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#### Romans 14:19-23

<sup>19</sup> Let us therefore make every effort to do what leads to peace and to mutual edification. <sup>20</sup> Do not destroy the work of God for the sake of food. All food is clean, but it is wrong for a person to eat anything that causes someone else to stumble. <sup>21</sup> It is better not to eat meat or drink wine or to do anything else that will cause your brother or sister to fall.

<sup>22</sup> So whatever you believe about these things keep between yourself and God. Blessed is the one who does not condemn himself by what he approves. <sup>23</sup> But whoever has doubts is condemned if they eat, because their eating is not from faith; and everything that does not come from faith is sin.

Edify: instruct or improve someone intellectually and spiritually.

#### **Ephesians 4:29**

<sup>29</sup> Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

Anything God commands us to do – He will empower us to do.

#### Proverbs 18:21

<sup>21</sup> The tongue can bring death or life; those who love to talk will reap the consequences.

#### James 1:26

<sup>26</sup> Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless.

#### Matthew 22:37-40

<sup>37</sup> Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> And the second is like it: 'Love your neighbor as yourself.' <sup>40</sup> All the Law and the Prophets hang on these two commandments."

Don't sabotage the good that God is doing by enforcing your own rules.

Don't impose your disputable matter on others.

#### Matthew 5:37

<sup>37</sup> All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one.



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If the way you live isn't consistent with what you believe, then it's wrong.

Notes	



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