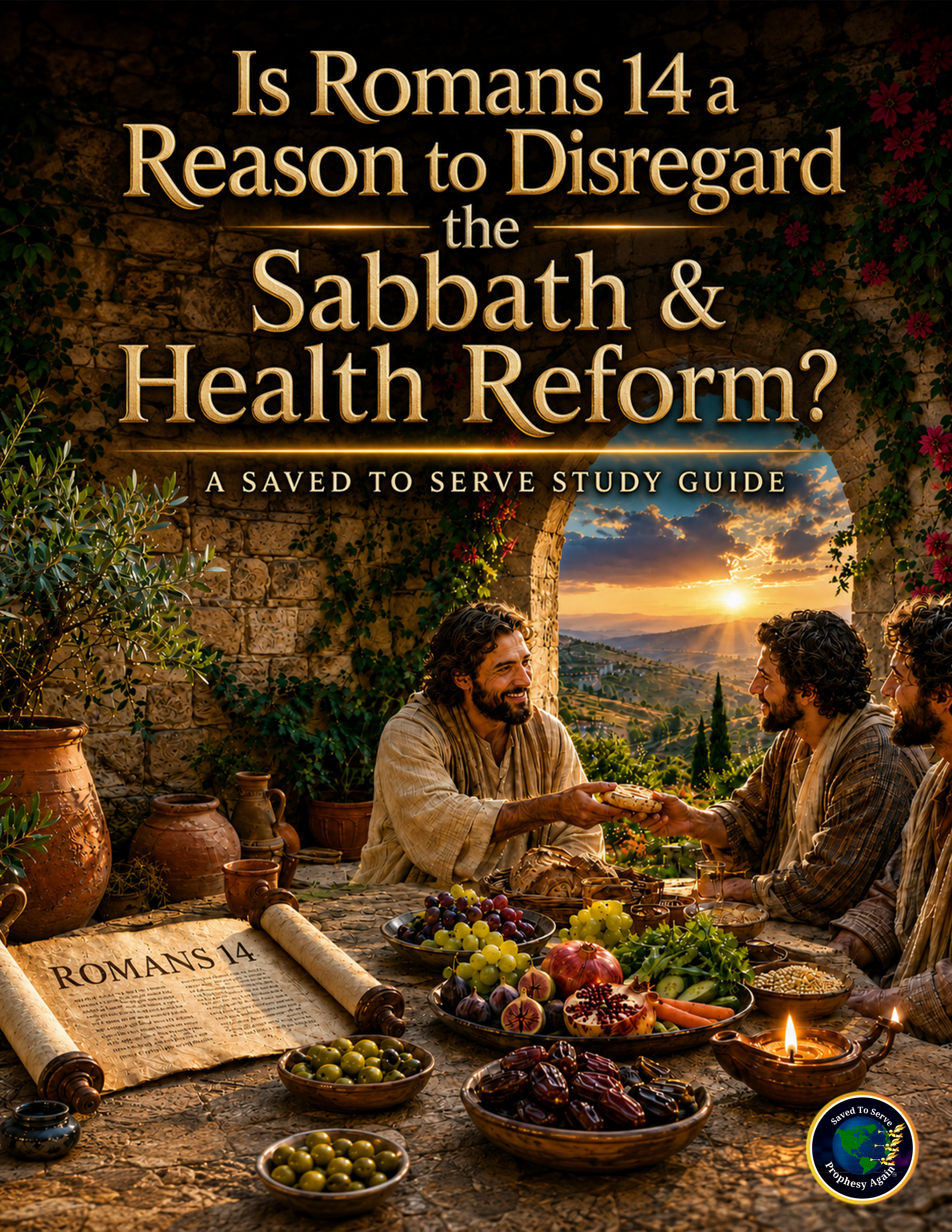
Is Romans 14 a Reason to Disregard the Sabbath & Health Reform?

A SAVED TO SERVE STUDY GUIDE



INTRODUCTION

Romans 14 in Context

We let the Bible interpret itself, comparing Scripture with Scripture and rightly dividing the word of truth (2 Timothy 2:15). The study runs in one continuous sequence — from Point 1 through Point 27. Read each reference in your Bible and write your answers on the lines provided.

1. **PURPOSE** In this series of doctrinal lessons we will analyze Romans 14, a chapter which some use to disregard the keeping of the seventh-day Sabbath, and which they use as permission to disobey God's health reform principles.

In This Study

1	Receiving the weak in the faith	*Romans 14:1*
2	Judge not one another	*Romans 14:4*
3	Accountable to God alone	*Romans 14:10-12*
4	Charity toward the weak	*Romans 14:15*
5	The kingdom of God	*Romans 14:17*
6	Meat & the misused texts	*Romans 14:14, 20*
7	Esteeming one day above another	*Romans 14:5*
8	Which day is the Lord's day?	*Isaiah 58:13*

◆ BEFORE YOU BEGIN

"Let every man be fully persuaded in his own mind."

ROMANS 14:5 (KJV)

Keep your Bible open and let each text speak for itself. Lay aside tradition, weigh every passage in the light of the whole of Scripture, and answer honestly. Ask the Spirit to make you a wise and watchful Berean — from Point 1 to Point 27 — that you may know what Romans 14 truly teaches about judging others, the Sabbath, and health reform.

2. **What did the apostle Peter say regarding people who read the apostle Paul's writings?**— *Read: 2 Peter 3:15-17*

3. **Who are we to receive and not to shut away from our company?**— *Read: Romans 14:1*

4. **How are we not to receive a person who is weak in the faith?**— *Read: Romans 14:1*

> **NOTE** We are not to receive someone to doubtful disputations or, as indicated in the margin, "not to judge his doubtful thoughts." The word disputation means to argue, to debate, to contend with, dissension, to discriminate.

5. **What examples of different opinions does Paul give?**

   a) **Romans 14:2**

   b) **Romans 14:5**

6. **What instruction is given although people have different opinions and beliefs?**— *Read: Romans 14:5*

7. **How are we not to treat others who live differently than we do?**— *Read: Romans 14:3*

   a) **What does despise and judge mean in the context of this chapter? — Romans 14:10**

8. **Why should we not judge, condemn (Luke 6:37) or set at naught people who differ from us?**— *Read: Romans 14:4*

9. **To whom is each servant or each person responsible?**— *Read: Romans 14:4*

10. **What is the lesson that we are to learn in all this?**— *Read: Romans 14:10-12*

11. **Since God is to judge us all, what reasonable exhortation is given?**— *Read: Romans 14:13*

12. **How are we to treat a person who is weak in the faith and who has a different opinion on eating things that are clean or unclean?**— *Read: Romans 14:14, 15*

13. **What warning is given to a person who knows truth but lacks charity towards someone who is weak in the faith and who has different opinions and beliefs?**— *Read: Romans 14:16, 22*

> **ANSWER** Don't let your good be evil spoken of; in other words, you can be right and still mistreat others and misrepresent the gospel. Having faith without love or charity is worthless. See 1 Corinthians 13:1-3, 13.

14. **What traits of character comprise the kingdom of God?**— *Read: Romans 14:17, 19*

KEY THOUGHT

"For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost."

ROMANS 14:17 (KJV)

15. **What does Paul highlight as evil in the context of this chapter?**— *Read: Romans 14:20*

a) **What does offence mean according to Paul? — Romans 5:17, 20**

16. **According to Romans 14:21, why is it good not to eat flesh nor to drink wine?**— *Read: Romans 14:21*

17. **What kind of person will be damned?**— *Read: Romans 14:23*

NOTE Therefore, we are to eat, drink, and live by faith — according to the Scriptures. "So then faith cometh by hearing, and hearing by the word of God." Romans 10:17. Consider the counsel of Adventist pioneer E. J. Waggoner below.

> *"Unfortunately for a good cause, many who embrace vegetarianism condemn those that eat flesh food, and thus separate themselves from the Spirit of Christ. Any work of reform that has lost the spirit of love for others is an unprofitable parade of human vanity."*
>
> E. J. WAGGONER · THE PRESENT TRUTH (UK), SEPT. 24, 1903 {PTUK 613.9}

> *"Thus it becomes evident that the fourteenth chapter of Romans is simply a lesson in Christian courtesy and helpfulness instead of teaching that the Sabbath, or anything else that pertains to the commandments of God, may be disregarded at pleasure.... the one who is offended by the keeping of the commandments of God, has no faith at all."*
>
> E. J. WAGGONER · THE PRESENT TRUTH (UK), JULY 1, 1895 {PTUK 436.1}

18. **What does the apostle Paul say regarding meat which people misinterpret?**— *Read: Romans 14:14, 20*

NOTE Paul is correct: "nothing is unclean of itself," and nothing is clean of itself. Read Job 14:4. God declares what is clean and what is unclean. See also Leviticus 11; Leviticus 17:10-16; Acts 15:19-21, 28, 29; Acts 21:25; Hosea 4:1-6.

19. **What does Paul say regarding esteeming a day that people misinterpret?**— *Read: Romans 14:5*

NOTE Paul made reference to people's sentiments; he did not state his own belief in that verse. People do the things they are persuaded of in their minds — yet according to Romans 14:12 we will all give account to God for our works. When we are ignorant of truth, God winks at it (Acts 17:30); but when truth comes to us, we are held responsible for the light that we understand (Luke 12:48).

20. **Does the Bible teach that every day is alike?**— *Read: Genesis 2:1-3*

a) **Is there one day of the week that is more special in the sight of God? — Exodus 20:8-11**

21. **FURTHER STUDY** Read Exodus 16:4, 5, 22, 23, 25 and discover that the phrase "every day" is used. However, the seventh-day Sabbath is esteemed higher than the other days of the week — the context of Exodus 16 shows that no secular work is permitted on that day.

22. **What did Paul write about the Lord's Sabbath after Jesus' death, burial, resurrection and ascension?** — *Read: Hebrews 4:9-11*

A REST REMAINETH

"There remaineth therefore a rest to the people of God. For he that is entered into his rest, he also hath ceased from his own works, as God did from his."

HEBREWS 4:9, 10 (KJV)

23. **Did Paul esteem one day of the week higher than the others? Which day did Paul worship on?** — *Read: Acts 13:42-44; Acts 17:2-4; Acts 18:1-4*

24. **John said that he was in the Spirit on which day of the week?** — *Read: Revelation 1:10*

25. **Which day is the Lord's day?** — *Read: Isaiah 58:13; Mark 2:27, 28*

26. **NOTE** Notice the following hypocrisy: Sunday-keepers honor Sunday as the "Lord's Day" and view that day as special. Yet, they reference Romans 14:5, 6 to object against others obeying and worshiping on God's seventh-day Sabbath and honoring it as special. Additionally, many Sunday-keepers don't eat some foods the Bible calls unclean, yet they reference Romans 14:2, 3 to justify themselves in eating other flesh foods.

27. **What should we be found doing, morning by morning, so that God can teach us how to share the truth with others?** — *Read: Isaiah 50:4*

MORNING BY MORNING

"He wakeneth morning by morning, he wakeneth mine ear to hear as the learned."

ISAIAH 50:4 (KJV)

AS WE CLOSE

Courtesy, Not License

Romans 14 is a lesson in Christian courtesy toward those who are weak in the faith — not a permission slip to disregard the commandments of God. Paul, who worshiped Sabbath by Sabbath, calls us to stop judging and despising one another, for we shall all stand before the judgment seat of Christ. Greater knowledge brings not the right to condemn, but the responsibility of greater charity and patience — while the Sabbath of the Lord and the principles of health remain holy, just, and good.

> **ISAIAH 58:13, 14 (KJV)**
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> *"If thou turn away thy foot from the sabbath… and call the sabbath a delight, the holy of the LORD, honourable… then shalt thou delight thyself in the LORD."*

Will you call the Sabbath a delight and honor the Lord of the Sabbath?

REFERENCES

Sources & Notes

> **A WORD OF CAUTION**
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> *"We are not judges of one another, but must all appear before one judgment seat.… Our greater knowledge rather throws upon us the responsibility of exercising the greater charity and patience."*
>
> E. J. WAGGONER · THE PRESENT TRUTH (UK), JULY 25, 1895 {PTUK 467.6}

SCRIPTURE & STUDY HELPS

1. E. J. Waggoner, The Present Truth (UK), July 1, 1895 {PTUK 435.11, 436.1}.
2. E. J. Waggoner, The Present Truth (UK), July 25, 1895 {PTUK 467.6}; September 24, 1903 {PTUK 613.9}.
3. Strong's Greek #1253, "diakrisis" — doubtful disputation, a distinguishing, judging. biblehub.com/greek/1253 ↗

All Scripture is quoted from the King James Version (KJV). Adventist pioneer writings are cited for study and comment.