SMITH FOR CHRIST

TEACHING THE WORD · WATCHING THE TIMES

REFLECTION JOURNAL · FIVE DAYS

Romans

Chapter 1

Not Ashamed of the Gospel

MEMORY VERSE · ROMANS 1:16

"For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek."

THIS JOURNAL BELONGS TO _____

BEFORE YOU BEGIN

This week in Romans 1

Paul opens his letter by calling himself a slave of Jesus and calling the gospel "the power of God for salvation." This week God is asking you to stop being ashamed of the good news and start leaning your whole weight on it. Read slowly, write honestly, and let the God who is "blessed forever" (v. 25) have your thanks again.

How to use this journal

1. Each day, read the passage slowly — out loud if you can.
2. Answer the **Observe** question from the text before you write what it means.
3. Write honestly on the **Reflect** questions. No one grades this.
4. Do the **Respond** step today, not someday. Say the memory verse.
5. Bring this journal to the group. The last page is for the table.

The full Deep Dive, the O·I·A study, the slides and the film for this chapter are on the Romans study page.

WHERE I AM AS I START THIS CHAPTER

What is going on in my life right now that I want to bring to God this week?

DAY 1 OF 5

Owned by Christ, Loved by God

READ · ROMANS 1:1–7

OBSERVE — WHAT DOES IT SAY?

Write down every phrase in verses 1–4 that tells you who Jesus is. What two things does verse 4 say proved Him to be the Son of God?

REFLECT

Paul's first word about himself is "bond-servant" (v. 1). What has owned you in the past, and what is different about being owned by Christ?

REFLECT

Verse 7 calls ordinary believers "beloved of God" and "saints." Which of those two names is harder for you to believe about yourself, and why?

RESPOND — TODAY

Write verse 7 on a card and read it to yourself each morning this week: "beloved of God … called as saints." Thank God that this is His word about you, not your own.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 1:16)

DAY 2 OF 5

A Debt Worth Paying

READ · ROMANS 1:8–15

OBSERVE — WHAT DOES IT SAY?

List what Paul does for the Roman believers in verses 8–12 before he ever meets them. How often does he say he prays for them (v. 9)?

REFLECT

Paul says he wants to be "encouraged together with you … each of us by the other's faith" (v. 12). Who has strengthened your faith just by walking beside you, and how did they do it?

REFLECT

Paul says, "I am under obligation" to all kinds of people (v. 14). Who is one person — on your block, your job, your unit — that God may have put you in debt to with the gospel?

RESPOND — TODAY

Pray by name today for one man you have never prayed for before, the way Paul prayed for strangers in Rome (vv. 9–10).

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 1:16)

DAY 3 OF 5

Power, Not Advice

READ · ROMANS 1:16–17

OBSERVE — WHAT DOES IT SAY?

What three things does verse 16 say the gospel is and does? What does verse 17 say is revealed in it?

REFLECT

Where are you most tempted to keep quiet about Jesus — and what would "not ashamed" (v. 16) look like in that place?

REFLECT

Verse 17 says the righteousness of God is given and lived "from faith to faith," not earned. How would your week change if you really believed your standing with God was a gift?

RESPOND — TODAY

Say the memory verse out loud three times today. Then tell one person, in your own words, one thing the gospel has done for you.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 1:16)

DAY 4 OF 5

Truth Held Down

READ · ROMANS 1:18–23

OBSERVE — WHAT DOES IT SAY?

According to verses 19–20, what can every person know about God, and how do they know it? What two things did people refuse to do in verse 21?

REFLECT

Paul says people "suppress the truth" (v. 18) — they hold down what they already know. What truth about God or about yourself have you been holding under the surface?

REFLECT

The slide in verse 21 starts when people stop giving thanks. What happens in your heart and your choices when gratitude dries up?

RESPOND — TODAY

Write down ten specific things you can thank God for today, and pray through the list slowly. Gratitude keeps God as God in your heart.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 1:16)

DAY 5 OF 5

Given Over — and the Son Given Up

READ · ROMANS 1:24–32

OBSERVE — WHAT DOES IT SAY?

Circle the phrase “God gave them over” each time it appears (vv. 24, 26, 28). What did people “exchange” in verse 25?

REFLECT

Verse 25 says people traded the truth for a lie and served something created instead of the Creator. What counterfeit have you traded God for, and what did it cost you?

REFLECT

Verse 32 warns about giving “hearty approval” to sin. Who in your life cheers you toward the wrong things, and who cheers you toward Christ?

RESPOND — TODAY

Read Romans 8:32. The same God who gives people over to what they insist on “delivered Him over for us all.” Thank Jesus by name for being handed over in your place.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (ROMANS 1:16)

WHEN THE GROUP MEETS

Questions for the table

FOR THE GROUP · 1

Paul calls the gospel "the power of God" (v. 16). Where have you seen that power change a life — yours or someone else's — in a way willpower never could?

FOR THE GROUP · 2

Verse 20 says creation shows God's "eternal power and divine nature." Where in the world around you this week did you notice God, and what did it tell you about Him?

FOR THE GROUP · 3

The list in verses 29–31 includes gossip, envy and arrogance right beside murder. What does it tell you that Paul puts the "respectable" sins in the same list, and how does that shape the way we treat each other in this group?

MY PRAYER

Father, I am not ashamed of the gospel of Your Son, and today I thank You for...

CUT OUT · CARRY IT · ROMANS 1:16

"For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek."