



GOD'S VISION FOR A NEW HUMANITY | A CHANGED RELATIONSHIP TO OURSELVES (31)

April 26, 2026
Romans 12:3-8

PURPOSE To discover and experience Jesus Christ in our midst
To cultivate mutually encouraging relationships
To participate in God's mission to the world

**GETTING TO KNOW
EACH OTHER**

Discussion Question

- Discuss a time when someone helped you with something.

**WORSHIP
10 MIN**

PLEASE OPEN IN PRAYER

RESPONSIVE PRAYER — Ephesians 4

There is one body and one Spirit,

Just as we were called to the one hope of our calling,

One Lord, one faith, one baptism,

One God and Father of all,

Who is above all and through all and in all.

Come, worship God - Father, Son and Holy Spirit!

**SCRIPTURE
READING**

Romans 12:3-8

³For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned. ⁴For as in one body we have many members, and the members do not all have the same function, ⁵so we, though many, are one body in Christ, and individually members one of another. ⁶Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; ⁷if service, in our serving; the one who teaches, in his teaching; ⁸the one who exhorts, in his exhortation; the one who contributes, in generosity; the one who leads, with zeal; the one who does acts of mercy, with cheerfulness.

**BIBLE STUDY
40 MIN**

Summary

We are continuing our sermon series entitled *God's Vision for a New Humanity* throughout which we are studying the latter part of the book of Romans. While much of Romans expounds upon the theology of the gospel message, chapters 12-15 focus on the practical implications of the gospel on the life and relationships of the believer. This week's passage focuses on our relationship to ourselves. Flowing directly from the call to a renewed mind in last week's passage (Romans 12:1-2), Paul shows that such renewal must result in a transformed self-understanding. As the French reformer John Calvin famously opened his *Institutes*, "nearly all wisdom we possess... consists of two parts: knowledge of God and of ourselves," and the two are so intertwined that neither can be rightly known apart from the

other. In other words, to know ourselves, we must first know God. Our minds must be renewed to think rightly. Therefore, the central command of this passage, “to think with sober judgment” (verse 3), flows out of a renewed mind actively discerning God’s will and evaluating the self in light of that will, excluding both pride and self-deprecation (Psalm 139:23-24; Jeremiah 9:23-24; Philippians 2:3).

Paul grounds this command in the shared reality of faith and the corporate identity of the Church. The phrase “measure of faith” (verse 3) is best understood as the common faith given equally to all believers, functioning as the objective standard by which we are to evaluate ourselves. This guards against exaggerated notions of personal importance, since all stand equally as recipients of grace, and it prevents undue self-neglect, since each is truly incorporated into Christ. Paul reinforces this through the body metaphor that we are members of one another through union with Christ (verse 5). To think rightly about oneself, then, one must think relationally. No believer exists in isolation. Each individual is bound to others in mutual dependence. This reality also tempers pride, since no one is self-sufficient, and it elevates the seemingly insignificant, since every member contributes to the whole (1 Corinthians 12:21-22). God is building a Church in which identity is neither self-constructed nor self-exalting but received and exercised for the good of others within the body.

Verses 6-8 then unfold how this sober judgment takes concrete form through the recognition and use of spiritual gifts. “Having gifts that differ according to the grace given to us,” Paul emphasizes that all gifts have a divine source, that these gifts are diverse — ranging from prophecy and teaching to service, exhortation, generosity, leadership, and acts of mercy — and that this diversity is essential to the Church’s health (1 Corinthians 12:4-7; 1 Peter 4:10-11). Paul’s argument has moved from command to foundation to concrete expression: sober judgment, rooted in the body’s shared identity in the gospel, which takes visible shape in the humble and diligent exercise of the gifts God has given us all. Taken together, this passage presents a distinctly Christian vision of self-understanding. The believer is neither autonomous nor insignificant, but a redeemed member of Christ’s body, called to live in humble dependence upon God and in loving service to others. Such a perspective produces a life marked by humility, gratitude, and diligence, as each member contributes to the flourishing of the whole. In this way, the Church becomes a visible expression of the new humanity created in Christ, where unity and diversity coexist under his lordship, and where all things are directed toward the glory of God (Ephesians 3:10-12).

1. Looking at the Bible

- Share with the group some key phrases or ideas that stood out to you from the passage.

2. Looking at Jesus

At Central we believe that all of Scripture points to Jesus. In other words, Jesus is the theological center of the Bible. Every passage not only points to Jesus, but the grand narrative of the Bible also finds its fulfillment in the person and work of Jesus.

- Read Philippians 2:5-12. Paul calls the Church to have the same mindset as Christ, who did not count equality with God a thing to be grasped but emptied himself in obedience. In what ways does Christ’s own disposition serve as the pattern for the sober self-assessment Paul commands in Romans 12:3?

3. Looking at our Hearts

- John Calvin famously wrote that all wisdom consists of two parts — knowledge of God and knowledge of ourselves — and that neither can be rightly known apart from the other. How does Paul's command in verse 3 relate to this connection? What does knowing God rightly have to do with knowing yourself rightly?

4. Looking at our World

- Our culture tends to measure a person's worth by their productivity, visibility, or influence. How does Paul's vision of the body (where every member is necessary and where every gift has a divine source) challenge or reframe that way of evaluating human significance?

PRAYER 15 MIN

Pray for each other: Share any prayer requests you have.

Spend some time praying for the church and your community group, that you might use your gifts to serve each other well.