



DISCOVERY GUIDE

High School

ROMANS

FROM GUILT
|
TO GRACE





Day 1: Look Back

Let's review what you discovered in the Intro Lesson.

1. God has told us what we need to know about Him and His plan for people in the Bible. What questions do you have about the Bible?
2. God's Word reveals His plan to save sinners. What is sin?
3. God guides His people in the way they should go. How do you need God to guide you? Take a moment to pray for God to guide you.

Day 2: Read Romans 1:1-7

4. How did Paul describe himself and his mission to the believers in Rome?
5. The word "gospel" means "good news." What is the good news in these verses, and what makes it good?
6. How did Paul encourage the Christians in Rome?
7. How do Paul's actions motivate you to encourage others?

Day 3: Read Romans 1:8-10

8. Why was Paul thankful?
9. For what specifically did Paul pray?
10. How did God answer Paul's prayer? (See also Acts 28:14-20, 30-31.)
11. Name someone you know who has strong faith in Jesus. Pray, thanking God for this person and asking God to give you Christian friends so you can encourage each other.



Day 4: Read Romans 1:11-17

12. Why did Paul want to visit Rome?

13. How could Paul's experience encourage you as you face obstacles to serving God?

14. List the reasons why Paul was not ashamed of the gospel. (Note: Verses 16-17 give the theme for the entire book of Romans!)

15. Do you ever hold back from talking about Jesus? If so, write down why. Then pray, asking God to give you strength and encouragement to boldly live for Him.

Day 5: Take to Heart

At the beginning of his letter, Paul introduced himself to the Roman believers as a servant of Christ who had been “set apart for the gospel of God.” Paul explained that **the gospel is the power of God that brings salvation**. It is good news that Jesus gives sinners peace with God and eternal life with Him. **God is righteous**. He is right in all He does. But people are not. We all sin. Jesus, the perfect Son of God, offers God's righteousness to sinful people. Without Jesus, there is no good news. But when sinful people believe in Jesus, God gives them Jesus's perfect righteousness. The gospel is the power of God that saves sinners!

Memory Verse: “For in the gospel the righteousness of God is revealed—a righteousness that is by faith from first to last, just as it is written: ‘The righteous will live by faith.’” (Romans 1:17)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Find a way to store reminders of what you learn from God's Word this year. Consider dedicating a notebook, folder, box, digital journal, or poster to help you remember. Then create a visual representation of God's righteousness and save it to start your collection.

Activity 2: Paul was called by God to share the gospel of Jesus Christ. Pray for opportunities to share the gospel and look for ways to talk with others about what you are learning in BSF.



Day 1: Look Back

Let's review what you discovered in Romans 1:1-17.

1. What was Paul's purpose for writing his letter to fellow Christians in Rome?
2. Who in your life is excited to share the good news about Jesus with you and others?
3. In what ways has God set you apart for the gospel?

Day 2: Read Romans 1:18-20

4. What is wrath, and how have you seen it?
5. Why is God revealing His wrath?
6. Why do people suppress, or cover up, the truth about God?
7. What does nature reveal about God?

Day 3: Read Romans 1:21-25

8. God reveals Himself through nature, His Word, and the Holy Spirit. What happened when the people did not respond properly to God?
9. What is the "exchange" described in verses 23 and 25, and how have you seen this?



10. What have you worshipped and served rather than God, and how can God help you correct this?

Day 4: Read Romans 1:24-32

11. What phrase occurs three times to describe God's response to people's choices, and how does this help you understand God's wrath?

12. What lies about sin have you witnessed that try to replace God's truth?

13. Why did God give people over to "a depraved mind"?

14. How has God changed your thinking about a sin you have approved of or even practiced before?

Day 5: Take to Heart

God is our creator. He constantly reveals Himself to us through His magnificent creation. Therefore, people have no excuse for rejecting God. Yet people do reject the truth about God, selfishly loving their sin rather than Him. Because God is holy and just, His righteous response to sin is wrath. **People who refuse to turn away from their sin will face God's wrath.** In his letter to the Romans, Paul reminded the believers that they were right with God only by His grace through faith in Jesus. No one can be saved from God's wrath except through faith in Jesus.

Memory Verse: "For since the creation of the world God's invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made so that people are without excuse." (Romans 1:20)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: The darkness of people's hearts is in stark contrast to the glorious light of God's truth. Write a prayer or poem of gratitude that expresses your thanks for God's truth and guidance for your life. Consider creating a BSF memory book and placing the prayer or poem in it.

Activity 2: Ask God to show you anything that is becoming an idol in your life. An idol can be something you put your hope or security in to make good things happen. It could be a person or group you want to accept you. It could even be something good you are using to try to ensure a good future, like grades or a sport. As you understand God's grace, prayerfully ask for His help to make Him the priority of your life and remove anything that is taking His place.



Day 1: Look Back

Let's review what you discovered in Romans 1:18-32.

1. Name a way that nature shows you an attribute of God. How does this awareness influence you?
2. What did you learn about God's wrath from last week's lesson?
3. What has God shown you about the foolishness of the world, and how has He protected you from it?

Day 2: Read Romans 2:1-4

4. What is Paul's message in verse 1?
5. What is the difference between God's judgment and people's judgment?
6. In what ways do people wrongly judge others?
7. How might you show undeserved kindness to someone to help lead them toward God?

Day 3: Read Romans 2:5-16

8. What are sinful people storing up for themselves, and how are they doing this?
9. From verses 7-11, what are the two types of people, and what do they seek and receive?
10. What do your actions reveal about your relationship with God?



Day 4: Read Romans 2:17-29

11. What led the Jews in Paul's day to wrongly see themselves as better than others?

12. How are you using the privileges God has given you for His glory?

13. What did circumcision mean to the Jews, and why would they be proud of it? (See also Genesis 17:1-14.)

14. How did Paul describe a true Jew, and what does this mean for you?

Day 5: Take to Heart

As Paul continued his letter to the Romans, he addressed those who live moral lives and practice religion while refusing to repent from their sin and turn to God. Paul said our sin condemns us and, when we judge others for sins we also commit, we add to our guilt. God is not fooled. He not only looks at our outward actions but also examines our thoughts, attitudes, and motivations. The Holy Spirit changes the hearts of those who believe in Jesus Christ. Love for God and others displays this change. **God will judge every person.** He alone is worthy and able to judge a person's heart. **God is just.** All His judgments are perfect. No one will receive eternal life by keeping God's law, but God's kindness leads people to repent, believe in Jesus, and be saved.

Memory Verse: "For God does not show favoritism." (Romans 2:11)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Make a list of 10 good things you do every week. Now write beside each item something that motivates you to continue this good practice. Are most of your motives related to glorifying God and serving others? Pray, asking God to give you a deeper love for Him that empowers you to joyfully serve Him and others.

Activity 2: Ask someone in your family to name a way they see stubbornness in sin or unrepentance in you. Thank them for their input without responding in disagreement. Is it easier to notice this stubbornness in yourself or others? Make this a matter of prayer until you have turned from your sin and can forgive yourself and others.



Day 1: Look Back

Let's review what you discovered in Romans 2.

1. How did your study of Romans 2 change the way you think about judgment of sin?
2. How has God's kindness led you to repent from sin and thank Him?
3. What difference does "circumcision of the heart" make in a person's life?

Day 2: Read Romans 3:1-8

4. What did Paul say was an advantage of being Jewish?
5. How does God's Word, the Bible, offer you a spiritual advantage?
6. What "human argument" in verses 5-8 did Paul say was wrong?
7. What attitude should we have toward sin?

Day 3: Read Romans 3:9-18

8. What words in verses 13-14 reveal how seriously God views sinful speech?
9. In what situations do you most struggle with sinful speech? Pray, asking God for help.
10. According to verse 18, what root sin appears to motivate the sins listed in verses 13-17?
11. What did you learn today about the power of sin and your need for God?



Day 4: Read Romans 3:19-20

12. What did Paul conclude in verses 19-20?

13. What did Paul mean by “every mouth may be silenced and the whole world held accountable to God”?

14. How do these verses guide your thinking about good behaviors and religious activities?

15. How has your study of Romans changed you?

Day 5: Take to Heart

Paul taught Jewish people living in Rome that, although they had received God’s Word before the Gentiles, they were just as guilty of sin. Some Roman Jews thought they were righteous before God because they were from the family line of Abraham and tried to keep God’s law. But no one is righteous before God on their own; all people are born sinners and sin against God. Sin is anything we think, say, or do that goes against what God wants. Sin messes up our lives and hurts others. Only **God is holy**. His goodness and righteousness set Him apart from His creation. God’s Word reveals His holiness and our sin so we can understand that **without Jesus, everyone is guilty before God**. This is really bad news, but understanding our sinfulness before God helps us understand the good news of the gospel: Jesus came to save us from our sin!

Memory Verse: “As it is written: ‘There is no one righteous, not even one; there is no one who understands; there is no one who seeks God.’” (Romans 3:10-11)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Think about what an advantage it is to know God’s Word at such a young age! Make a list of all the sins you want to avoid and consider how each one could damage your life. Then read Galatians 5:22-23 and pray, asking God to deliver you from the sins on your list and build into you the fruit of His Spirit. End by destroying your list and throwing it away.

Activity 2: Lead your family in a discussion by asking these questions: How has your study of Romans changed the way you think about your sin? How has your study changed the way you respond to your sin and to the sin of others? Listen carefully as each person shares so you can learn from each other. End by praying together, thanking God for His Word that changes our thoughts and our hearts.



Day 1: Look Back

Let's review what you discovered in Romans 3:1-20.

1. How does the world's attitude toward sin compare with God's?
2. What do a person's words say about their heart?
3. How has your time with the Lord made you conscious of your own sin?

Day 2: Read Romans 3:21-22

4. Righteousness means to be right and true according to God's standard. Where does righteousness come from, and how can we receive it?
5. How might we wrongly seek righteousness through the law?
6. Who may receive God's righteousness?
7. What is your response to the gift of righteousness God offers you?

Day 3: Read Romans 3:23-24

8. What does "justified" mean?
9. How is justification accomplished?
10. Redemption is the act of buying back, rescuing, or setting free by paying a price. Explain what Paul meant by "the redemption that came by Christ Jesus."



11. If you have trusted in Jesus Christ for salvation, how does being saved from God's wrath influence your thoughts and devotion toward God?

Day 4: Read Romans 3:25-26

12. Atonement is a way of making up for a wrong that has been done so that two parties can come back into right relationship. What did Paul mean when he said that Jesus is a "sacrifice of atonement"?

13. What does Jesus's role in redemption and atonement reveal about Him?

14. How did God treat the sins of those who had faith in Him before Christ's sacrifice of atonement?

15. How do you show your gratitude for God's great love for you?

Day 5: Take to Heart

Paul explained the good news that God's righteousness is revealed for all who believe in Jesus. God's plan of salvation through faith has been unfolding since time began. The law and the prophets pointed to God's promise to send a Savior, and now the Savior has come. Jesus Christ, the Son of God, is the only savior from sin. Jesus's willingness to sacrifice His life made it possible for all who believe in Him to receive His righteousness and be saved from God's wrath. Romans 3 makes it clear that all people fall short of God's glory. This is not good news. But God offers salvation to anyone who recognizes their need for His righteousness and receives Christ's gift through faith. Salvation does not depend on any outward appearance or act. **God has made the way for sinners to be forgiven.**

Memory Verse: "For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus."
(Romans 3:23-24)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Use this week's memory verse as a basis for your personal worship and thanksgiving to God. Consider writing a song, poem, or prayer of praise and worship about this truth.

Activity 2: Think about people in your life who may not yet know about Jesus and the gift of righteousness He offers to the world. Say a prayer for each person and pray for opportunities to share with them the good news of Jesus Christ.



Day 1: Look Back

Let's review what you discovered in Romans 3:21-26.

1. How does the truth that “all have sinned and fall short of the glory of God” explain your need for Jesus?
2. How would you explain to a friend in your own words the truth that “all are justified freely by his grace through the redemption that came by Christ Jesus”?
3. How does understanding that Jesus took your place and paid for your sin influence the way you think about Him and your relationship with Him?

Day 2: Read Romans 3:27-28

4. What are some ways people might boast about their faith or spiritual lives?
5. Faith means being convinced something is true; complete trust. In your own words, describe what it means to have saving faith.
6. How should those who have trusted in Jesus for salvation live differently than those who have not?

Day 3: Read Romans 3:29-30

7. Who are the Gentiles, and why would the Jews in Paul's day have felt superior to them? (See also Romans 2:17, 23, 25. Use a dictionary if needed.)
8. How do people today respond to the truth that there is only one God and one way to be saved from sin?



9. What truths from Romans 3 could you use to respond graciously to people who say all religions are true or that there are many ways to God?

Day 4: Read Romans 3:31

10. How can God's law help us see our need to put our faith in Jesus?
11. A false teaching called "antinomianism" dishonors God and denies Jesus's purpose in salvation by teaching that God does not expect believers to obey any laws. Name one way this teaching could be harmful.
12. If you have trusted in Jesus for salvation, what benefits are yours when you follow God's law?

Day 5: Take to Heart

People can be saved from their sin only because Jesus, the Son of God, lived a sinless life, died as the perfect sacrifice for sin, and rose to life in victory over sin, Satan, and death. No one can brag about their salvation or their right relationship with God because we do nothing to save ourselves. **God justifies people through faith in Jesus alone.** All people (Jews and Gentiles) are justified before God the same way—through faith. **God is impartial.** He gives eternal life to anyone who trusts in Jesus for salvation. Yet God's gracious gift of salvation through faith does not make His law unimportant. God's commands teach us how to live in a way that pleases God, giving Him honor and showing His character to the world. Saving faith includes a commitment to turn away from sin and live to please God.

Memory Verse: "For we maintain that a person is justified by faith apart from the works of the law." (Romans 3:28)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Fold a page in half vertically. On one side, write down a list of things you could be tempted to boast about. On the other side, write a list of what Jesus has done for you in your life. In prayer, ask God to help you realign your perspective to boast only in Jesus, thanking Him for what He has done for you.

Activity 2: Believers are justified by faith, but God's commands still have value. Read Psalm 119 and make a list of the benefits we receive by living according to God's Word.



Day 1: Look Back

Let's review what you discovered in Romans 3:27-31.

1. How can sinners be justified (declared righteous) by God?
2. Describe what it means to trust in Jesus for salvation.
3. Why is salvation called a gift?

Day 2: Read Romans 4:1-8

4. What did Abraham believe? How did his life show his faith in God? (See also Genesis 12:1-9; 15:1-6.)
5. How did Paul describe the difference between working for wages and trusting God?
6. What did David say about righteousness? (*Hint: This is quoted in Romans 4:7-8 from Psalm 32:1-2.*)
7. How would you describe the freedom that comes through the forgiveness of sin?
8. Does your life reveal that you are trusting in God? If so, how? If not, why not? Think about your choices, prayers, and responses to challenges.

Day 3: Read Romans 4:9-15

9. Why is it significant that God declared Abraham righteous before his circumcision and before the law was given to Abraham's descendants?



10. Why is it useless to depend on our good behavior or religious activities (such as obedience to the law, baptism, and church attendance) as a way to become righteous before God?

11. Do you believe you are righteous in God's eyes? Why or why not?

Day 4: Read Romans 4:16-25

12. From today's verses, describe Abraham's faith and the result of his faith.

13. Who are "all Abraham's offspring," and how did God's promise come to them?

14. What happened to Abraham's faith as he waited for God to fulfill His promise?

15. How has God worked in a difficult or seemingly hopeless situation to strengthen your faith?

Day 5: Take to Heart

Paul wrote about Abraham's life to show that justification—God's action of declaring a sinner righteous—comes by grace through faith in Jesus and not because of what we do. Abraham believed in God's faithfulness and power to fulfill His every promise. God credited Abraham's faith to him as righteousness. In the same way, **God gives Jesus's righteousness to those who believe in Him**. God declares sinners righteous forever when they trust in Jesus for salvation because Jesus died and rose again to save them.

Memory Verse: "Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, being fully persuaded that God had power to do what he had promised." (Romans 4:20-21)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Write five things you regularly do to please God. Reflect on your motivation: Are you trying to earn God's favor or show your gratitude and love for Him? Discuss how thinking differently about your obedience to God could strengthen your faith.

Activity 2: Write a list of promises God has made to believers from Scripture. Circle the promises you trust, pray to ask God to strengthen your faith in the promises you doubt, and encourage yourself by memorizing Romans 4:20-21.



Day 1: Look Back

Let's review what you discovered in Romans 4.

1. As you have reflected on last week's memory verse (Romans 4:20-21), how has your faith in God's promises been strengthened, encouraged, or challenged?
2. How does the example of Abraham help you understand that righteousness is an undeserved gift from God and not something we can earn?
3. If you are a believer in Jesus Christ, how do you show your gratitude for the gift of His righteousness and the promise of eternal life with Him?

Day 2: Read Romans 5:1-2

4. What does it mean to have peace with God? (See also Romans 2:5 and 4:5-7 for help.)
5. From verse 2, what do believers receive through Jesus?
6. How does having peace and hope through Jesus make a difference in your attitude or goals?

Day 3: Read Romans 5:3-5

7. What positive qualities does suffering produce in God's people? Explain the meaning of each.
8. Why do God's people glory (rejoice) in suffering?
9. What is the hope Paul mentioned that "does not put us to shame?"



10. In what ways has God used suffering in your life to develop perseverance, character, hope, and a deeper understanding of His love?

Day 4: Read Romans 5:6-11

11. What three words in verses 6-8 describe our condition before Jesus died for us? Explain how each one shows that people cannot save themselves.

12. Look at verse 9. What are two words that describe what Jesus has done for us through salvation? Then find one more in verses 10-11.

13. What does the term “reconciliation” mean, and how does this bring peace to God’s people? (Use a dictionary if needed.)

14. What does God’s gift of reconciliation reveal about God, and what does this mean for you?

Day 5: Take to Heart

Even though sin separates people from God, there is hope. By grace, through faith in Jesus Christ, we can have peace with God. **God is love**, and He made reconciliation possible so we can live in relationship with Him. When we are reconciled to God, we can experience peace in every part of our lives. God’s peace never leaves us. We can turn to God. **Believers have peace with God that gives hope at all times.** God pours His love into our hearts through the Holy Spirit, giving us hope that we will not be put to shame. We can rejoice in suffering, knowing that God can use it to help us grow and become more like Jesus. What a joy it is to be reconciled and have peace with God—now and forever!

Memory Verse: “Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ.” (Romans 5:1)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Create an art piece, poster, or graphic that illustrates the reconciliation we have in Jesus. Include these key words: justified, saved, reconciled, hopeful. Use your illustration as a prompt to thank God for the love and the peace He gives to those who are reconciled to Him.

Activity 2: Use Romans 5 as a guide to spend time praying specifically for yourself or others who need peace with God, hope in trials, or reconciliation. Ask God to help you and them experience His love and peace in every circumstance. Be prepared to share about your prayer time with your class.



Day 1: Look Back

Let's review what you discovered in Romans 5:1-11.

1. When you think about last week's memory verse (Romans 5:1), what difference does peace with God make in the daily life of a believer?
2. How does reconciliation with God give believers hope in all circumstances?
3. How can you live your life to glory (or rejoice) in what God has done for you?

Day 2: Read Romans 5:12-14

4. Read Genesis 2:15–3:24. What choice did Adam face, and what were the results of his disobedience for humanity?
5. Verses 13 and 14 reveal that death ruled even before Moses received the law. Why was the law not able to defeat sin?
6. Who is “the one to come” mentioned in verse 14, and why do we need Him?
7. How does knowing that everyone has sinned help you understand your need for Jesus?

Day 3: Read Romans 5:15-19

8. List what Paul said about “the gift” through Jesus versus “the trespass” of Adam. What are the key differences?
9. What do you learn about God's grace through His gift, and how does His grace impact you?



10. Why do you think God's grace is offered to everyone, even those who seem undeserving? How can you respond to God's grace this week?

Day 4: Read Romans 5:20-21

11. Why might the law cause trespass (sin) to increase, and what did Paul say increased all the more?

12. How has God's grace helped you overcome a struggle with sin and its consequences?

13. What are the two reigns mentioned in verse 21, and what are the results of life in each?
(See also Colossians 1:13-14.)

14. How does knowing that grace is stronger than sin give you hope when you sin against God?

Day 5: Take to Heart

It did not take long after God created the world for people to turn away from Him. Through the disobedience of Adam, sin entered the world and brought death to all people.

But there is good news! **God is gracious**, and His grace is far greater than our sin. His gift of salvation through Jesus Christ is more powerful than Adam's trespass and any sin that followed. Although everyone inherits Adam's sin nature through his disobedience, God's justification is available to all through Jesus's obedient sacrifice. **Jesus's righteousness defeated sin.** God's law helps us see our sin, but His grace covers it completely. Jesus Christ died for sinners, making salvation available to all people who believe in Him. This is grace!

Memory Verse: "Consequently, just as one trespass resulted in condemnation for all people, so also one righteous act resulted in justification and life for all people." (Romans 5:18)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Draw a line down the center of a piece of paper. On one side list sinful characteristics (for example: hateful, deceitful, and gossipy). On the other side list characteristics of God (for example: loving, true, and gracious). Circle words from both lists that describe you. Ask God to forgive you and help you overcome sinful characteristics and strengthen you to live by His grace.

Activity 2: Spend time each day committing this week's verse (Romans 5:18) to memory. As you repeat this verse, think about the ways you can share the message of God's gift of grace with others.



Day 1: Look Back

Let's review what you discovered in Romans 5:12-21.

1. What were the results of Adam's sin (one man's trespass) and Jesus's gift (one man's gift)?
2. How did Paul explain that Jesus's righteousness defeated sin, and what is the result for believers?
3. How can remembering Jesus's victory over sin change your attitude or actions this week?

Day 2: Read Romans 6:1-4

4. Why do you think Paul asked the question he did in Romans 6:1 after writing about grace in chapter 5?
5. Why is it important for Christians to understand that their sin does matter?
6. Explain how Paul's description of baptism represents dying to sin.
7. When have you excused or treated sin lightly because of God's grace, and what did you learn from that experience?

Day 3: Read Romans 6:5-8

8. For each of the following verses, identify the hope believers have in their unity with Jesus.

Romans 6:5

Romans 6:6-7

Romans 6:8

9. Read Ephesians 4:22-24 and Colossians 3:8-10, and then describe what Paul meant by "the old self."



10. How could you use Romans 6:5-8 to explain what “salvation” means?

11. What is one way you could show or tell someone about the freedom from sin Jesus gives?

Day 4: Read Romans 6:9-11

12. From today’s verses, list the truths you learn about Jesus.

13. In verse 11 Paul challenged believers to consider themselves “dead to sin but alive to God in Christ Jesus.” What does this mean for believers?

14. What would it look like for you to be dead to sin but alive to Christ:

In your home?

In your school?

In your church?

Day 5: Take to Heart

What is your identity? Are you dead in sin? Or alive in Christ? If you are in Christ, you have been set free from the power of sin and now live a new life. **God is omnipotent**, meaning He is all-powerful. He has power to break sin’s control over every person who accepts the gift of salvation through faith in Jesus Christ. **Jesus frees believers from sin’s power**. Believers are people who are dead to sin and alive in Christ. They have the power to live for God.

Memory Verse: “In the same way, count yourselves dead to sin but alive to God in Christ Jesus.” (Romans 6:11)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: The message of salvation is one of power and transformation. Think of a creative way to share how Jesus has changed your life—through a collage, song, story, reel, or any other form that is meaningful to you. What part of your story best shows Jesus’s power to change lives?

Activity 2: Spend time each day committing this week’s verse (Romans 6:11) to memory. As you repeat the verse, write a prayer thanking God for the power He has given you to be dead to sin and alive in Him. What difference has this truth made in your life?



Day 1: Look Back

Let's review what you discovered in Romans 6:1-11.

1. Should believers keep sinning because they have received grace? Explain your answer.
2. What does it mean that Jesus frees believers from sin's power?
3. If you are a believer in Jesus Christ, what does it mean to you personally to be united with Him in His death and resurrection?

Day 2: Read Romans 6:12-14

4. What are the two negative commands and two positive commands Paul gave in these verses?
5. How does the promise in verse 14 make it possible to obey the commands of verses 12-13?
6. In what ways does being united with Christ help people when they are tempted to offer any part of themselves to sin?

Day 3: Read Romans 6:15-18

7. How is the question in verse 15 similar to Romans 6:1 and why?
8. What did Paul mean that people are either "slaves to sin" or "slaves to obedience"?
9. To whom or what do you belong: sin or righteousness?
10. Compare obedience from the heart with following rules. Which one marks a person who is controlled by righteousness?



11. If Christ has set you free from sin, for what freedoms can you thank God?

Day 4: Read Romans 6:19-23

12. What are the different outcomes of being a slave to sin and being a slave of God?

13. Explain the difference between the “wages of sin” and the “gift of God” in verse 23. Which would you rather receive and why?

14. What have you learned about God’s power to redeem the consequences of your sin?

15. How does understanding God’s gift of eternal life influence your obedience to Him?

Day 5: Take to Heart

A powerful question weaves through Paul’s teaching in this week’s lesson: Who or what controls you? Every day we see evidence that we live in a world trapped in the brokenness of sin. Paul reminds believers that God offers something better—redemption and freedom. **Jesus frees believers to live holy lives.**

Though the temptation to sin remains, Romans encourages us to give every part of ourselves as slaves to righteousness. **God is good**, and His grace moves believers toward the reward of holiness and eternal life with Him. Because of His love, think about how you are living. If you belong to Christ, do your choices show that? How can you offer yourself to God today and live in the freedom Jesus gives?

Memory Verse: “For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.” (Romans 6:23)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Write this week’s memory verse on a sticky note and place it where you will see it. Repeat the verse when faced with challenging situations. For the next week, at the end of each day, write about these situations and what choices you made. Thank God for His help and ask for strength to make choices that reflect His goodness.

Activity 2: The gift of God that brings eternal life is a life-giving message of hope and freedom from sin. Create a graphic story or poster that shows how valuable God’s gift of redemption is. Consider with whom you might share it to explain Jesus’s offer of freedom, righteousness, and eternal life.



Day 1: Look Back

Let's review what you discovered in Romans 6:12-23.

1. Paul explains that we have a choice between two masters. Describe each.
2. How has Jesus freed believers to live holy lives?
3. How have you experienced God's help to overcome sin and live a life of freedom?

Day 2: Read Romans 7:1-6

4. From what does Jesus Christ's death and resurrection release believers, and to whom do believers now belong?
5. What is believers' new purpose and how is it accomplished?
6. If you are a believer, how can you rely on the Holy Spirit to bear fruit for God rather than on your own efforts? (See also John 15:1-5; Galatians 5:22-25.)

Day 3: Read Romans 7:7-13

7. Paul said the law is not sinful. What purpose did he say the law fulfills?
8. Describe Paul's example of how a commandment (rule or restriction) can spark the temptation to sin. How have you experienced this?
9. From Romans 7:12-13, what positive things did Paul say about the law and commandment and how did this help him understand his sin?



10. Consider some commands you are familiar with from the Bible, such as the commands not to steal or lie. Imagine trying to keep them all perfectly. What would the impact be on your life, and how might this point you to your need for a Savior?

Day 4: Read Romans 7:14-25

11. How did Paul describe his battle with sin?

12. If you are a believer, how have you experienced a battle with sin similar to Paul's?

13. How did Paul see God's rescue in his internal struggle in verses 21-25?

14. If you are a believer, in what ways do the things you long for reflect the Holy Spirit's work in your life?

Day 5: Take to Heart

"I do not understand what I do. For what I want to do I do not do, but what I hate I do." Have you ever felt like this? Have you experienced moments of frustration with yourself and mumbled similar words? Believers belong to God, but they still struggle with sin. The Holy Spirit reveals what is true and right, yet sin still tempts us, and obedience does not always come easily. When we come to Jesus Christ and realize that we are saved sinners who still sin, we mature in our faith and in our sanctification. We experience God's grace and come to hate our sin, instead desiring to obey Him. **God is our Father**, and He has a loving relationship that lasts forever with every believer. **Believers belong to God even though they still sin.** Because we are filled with the Holy Spirit, we have all we need to turn from our sin and grow in the likeness of God.

Memory Verse: "What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!" (Romans 7:24-25a)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Write one or two areas of your life where you want God to help you grow. Ask your BSF adult to encourage you and hold you accountable as you allow God to sanctify you.

Activity 2: Incorporating the memory verse, design a collage to illustrate how you want to be as you become more like Jesus. How do you currently resemble Jesus? How do you represent Him in this world?



Day 1: Look Back

Let's review what you discovered in Romans 7.

1. What struggle did Paul explain that believers face?
2. Why do believers belong to Jesus even though they still sin?
3. How has your struggle against sin led to victory and sanctification?

Day 2: Read Romans 8:1-4

4. What does it mean that there is now “no condemnation” for those in Christ, and how does this affect your life personally?
5. From verses 2-4, show how the Trinity (Father, Son, and Holy Spirit) works to save sinners. (You can draw a diagram or explain in writing.)
6. How will you thank God for taking away your condemnation and giving you freedom in Him?

Day 3: Read Romans 8:5-11

7. Use verses 5-8 to list the differences between those who live according to the flesh (sin) and those who live in accordance with the Spirit.
8. What do you think it means for believers to set their minds on what the Spirit desires? (8:5-7)
9. Who has the Spirit of God, and what are they promised? (8:9-11)



10. What desires in your heart and mind show that the Holy Spirit lives and is at work in you?

Day 4: Read Romans 8:12-17

11. According to verses 12-14, what is believers' obligation and why?

12. How can God's children "put to death the misdeeds of the body"?

13. What privileges do believers receive by the Spirit as God's adopted children? (8:14-17)

14. How might these privileges help you or others who struggle with doubt about God's fatherly love?

Day 5: Take to Heart

This week's passage reveals God's beautiful plan for His children, who have been adopted into His family through faith in Christ. No longer condemned for their sin, believers are called to live for God and not for themselves. Empowered by the Holy Spirit who lives in them, believers enjoy new lives of freedom to pursue God rather than the sinful desires of their flesh. **The Holy Spirit gives believers power to live for God. The Holy Spirit is our guide**, who leads believers to live for God in their new lives of faith.

Memory Verse: "Therefore, there is now no condemnation for those who are in Christ Jesus." (Romans 8:1)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Ask yourself, "What mistakes, shortcomings, or sins have caused me to condemn myself?" Write your list in a notebook or journal. Spend time in prayer confessing to God and asking for His forgiveness, and then review this week's memory verse to remind yourself there is no condemnation for you. Return to your list and draw a line through each item. Ask for the Holy Spirit's guidance about who might also need to hear this freeing truth and share it with them.

Activity 2: Spend time each day learning this week's memory verse. As you repeat this verse, seek to set your mind on what the Spirit desires. Draw, write, or create a collage or digital art to express the thoughts the Holy Spirit places in your mind about the freeing truth of this verse. Share your creation with others who need to hear about freedom in Christ.



Day 1: Look Back

Let's review what you discovered in Romans 8:1-17.

1. Review last week's memory verse (Romans 8:1). How has knowing believers in Jesus Christ face no condemnation given you comfort, peace, and security?
2. What privileges do believers have as God's children?
3. Through this year's study so far, what parts of your life have changed from living according to the flesh toward living according to the Spirit?

Day 2: Read Romans 8:18-22

4. What did Paul conclude about believers' present sufferings? How does this give you hope?
5. Read 2 Corinthians 4:7-18; 6:4-10; 11:23-28. What was Paul's experience with suffering, and how does this help you understand suffering?
6. Glory is the total of all God's attributes. What does glory mean for believers, according to 2 Corinthians 3:18; Philippians 3:20-21; and 2 Thessalonians 2:13-14?
7. What is creation waiting for, and in what ways do you see creation frustrated and in decay?

Day 3: Read Romans 8:23-25

8. Why do God's people groan inwardly?
9. What did Paul mean when he referred to the hope believers already have, and how are we to wait for what we do not yet have?



10. How does the hope of future glory give you strength when you face difficulties in your life?

11. What can you do to strengthen your faith as you wait for believers' future glory?

Day 4: Read Romans 8:26-27

12. Describe the Holy Spirit's groans. How does the Spirit help God's children in their weakness?

13. What does it mean that "the Spirit intercedes for God's people in accordance with God's will"? (Read John 16:13-15 for more insight.)

14. How have you seen the Holy Spirit at work in your life?

Day 5: Take to Heart

How do you respond to suffering? In our own lives, we see and even experience sickness, war, broken relationships, natural disasters, and death. Yet Paul reminded us of where our focus should be as we endure. **Believers eagerly wait for God's promised future glory.** With the Holy Spirit's help, we have hope for the future day when God will renew all things in His perfect glory. God's glory is the total of all His attributes. **God is glorious**, and one day believers will share in His glory. What helps you focus on future glory rather than on today's grief? Will you allow your struggles and pain to turn your focus to God, His presence, His comfort, and His promises? The Holy Spirit helps God's people. When we do not know how to pray, He groans for us in wordless prayer and in agreement with God's will. When you feel too weak or confused to speak to God in prayer, ask for the Spirit's help. He is always with you.

Memory Verse: "I consider that our present sufferings are not worth comparing with the glory that will be revealed in us." (Romans 8:18)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Create a collage or poster that displays the current groans of creation and believers contrasted with the glory to come. Label your display with words or phrases from the Bible passage and include the memory verse. Use it to inspire dependence on the Holy Spirit as you pray this week.

Activity 2: Write a list of burdens or trials that you or others you know are experiencing. Write another list of hopes that you have because of God's promises. Talk to God about both lists, knowing that the Holy Spirit will help you pray even when you do not know what to say.



Day 1: Look Back

Let's review what you discovered in Romans 8:18-27.

1. According to last week's passage, who and what are groaning today, and why?
2. What does it mean that believers will share in God's glory?
3. For what or whom do you pray as you wait patiently?

Day 2: Read Romans 8:28-30

4. What promise does God give believers in Romans 8:28? How have you seen this at work in your life?
5. To what are believers to be conformed, and why?
6. Match the definitions to the words that are found in today's passage.

Conformed	determined ahead of time
Predestined	to become like something or someone else
Glorified (in Scripture)	declared righteous by God
Justified	drawn by the Holy Spirit into salvation in Christ
Called (in Scripture)	destined for and taken into God's glorious eternity, without the weight and damage of sin
7. How do you see God at work in your life to make you more like His Son, Jesus?

Day 3: Read Romans 8:31-37

8. Match Paul's questions to their answers from Romans 8:31-37.

"Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?" _____

"Who will bring any charge against those whom God has chosen?" _____

"Who then is the one who condemns?" _____

"If God is for us, who can be against us?" _____

- A. "No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us."
- B. "He [God] who did not spare his own Son but gave him up for us all; how will he not also, along with him, graciously give us all things?"
- C. "It is God who justifies."
- D. "No, in all these things we are more than conquerors through him who loved us."



9. Believers are eternally secure, meaning that God carries them safely to their eternal home. How do Paul's questions and answers affirm that believers are eternally secure?

10. If you are a believer, how does the truth about your eternal security encourage you as you live out your faith?

Day 4: Read Romans 8:38-39

11. List the things that Paul said cannot separate us from the love of God. What item in the list stands out to you the most, and why?

12. God is our preserver. Based on Romans 8:38-39, what do you think this attribute of God means? (See also Philippians 1:6; 2 Timothy 4:18.)

13. Rewrite Romans 8:38-39 in your own words as a statement of your confidence in God's love for you. How will you thank Him today?

Day 5: Take to Heart

The eternal security God promises in this passage will never change because God never changes. Paul challenged us to stand firm with God because life will have its troubles that test God's people. But God works everything in believers' lives for eternal good. **God is our preserver.** This promise frees us to step out in faith and follow Him regardless of the circumstances. God gives His people great hope. He is for you. He does not condemn you. If you are a believer, nothing can separate you from the love of God in Christ Jesus. Nothing now. Nothing ever. **God's children are eternally secure.**

Memory Verse: "He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?" (Romans 8:32)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: In a journal or notebook, write down the questions Paul asked in Romans 8:31-35. Answer each question in your own words. Write a prayer thanking God that you are eternally secure in Christ.

Activity 2: Write a list of challenges you face daily. Read Romans 8:37 and after each challenge, write: "In all these things I am more than a conqueror through Him who loves me." Spend time in prayer, asking God to help you with each challenge.



Day 1: Look Back

Let's review what you discovered in Romans 8:28-39.

1. What did you learn about God?
2. How did Paul describe the relationship that believers have with God because of His love?
3. How did the lesson encourage or challenge you to trust God more?

Day 2: Read Romans 9:1-5

4. Why was Paul's heart filled with sorrow and unceasing anguish (extreme pain or distress)?
(Hint: See also Romans 9:30-32.)
5. What spiritual advantages did God give the Israelites?
6. How does Paul's love for the unbelieving Israelites challenge you?
7. What spiritual advantages has God given you, and how have you benefited from these blessings?

Day 3: Read Romans 9:6-13

8. What examples did Paul give to prove that physical birth does not make anyone God's child?
(See also Genesis 16:15; 25:1-2; Romans 2:28-29.)
9. How do verses 6-13 show we are saved by God's grace and not by our own efforts?



10. How does knowing that salvation is by grace help you as you pray for and talk to unsaved family or friends?

Day 4: Read Romans 9:14-29

11. What do verses 14-29 reveal about God and His mercy? (Mercy is forgiveness of people who deserve judgment.)

12. How would you answer those who accuse God of injustice because He does not save everyone?

13. In verses 22-24, how and why does God demonstrate His patience?

14. What do you learn about God's mercy and grace from the Hosea and Isaiah quotations? (See also Romans 11:3-6, 25-27.)

Day 5: Take to Heart

Paul expressed deep sorrow over his people, the Israelites, because many of them did not believe the gospel. They had received spiritual privileges as God's people, including the ancestry of the Messiah, yet they refused to trust in Jesus for salvation. Paul explained that God's promises to Israel had not failed. God had always promised that some—but not all—Israelites would be saved from His coming judgment, and Gentiles have always been included in His salvation plan. **God is sovereign.** He controls all things to accomplish His good purposes. **God gives people faith to trust in Jesus.** Only those who trust in Jesus for salvation will receive eternal life.

Memory Verse: "What then shall we say? Is God unjust? Not at all! For he says to Moses, 'I will have mercy on whom I have mercy, and I will have compassion on whom I have compassion.'" (Romans 9:14-15)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Research places where people do not often have the opportunity to hear about Jesus. Consider how you could support global missions through prayer, giving, or raising awareness.

Activity 2: Make a word puzzle using the attributes of God you have learned so far in the study and give it to someone in your family to solve.



Day 1: Look Back

Let's review what you discovered in Romans 9:1-29.

1. How did last week's lesson challenge your thinking about God's sovereignty and compassion toward sinners?
2. In what ways has Paul's love for unbelieving people changed your thoughts or actions toward those you know who do not yet believe in Jesus as their Savior?

Day 2: Read Romans 9:30-10:4

3. What was the difference in the way the Gentiles and the Israelites approached righteousness, and what were the results?
4. Who is "the stumbling stone"? How do some people metaphorically stumble and fall over this stone?
5. What knowledge did the Israelites lack that caused their zeal (strong feelings that lead to action) for God to be worthless?
6. Explain Romans 10:4 in your own words. (You may want to read several Bible translations for help.)

Day 3: Read Romans 10:5-9

7. How can you be saved?
8. How would you explain the meaning of each phrase in Romans 10:9?

Declare with your mouth:

Jesus is Lord:

Believe in your heart:

And you will be saved:



9. Have you been saved from your sin? Pray, asking God to show you anything that is holding you back from living fully surrendered to Jesus.

Day 4: Read Romans 10:10-13

10. Read the following verses and record what you learn about the heart.

Matthew 6:21

Matthew 12:34

Romans 1:21-22

Galatians 4:6

11. Based on what you learned from question 10, how would you describe the word “heart”?

12. According to Romans 10:11-13, who can be saved?

13. What questions do you have about salvation?

Day 5: Take to Heart

The power of Jesus’s perfect, righteous life completely satisfied every part of God’s law. Jesus, God the Son, died in our place as the perfect sacrifice for our sin. The only way anyone can be made right with God is by receiving the gift of faith in Jesus. **God is righteous.** His saving righteousness is available to everyone, Jew or Gentile. As God draws sinners to Himself, we respond with faith in Jesus and declare Him Lord of our lives. **Everyone who trusts in Jesus will be saved.**

Memory Verse: “If you declare with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved.” (Romans 10:9)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Think of a creative way to share your story of faith. You could make a short video or reel, record an interview, draw a comic strip, or use another idea. When you have completed your faith story, share it with someone who might be encouraged or challenged by it.

Activity 2: Spend time each day committing this week’s verse (Romans 10:9) to memory. As you repeat the verse, ask the Lord to guide you in how you can share the love and truth of God with those around you.



Day 1: Look Back

Let's review what you discovered in Romans 9:30–10:13.

1. How do people today stumble over the “stumbling stone” like many Israelites of Paul’s day?
2. How is the daily pursuit of righteous behavior different than being right with God?
3. In what ways did last week’s memory verse (Romans 10:9) motivate you to share the good news of Jesus Christ with others?

Day 2: Read Romans 10:14-15

4. How did Paul describe the steps to believing in Jesus Christ in verses 14-15?

5. What can we learn about sharing the gospel from the following verses?

Matthew 28:18-20

Acts 1:8

Acts 13:47

2 Corinthians 2:14

6. Consider your answers to questions 4 and 5. Which truths do you find most challenging to live out?

Day 3: Read Romans 10:16-17

7. From verse 17, where does faith to believe in Jesus come from? How does this relate to Bible study?

8. Why might people not respond positively to the good news when they hear it?
(See also Romans 1:18-21; 3:11-12.)



9. How has a truth from the Bible strengthened your faith in God?

Day 4: Read Romans 10:18-21

10. Use your own words to explain Paul's teaching in verses 18-21.

11. Explain the difference between hearing, understanding, and believing the message of salvation.

12. Do you think the unbelievers you know need to hear the gospel, understand the gospel message, or believe what they have heard? What could you do to encourage them to trust in Jesus?

13. What does Romans 10:14-21 teach you about God?

Day 5: Take to Heart

By asking and answering questions, Paul taught the importance of sharing the gospel. He explained that **God sends believers to tell others about Jesus**. Then God gives people faith as they hear the gospel message. However, many Israelites in Rome had heard the gospel message but refused to accept it. Paul quoted the Old Testament to show that for generations, the Israelites had been taught that God's salvation plan included the Gentiles. Now they understood the gospel, but they refused to repent of their sin and turn in faith to Jesus. **God is merciful**. He forgives and saves anyone who repents and turns to Jesus in faith, but the Israelites were stubborn. What about you? What is holding you back from fully trusting in Jesus? If you have repented and turned to Jesus in faith, who needs to hear you share the gospel message?

Memory Verse: "Consequently, faith comes from hearing the message, and the message is heard through the word about Christ." (Romans 10:17)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Read aloud Romans 10:15 and then go for a walk or run. As you go, pray for your community and ask God to give you opportunities and boldness to share the gospel.

Activity 2: Spend time each day committing this week's verse (Romans 10:17) to memory. As you repeat the verse, ask the Lord to teach you how to share His love and truth with those around you in ways they will understand and believe.



Day 1: Look Back

Let's review what you discovered in Romans 10:14-21.

1. Summarize the good news about Jesus from your study of Romans.
2. How do we receive faith to believe what God has done for us through Jesus?
3. How has God used you to share the good news of Jesus with family, friends, and your community?

Day 2: Read Romans 11:1-10

4. What two examples did Paul give to show that God has not rejected the Jewish people?
5. From verses 5-6, what is a remnant, and how was the remnant chosen?
6. Israel sought to earn righteousness before God. Why did only the elect among them receive it? (11:7)
7. Israel enjoyed the privilege of being invited to God's table, representing God's covenant promise and provision. How does Israel's rejection of Jesus fulfill David's prophecy from Psalm 69:22-23 that is quoted in Romans 11:9-10?

Day 3: Read Romans 11:11-24

8. How does Paul explain that Israel is not beyond hope?
9. Match the illustrations from verses 16-24 to their explanations.

Illustration

Branches broken off

Wild olive shoot grafted in

Natural branches grafted in

Explanation

Unbelieving Israelites
Israelites who were broken off but can turn back by God's grace

Believing Gentiles who have become part of the kingdom of God

Unbelieving Israelites



10. How does this passage address Gentile believers who might be tempted to boast?

11. God fulfilled His prophecy to bring salvation to the whole world. How have you seen or experienced God's kindness and goodness in your life?

Day 4: Read Romans 11:25-32

12. What was the mystery that Paul wanted recipients of his letter to understand?

13. In 11:26-27, Paul quoted prophecy from Isaiah and Jeremiah. How did God fulfill prophecy to bring salvation to Israel?

14. How does God show His love and mercy to both Jews and Gentiles?

15. God is good and everything He does flows from His righteous, loving, merciful character. How does this give hope for the nations of the world today?

Day 5: Take to Heart

God is good. All He does is perfectly loving, faithful, and righteous. This week we learned that He will be faithful to His plans for Israel just as He will be faithful to all those He saves. **God can be trusted to fulfill His plans perfectly.** In the meantime, God calls His people, those who believe in Jesus Christ, to shine His light in this world. He strategically places believers to make a difference in their families, neighborhoods, schools, and cities. How does your daily attitude spread hope or joy to those around you? In what ways is God calling you to share the wonder of Jesus's love and make a difference in someone's life today?

Memory Verse: "So too, at the present time there is a remnant chosen by grace."
(Romans 11:5)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Sketch the olive tree from Romans 11:16-24. Use question 9 to label all the parts. Tell your BSF adult how you see God's kindness and sternness through the grafting and breaking of the branches.

Activity 2: Read Psalm 145:9; Isaiah 55:8-9; and 1 Corinthians 1:25. How would you answer the question, "If **God is good**, why does He allow bad things to happen?" Write down your thoughts and discuss them with your BSF adult. Next time you hear someone question God's goodness, you will be ready with a response.



Day 1: Look Back

Let's review what you discovered in Romans 11:1-32.

1. What happened as a result of the transgressions of God's chosen people?
2. Describe the illustration of the branches and what it means.
3. What characteristics of God are revealed through His treatment of both Israel and the Gentiles?

Day 2: Read Romans 11:33

4. Review Romans 11:25-32. What reasons expressed in those verses caused Paul to break into praise starting in verse 33?
5. For which specific attributes did Paul praise God?
6. What has God revealed to you about Himself and His plans as you have studied Romans?
7. What truths about God cause you to praise Him?

Day 3: Read Romans 11:34-35

8. What three questions did Paul ask in verses 34-35, and what is the answer?
9. Romans 11:34 is a quote from Isaiah 40:13. Read Isaiah 40:12-14. What do the additional questions in these verses teach you about God?
10. How can knowing that God is incomprehensible—greater than we can understand or explain—help us when we wrestle with difficult questions?
11. What has God given all people? (See also Genesis 1:27-30; John 3:16; Acts 17:24-28.)



12. What has God given to you specifically, and how will you respond?

Day 4: Read Romans 11:36

13. What does it mean to you that all things are from God, through God, and for God? How are we to respond to Him because this is true? Read Psalms 24:1; 103:19; 147:5 to help with your answer.

14. God is incomprehensible, but He has revealed what we need to know about Him through His Word, His Son, and His Spirit. Summarize the following:

His Word (2 Timothy 3:16-17)

His Son (Hebrews 1:2-3)

His Spirit (Ephesians 1:17)

15. How have you seen God's glory, and how will you give glory to God today?

Day 5: Take to Heart

People settle for the knowledge they get from smartphones, computers, and social media. Artificial intelligence gives us quick access to sometimes questionable information. But God's knowledge greatly exceeds anything generated by humans or machines. His wisdom and power are beyond compare. God the Father stands ready to help us know and understand truth. He is only a prayer away. With His Word at our fingertips and His Spirit to instruct us, God helps His people navigate life's challenges. Although **God is incomprehensible**, He gives us His wisdom as we seek Him in any and all of our decisions. God loves His people. He knows the number of hairs on our heads. He cares about the details of our lives. **God is greater than us in every way and deserves our worship.** How will you seek His knowledge and His wisdom in His Word?

Memory Verse: "For from him and through him and for him are all things.
To him be the glory forever! Amen." (Romans 11:36)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Make a list of the things God has given you or done for you. Just as Paul wrote a short hymn of praise in this week's passage, write your own response to God. It could be in the form of a hymn, poem, rap, rhyme, prose, or verse.

Activity 2: Spend time each day learning this week's memory verse. As you repeat this verse, write about specific challenges you face. Offer each circumstance to God, trusting that He works in wise and incomprehensible ways.



Day 1: Look Back

Let's review what you discovered in Romans 11:33-36.

1. What can we learn about God from Paul's doxology (words of praise to God used in worship)?
2. What does it mean that God is incomprehensible?
3. What attribute of God from the lesson is most helpful to you today? Why?

Day 2: Read Romans 12:1-2

4. In the Old Testament, animal sacrifices were killed as atonement for sin. How would you describe a living sacrifice?
5. What are believers commanded to stop doing?
6. Name one way that people often think differently from what God's Word says.
7. How would you like God to change your thinking so that it is less like the world and more like His thinking? Pray, asking God to renew your mind.

Day 3: Read Romans 12:3-5

8. What warning did Paul give in verse 3, and why is it important?
9. How does Paul's illustration in verses 4-5 explain the way believers are to relate to one another?



10. Write the names of two believers who serve and support you. Take time this week to thank these people for how they care for you.

Day 4: Read Romans 12:6-8

11. List the seven gifts Paul mentioned.

12. Give two examples of believers you know who are using their gifts in service to the Church.

13. How might God be giving you an opportunity to use one of the gifts Paul mentioned?

Day 5: Take to Heart

Paul encouraged believers to dedicate their entire lives to God as a response to His mercy. Paul taught that true worship means living wholeheartedly for God and not conforming to the ways of the world. By the transforming power of the Holy Spirit, **believers are to worship God and serve one another**. When we understand God's grace, we will not have an inflated or deflated view of ourselves. We will see that **God is our provider**. Our salvation and spiritual gifts are truly gifts from God, not something we earn. God gives believers gifts for serving one another, much like different parts of our bodies work together. If you believe in Jesus, you are meant to serve within the Church. You are gifted to support other believers. Serving God and others brings joy within the body of Christ.

Memory Verse: "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship." (Romans 12:1)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: What gifts and abilities has God given you to use within His Church? Consider asking a BSF adult, "What gifts do you see in me?" Make a list of how you are using your gifts right now and how you might use them more. Pray, asking God to show you how you can serve the Church to glorify Him.

Activity 2: Create a collage illustrating how we can offer ourselves as living sacrifices in response to God's mercy. Show patterns of the world that tempt believers to conform and give examples of how Christ sets believers free and transforms them into His image.



Day 1: Look Back

Let's review what you discovered in Romans 12:1-8.

1. How does God want believers to offer themselves to Him and serve each other in the Church?
2. What illustration did Paul use to describe the Church and what does it show about each believer's role?
3. Over the last week, how has God used the gifts He has given you?

Day 2: Read Romans 12:9-13

4. "Sincere" means honest, pure, and true. Why might Paul have stressed that love must be sincere?
5. List Paul's instructions from 12:10-13 in your own words.
6. Which of Paul's instructions is hardest for you to obey and why?
7. How have you seen or participated in hospitality that honors God?

Day 3: Read Romans 12:14-17

8. How should we respond to those who persecute us?
9. Who might God be asking you to bless, even though you find them difficult, and how can you show them His love in your actions or attitude?
10. What instructions did Paul give in Romans 12:15-17 about how God's people should treat others?



11. In what ways does Paul's teaching in these verses contrast with what culture encourages?

Day 4: Read Romans 12:18-21

12. In 12:18, Paul summarized his instructions about how believers are to treat others. In what specific ways or circumstances is God asking you to live at peace?

13. Why are believers not to take revenge?

14. How are believers to treat those we might want revenge against? What does this accomplish?

15. How does Paul's final instruction in 12:21 encourage you as you strive to live differently in the world?

Day 5: Take to Heart

This week's passage is filled with instructions for how God wants His people—those who have been transformed by Christ—to live and treat others. **God is love**, and His love, which has been poured into believers, compels us to live in a way that contradicts the world. This is the cross that believers are to carry. Through their faith in Jesus and the Holy Spirit's power, believers begin a new kind of service and love for others in their love for God. **God calls believers to love others the way He loves us.**

Memory Verse: "Love must be sincere. Hate what is evil; cling to what is good."
(Romans 12:9)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Who do you find difficult to love? Pray for them specifically. Consider one thing you could do with your words or actions to show them God's love.

Activity 2: God's people are instructed to overcome evil with good. Research an example of Christians overcoming evil with good in your community. Pray intentionally for the work they are doing and discuss with your BSF adult if there is a way for you to give practical help.



Day 1: Look Back

Let's review what you discovered in Romans 12:9-21.

1. How does God want believers to respond to evil and those who persecute them?
2. Which command from Romans 12:9-21 do you think is hardest to follow? Pray, asking God to strengthen you to live according to His Word.

Day 2: Read Romans 13:1

3. "Subject" means to be under authority or control. Who should submit to the authority or control of their governing authorities? Why?
4. When is it acceptable to God to refuse to submit to authority? (See also Daniel 3; 6; Acts 5:29; or any other Scriptures you know.)
5. When do you find it most difficult to submit to those in authority over you?
6. List God's attributes and ask Him to help you wisely submit to Him and those in authority over you.

Day 3: Read Romans 13:2-4

7. Who are you ultimately rebelling against when you fail to submit to authority?
8. How are those in authority described in verse 4?
9. Name a rule that you do not enjoy following. How could submitting to this rule be good for you?
10. God is omniscient and sovereign; He knows everything, and He is in control of everything to accomplish His good purposes. How could believing these truths about God change the way you pray and respond to those in authority over you?



Day 4: Read Romans 13:5-7

11. What two reasons did Paul give for submitting to those in authority?

12. What are taxes? Are believers required to pay them?

13. From the following verses, list those to whom we are to give respect and honor.

Exodus 20:12

Leviticus 19:32

1 Timothy 5:17

1 Timothy 6:15b-16

1 Peter 2:13-17

14. What is one way you could show honor this week to someone listed in your answer above?

Day 5: Take to Heart

We all have people in authority over us. Submitting to these individuals is a way to obey and honor God because **God sovereignly places people in positions of authority**. What does it look like to submit to authority? Believers are to be respectful and follow instructions with the right motives and attitudes. We do this by trusting God. **God is omniscient**. He knows everything, including our needs, how we are treated, and how we respond. God is sovereign over all, including every leader and government in the world. How do your attitudes and actions reflect your trust in God? When we believe that God knows what is best and has all power and authority to perfectly carry out His will, we can submit to people He has placed over us. God's Word promises that He is always working for the ultimate good of His people. To whom do you owe an obedient, helpful, and respectful attitude? Ask God to help you show them proper honor.

Memory Verse: "Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God." (Romans 13:1)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: List the authorities in your life and your attitude toward them. Ask God to help you honor them this week.

Activity 2: Spend time memorizing this week's verse (Romans 13:1). Ask God to help you submit to authority with a willing heart. Share with your BSF adult when this verse challenges or encourages you.



Day 1: Look Back

Let's review what you discovered in Romans 13:1-7.

1. What should believers' attitude be toward those in authority?
2. Why is it right for believers to submit to those in authority over them?
3. What attributes of God encourage you to rightly respond to those in authority over you?

Day 2: Read Romans 13:8-10

4. What ongoing debt do God's people carry? Why?
5. Who is included in the command to "love your neighbor as yourself"? (See also Matthew 5:43-44; Luke 10:25-37; Galatians 6:10.)
6. From earlier lessons, what have we learned about our ability to keep God's commands in our own strength? (See also Romans 3:20-24.)
7. Write down one way you will remind yourself this week to rely on the power of the Holy Spirit to love others as Christ Jesus has loved you.

Day 3: Read Romans 13:11

8. What big event are believers waiting for that Paul referred to when he said, "Our salvation is nearer now than when we first believed"? (See also Acts 1:1-11.)



9. Paul called for believers to wake up, meaning to take seriously the fact that Jesus could return at any time. List two ways you would live differently today if you knew Jesus would come back to earth within the next eight hours.
10. What is one way you can prioritize loving others more as you prepare for Jesus's return?

Day 4: Read Romans 13:12-14

11. In verse 12, what did Paul say to put aside and put on? What does this mean? (See also Galatians 5:22-25; 1 John 1:5-7.)
12. What does it mean to "clothe yourself with the Lord Jesus Christ"? (See also Galatians 3:27; Ephesians 4:22-24.)
13. How are you being challenged to shine for Jesus in your community?

Day 5: Take to Heart

Did you know that the Lord Jesus will one day return to earth? Jesus, who came to earth to live a perfect life and died as God's sacrifice for sinners, will return physically, suddenly, and visibly. No one knows the exact day or time of His return, but those who believe in God's promises understand that He could come back at any moment. **God is patient.** He graciously gives people time to be saved before Jesus returns. The way believers live while waiting for Jesus's second coming serves as a witness to the world. Therefore, **believers are to love others as they prepare for Jesus's return.** They are to think and live differently from the rest of the world by living holy lives and sharing the gospel. What do you need to do to be ready for Jesus's return?

Memory Verse: "Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh." (Romans 13:14)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Research Jesus's second coming by reading passages such as Matthew 24; 1 Thessalonians 4:13-18; and Revelation 22:12-21. How could thinking about Christ's return help you to love others more?

Activity 2: As you get dressed each day, spend time committing this week's verse (Romans 13:14) to memory. Think about how the Holy Spirit enables believers to shine God's light wherever they go.



Day 1: Look Back

Let's review what you discovered in Romans 13:8-14.

1. What debt did Paul say we carry continually, and why?
2. How should believers live differently knowing Jesus could return at any moment?
3. What does clothing yourself with Christ look like in your daily activities, friendships, and habits?

Day 2: Read Romans 14:1-12

4. How did Paul encourage stronger believers to respond to weaker believers in verses 1-4?
5. What types of disputable matters (issues that are not about salvation or a command in the Bible) are mentioned in Romans 14:1-12?
6. From verses 5-8, what should believers keep in mind when making decisions about disputable matters?
7. How should we treat believers when their choices are different from ours? (14:10-12)
8. How can you show love to believers who have different opinions about disputable matters through your actions, words, and attitudes this week?

Day 3: Read Romans 14:13-18

9. What instructions did Paul give believers in verse 13?
10. How can believers cause other believers to stumble, according to verses 14-15?



11. According to verse 17, what is most important in God's kingdom?

12. Is there something you enjoy doing that might confuse or pressure a believer whose faith is weak?
How can you choose to act with love instead?

Day 4: Read Romans 14:19-23

13. How did Paul encourage believers to behave toward one another? (14:19-20)

14. What did Paul advise for situations where you are unsure whether something is right or wrong?

15. What practical steps can you take this week to encourage unity and strengthen your friends, family, or church community?

Day 5: Take to Heart

Each week in BSF, we have the privilege of showing love to fellow believers, even to those with whom we may disagree on disputable matters, which are issues that are not about salvation or a command in the Bible. God saves people from diverse cultures, backgrounds, and experiences. Faithful believers can have different perspectives on many issues. We choose to live out the gospel of grace when we treat others with love and respect. **God calls believers to love one another, even when they disagree on disputable matters.** How you relate to other Christians either builds up or tears down Christ's body, the Church. **God is our guide.** He shows believers how to live in a way that honors others and glorifies Him. Ask God to help you accept those with different views the way He has accepted you. Be ready to set aside your freedoms to protect and strengthen those who are weaker in faith to build the body of Christ.

Memory Verse: "Accept the one whose faith is weak, without quarreling over disputable matters." (Romans 14:1)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Choose one disputable matter, such as attending non-Christian events or watching popular shows. Ask at least five believers their opinion on the matter, then reflect on what God wants you to do. How can your choice strengthen other believers? Share your decision with a trusted adult.

Activity 2: Spend time each day meditating on this week's memory verse. As you repeat the verse, ask the Lord to help you love others even when you disagree with their choices.



Day 1: Look Back

Let's review what you discovered in Romans 14.

1. What disputable matters were dividing believers in Romans 14?
2. How can believers show love for one another, even when they disagree?
3. What personal preferences are you willing to set aside for the sake of another believer?

Day 2: Read Romans 15:1-6

4. According to 15:1-2, what responsibilities do stronger believers have toward those who are weaker in faith?
5. How does pleasing our neighbor to build them up differ from unhealthy people-pleasing?
6. In 15:3-4, what example did Jesus Christ set for His people to follow, and what does that example mean for us today?
7. From 15:5-6, what does unity among believers look like?
8. What is one specific way you will put someone else first this week?

Day 3: Read Romans 15:7-12

9. What reasons did Paul give for why believers should accept one another? Which one means the most to you?
10. How do Paul's instructions encourage you to keep peace and unity with other believers, even when it is difficult?



11. Think of a time when you needed God's help to accept someone who was difficult to get along with. What was the outcome?

Day 4: Read Romans 15:13

12. According to this verse, what is the relationship between trust and hope?

13. How does God-given hope differ from wishful thinking?

14. In what specific ways have you relied on God to be your source of hope?

15. In what situation do you need God's power to be full of joy, peace, and hope?

Day 5: Take to Heart

When you look at the world and the people around you, do you notice fighting and disagreement? Does it seem like people care only about themselves? The world's message is to live for yourself, but most people quickly discover the hopelessness of that message. Living to please ourselves leads to emptiness, but **God is merciful**. He does not give people what our sins deserve. Instead He offers everyone hope in Jesus. Believing in Jesus leads to hope, joy, and unity with other Christians. Believers receive endurance and encouragement from God and live by the power of the Holy Spirit to glorify Him. Because of God's promises, God's people have true hope—not just optimism or wishful thinking. **God empowers believers to live in unity and hope as they follow Christ**. Jesus, God the Son, gave us the perfect example of how to live for God and honor Him, showing the world that true unity and peace are possible in Jesus Christ. Our hope is not in this world. Our hope is in Christ.

Memory Verse: "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."
(Romans 15:13)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Using Romans 15:13, write a prayer for someone you know who needs hope. Ask God to fill them with joy, peace, and overflowing hope through the Holy Spirit. If possible, follow up to ask how they are doing.

Activity 2: Write the names of believers you know—family, friends, neighbors, or even someone you struggle with—on slips of paper and place them in a jar. Each day, draw one name and do one intentional act of unity such as encouraging them, helping them, or forgiving them. At the end of the day, reflect on how your act showed Jesus's hope, peace, and joy.



Day 1: Look Back

Let's review what you discovered in Romans 15:1-13.

1. What instructions did Paul give believers about their relationships with other believers?
2. Name at least two benefits of studying God's Word.
3. How did last week's memory verse (Romans 15:13) explain that a believer can have joy, peace, and hope?

Day 2: Read Romans 15:14-16

4. What were Paul's three praises for the Roman believers? (15:14)
5. How did Paul describe his ministry? Why did God call him to this work? (15:16)
6. Think about the people you see regularly. Who needs to hear what you know about the gospel?

Day 3: Read Romans 15:17-22

7. What did Paul glory in (rejoice or take joy in)? (15:17)
8. Compare Paul's perspective to how the world values service, especially serving God.
9. How was Paul able to make Christ known to the Gentiles? (15:18-19)



10. Paul's ambition was to preach where Christ was not known so that he would not build on someone else's foundation. What is your ambition, and why?

Day 4: Read Romans 15:23-33

11. What trip did Paul intend to make before going to Rome or Spain, and for what purpose?

12. What specific prayer requests did Paul present, and what do they reveal about his ministry goals?

13. Paul made plans but also experienced God redirecting him. He did reach Rome, but as a prisoner. What could help you trust God when your plans are disrupted, redirected, or seemingly dashed?

Day 5: Take to Heart

God works through believers. He sent Paul to share the gospel with the Gentiles. Paul joyfully accepted his mission and took the gospel to places where people had never heard of Jesus. Despite the difficulties and dangers that his journeys brought, Paul relied on God, and through the power of the Holy Spirit, Gentiles received salvation in Christ Jesus. **God is wise.** He knows everything and always does what is right. God guided Paul's steps and provided everything he needed to fulfill his mission. How will you rely on God as He leads you to carry out His work?

Memory Verse: "Therefore I glory in Christ Jesus in my service to God."
(Romans 15:17)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: How might God be calling you to serve Him? Journal about the burdens and ambitions in your heart. Pray, asking God to lead you to faithfully respond to His leading.

Activity 2: Find a map online and calculate the distance between two of the cities mentioned in Paul's travel, such as Jerusalem and Macedonia. Where could you be if you traveled the same distance from your home? Think about the people who live nearby. Who do you see every week who needs to hear what you are learning in BSF?



Day 1: Look Back

Let's review what you discovered in Romans 15:14-33.

1. What was Paul's life mission?
2. How was Paul able to accomplish so many good works for God?
3. How does the way God blessed Paul with His Spirit to build His Church inspire you to overcome fear and other obstacles to live for God's glory?

Day 2: Read Romans 16:1-16

4. What repeated phrases did Paul use to describe the people he greeted? (16:2, 3, 7, 8, 9, 11, 12, 13)
5. What does this reveal about Paul's way of thinking about his relationship to the believers in Rome?
6. List a few ways fellow believers loved and supported Paul.
7. How has someone encouraged you to grow in faith in Jesus? How could you thank them?

Day 3: Read Romans 16:17-20

8. What warning did Paul give in verse 17?
9. How can believers recognize those Paul warned about?
10. How can you help others to become wise about what is good and innocent about what is evil?



11. What assurances did Paul offer in verse 20? How do these apply to a situation in your life?

Day 4: Read Romans 16:21-27

12. Who were the people with Paul? What do you learn about them in these verses?

13. What is the mystery that Paul referred to in verse 25? (See also Ephesians 3:2-6; Colossians 1:27.)

14. Look back through all the ways God provided for Paul through other believers. Then name one way God has provided for you through another believer.

Day 5: Take to Heart

Paul greeted the believers in Rome and acknowledged their support. He reminded them that they were all part of one family in Christ. He warned them to stay away from those who create division and reassured them that God will eventually defeat evil. He shared that the mystery made known through the prophets had now been made clear: Everyone, including Gentiles, can be obedient to God through faith in Jesus. **God is our provider.** He takes good care of His children. Often God meets our needs through friendships within the Church, just as He did for Paul. He brings people from all nations into His family and unites them under Jesus to live for Him. **Believers help each other live holy lives** and share the good news about Jesus with others.

Memory Verse: "To the only wise God be glory forever through Jesus Christ! Amen." (Romans 16:27)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Paul ended his letter with a doxology (words of praise to God used in worship). Using Romans 16:25-27 as an example, write your own doxology, praising God for His work and provision in your life.

Activity 2: Intentionally encourage another believer this week through a note, message, or thoughtful action. Reflect on how the way you treat other believers can either build up the Church or hurt its unity.



Day 1: Look Back

Let's review what you discovered in Romans 16.

1. What does it mean to be “in Christ”?
2. Explain the way God provides for those who are in Christ that we learned in our last lesson.
3. Name one way God has blessed you through those who are in Christ.

Day 2: Review Romans 1:1-3:20

4. Paul's letter to the Romans explains the gospel. What is the gospel? (1:16)
5. Who needs God's righteousness? Why? (2:5; 3:9-12)
6. How would you answer friends who say they are good people so they do not need Jesus? (3:19-20)

Day 3: Review Romans 3:21-8:39

7. Explain how God saves undeserving sinners. (3:22-24)
8. Name some of the benefits God gives those who have been justified (declared righteous by God).

Romans 5:1

Romans 5:5

Romans 5:9

Romans 6:7

Romans 6:22

Romans 8:16



9. How does knowing you are justified by faith alone change the way you view your performance, your failures, or how you compare with others?

Day 4: Review Romans 9:1-16:27

10. What does it mean to “offer your bodies as a living sacrifice”? (12:1-2)
11. Name three ways believers are to live that challenge you from Romans 12:3–15:13. Pray, asking God to help you rely on Him to live out your faith in these specific ways.
12. How have you seen God at work in your life this past year? What attribute of God was revealed?

Day 5: Take to Heart

Paul’s letter to the Romans explains God’s salvation plan. God created people to know Him and enjoy a close relationship with Him forever. But sin separates us from God. Everyone sins against God and deserves His wrath. Thankfully, God sent His Son, Jesus, to save people from sin and give them eternal life. **Jesus is the Savior.** Because of His perfect life, death, and resurrection, God saves those who trust in Jesus from the power and penalty of sin. He declares believers righteous, makes them His children, and helps them live to honor Him—all because of Jesus’s perfect righteousness. This **life-changing salvation through faith in Jesus Christ is for everyone.** Then, after receiving such kindness from God, believers are called to love God and others sincerely. By the power of the Holy Spirit, they are to support each other in living holy lives that please God, fulfilling their highest purpose.

Memory Verse: “For everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope.” (Romans 15:4)

Day 6: Reflect and Respond

Complete one of these activities on your own, with your family, or with your BSF adult.

Activity 1: Spend time skimming through Romans to remind yourself of its key themes. Journal your response to what you have learned. How is God calling you to surrender your life as a living sacrifice and allow the Holy Spirit to transform your thinking and actions?

Activity 2: Paul devoted his life to sharing the gospel. Think of someone you know who needs to hear the good news about Jesus. Scan the QR code on the previous page to find *Created for More*, a resource to help you share the gospel with your friends. Then plan how you will take the first step to talk with a friend about Jesus. Ask your family or BSF adult to pray with you for courage to follow through.









PO Box 675241
Dallas, TX 75267-5241
USA
p: +1 210 492 4676
bsfinternational.org

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Alan White
Chief Financial Officer
May 15, 2026