

BIG TRUTHS OF THE GOSPEL

In Paul's Letter to the Romans

A Study with MetWomen

©MetWomen 2026

By Ann Penner and Tiffany Yang

With thanks and appreciation for the help of the MetWomen
teaching team.

Scripture quotations marked (ESV) are taken from The ESV ® Bible
(The Holy Bible, English Standard Version ®) Copyright © 2001 by
Crossway, a publishing ministry of Good News Publishers.
Used by permission. All rights reserved.

Table of Contents

Welcome	1
Weekly Reading Schedule	2
Studying the Big Truths of the Gospel	3
Week 1 – Introduction	5
<i>PART 1</i>	
Week 2 – The Righteousness of God ...Exposes the depravity of sin	8
Week 3 – The Righteousness of God ...Requires judgement	13
Week 4 – The Righteousness of God ...Is bestowed on those of faith	18
<i>PART 2</i>	
Week 5 – The Grace of God ...Offers peace	23
Week 6 – The Grace of God ...Offers life	28
Week 7 – The Grace of God ...Offers freedom	33
Week 8 – The Grace of God ...Offers the Spirit	38
Week 9 – The Grace of God ...Offers everlasting love	43

PART 3

Week 10 – The Will of God	48
...For the people of Israel	
Week 11 – The Will of God	53
...For the Gentiles	
Week 12 – The Will of God	58
...For all those who believe	

PART 4

Week 13 – The Community of God	63
...Is marked by spiritual gifts and love	
Week 14 – The Community of God	68
...Supports one another in the face of differences	
Week 15 – The Community of God	73
...Partners in the spread of the gospel	
Week 16 – The Community of God	78
...Praises Him for the power of the gospel	
Week 17 – Conclusion	83
Glossary – Selected Big Truths of the Gospel	86
Suggested Resources	88

Welcome!

We're so pleased that you are part of this study.

For the past two thousand years, Paul's letter to the Romans has been changing lives because it proclaims the big truths of the gospel –righteousness, salvation, justification, reconciliation, propitiation to name just a few. These truths will astonish us, as we learn how God desires to save us through the Lord Jesus Christ. They will enable us to experience the freedom God wants for us, his adopted and beloved children, as we live in the power of his Holy Spirit. And these truths will embolden us to proclaim them with confidence and joy to those who have yet to believe.

For the next few months, we'll explore the big truths of the gospel by breaking them into 4 parts:

- **Part 1 - The Righteousness of God**
- **Part 2 - The Grace of God**
- **Part 3 - The Will of God**
- **Part 4 - The Community of God**

Within each of these 4 parts, we will dig deeper into key words or phrases as we walk through Paul's letter to the Romans. Some words or phrases are fleshed out even further in the Glossary and Suggested Resources on page 86 and 88 to this guide.

Whether this is the first time you've ever read Paul's letter to the Romans, or you've read it many times, we pray that you will see the big truths of the gospel in new ways over the course of our study. Even more, we pray that as you learn, experience and proclaim the big truths of the gospel, God will use them to change your life, making you more like His son, the Lord Jesus Christ.

With joyful expectancy for all he will do among us,

The MetWomen Teaching Team

Weekly Reading Schedule

Week 1

Week 2 – Romans 1:1-32

Week 3 – Romans 2:1-3:20

Week 4 – Romans 3:21-4:25

Week 5 – Romans 5:1-11

Week 6 – Romans 5:12-6:14

Week 7 - Romans 6:15-7:25

Week 8 – Romans 8:1-30

Week 9 – Romans 8:31-39

Week 10 – Romans 9:1-10:4

Week 11 – Romans 10:5-11:36

Week 12 – Romans 12:1-2

Week 13 – Romans 12:3-13:14

Week 14 – Romans 14:1-15:13

Week 15 – Romans 15:14-16:23

Week 16 – Romans 16:25-27

Week 17 – Conclusion

Studying the Big Truths of the Gospel

Over the course of our study, we encourage you to read through Paul's letter to the Romans at least once. We have provided a separate copy of Romans to help you do this. As you read, underline things that stand out and make notes in the margins. Look for repetition and how certain passages highlight the big truths of the gospel. Note your observations and your questions. Some of you might even find it helpful to even write out the letter over the course of our study so that the words sink even deeper into your hearts and minds.

Each week, we invite you to study a specific passage of Romans so that you can learn, experience and proclaim the big truths of the gospel. We encourage you to begin your reading with prayer. Then, answer at least one question from three categories, all of which are reproduced on a stand-alone card: (1) learn, (2) experience, and (3) proclaim. End your time with more prayer, praising God for the gospel and asking him to allow the weekly passage to transform you as he has planned.

Pray

- Ask God to focus your mind and block out any distractions so that you can fully commit your time to Him.
- Ask God to open your eyes, heart and mind to the truths in his word.

Learn

1. Does Paul address a particular issue or problem in this passage?
2. Are there any words that Paul repeats or emphasizes? If so, what are they?
3. How does this passage connect to the one before or after it in Romans?
4. Does Paul refer to another passage of the Bible? What is it and what does he say about it?

Experience

1. Does the passage cause you to feel any emotion(s) and why?
2. Does something in this passage convict you in a particular way? Why or how?
3. Does Paul refer to one or more Persons of the Trinity – God the Father, God the Son (Jesus Christ), God the Holy Spirit? If so, how and why?
4. What big truth does the passage explain and have you ever experienced it in your journey of faith?

Proclaim

1. Summarize the passage in your own words.
2. Choose 1-2 verses from the passage that resonated with you. Write them out and/or commit them to memory.
3. Can you see parallels between the passage and trends in our culture today? If so, how and what are they?
4. How can you use this passage to share the gospel with others in your life?

Praise

- How does this passage lead you to praise and worship God?
- For what can you thank him today?

Week 1 – Introduction

Notes

Week 1 – Introduction

Notes

Week 1 – Introduction

Prayer Requests

Week 2

PART 1 - The Righteousness of God
...Exposes the depravity of sin

Pray: As you read His Word, ask for God’s help to understand and to grow by the power of the Spirit.

Read: Romans 1:1-32

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

Experience: Question #

Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 2

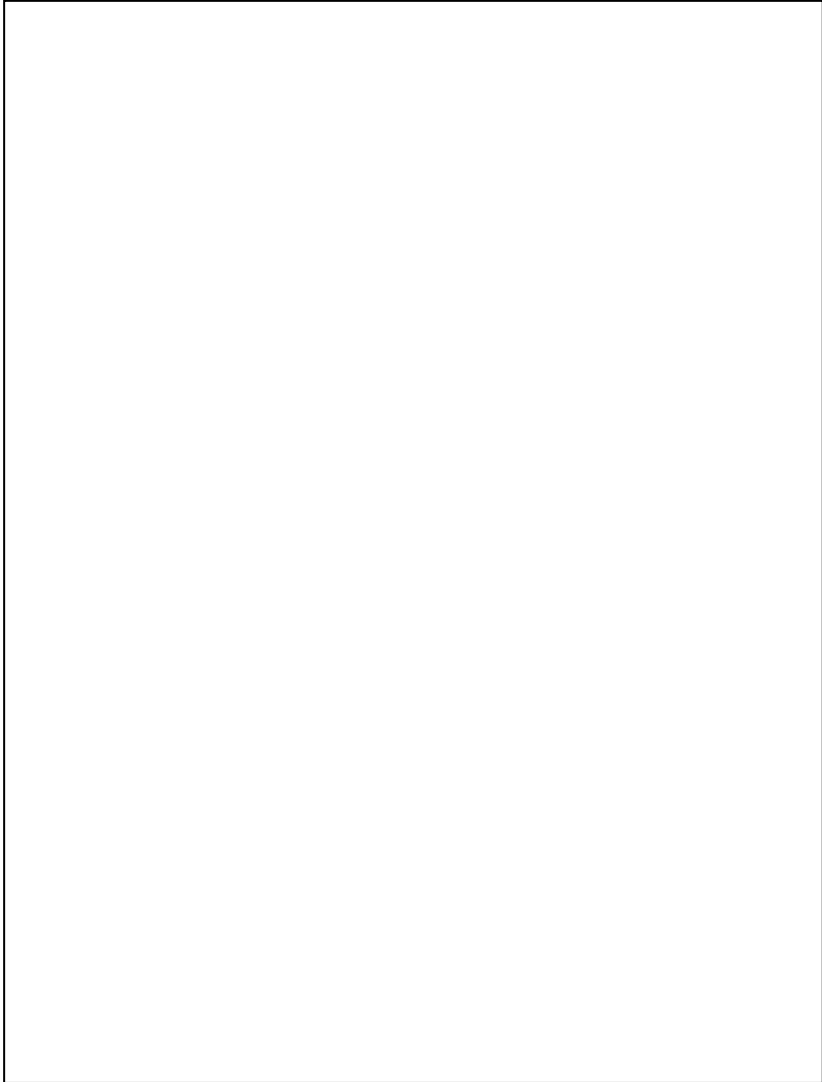
PART 1 - The Righteousness of God
...Exposes the depravity of sin

Notes

Week 2

PART 1 - The Righteousness of God ...Exposes the depravity of sin

Notes



Week 2

PART 1 - The Righteousness of God
...Exposes the depravity of sin

Prayer Requests

Week 3

Part 1 – The Righteousness of God ...Requires judgement

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

Read: Romans 2:1-3:20

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

Experience: Question #

Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 3

PART 1 - The Righteousness of God ...Requires judgement

Notes

A large, empty rectangular box with a thin black border, intended for the user to write their notes on the topic of the week.

Week 3

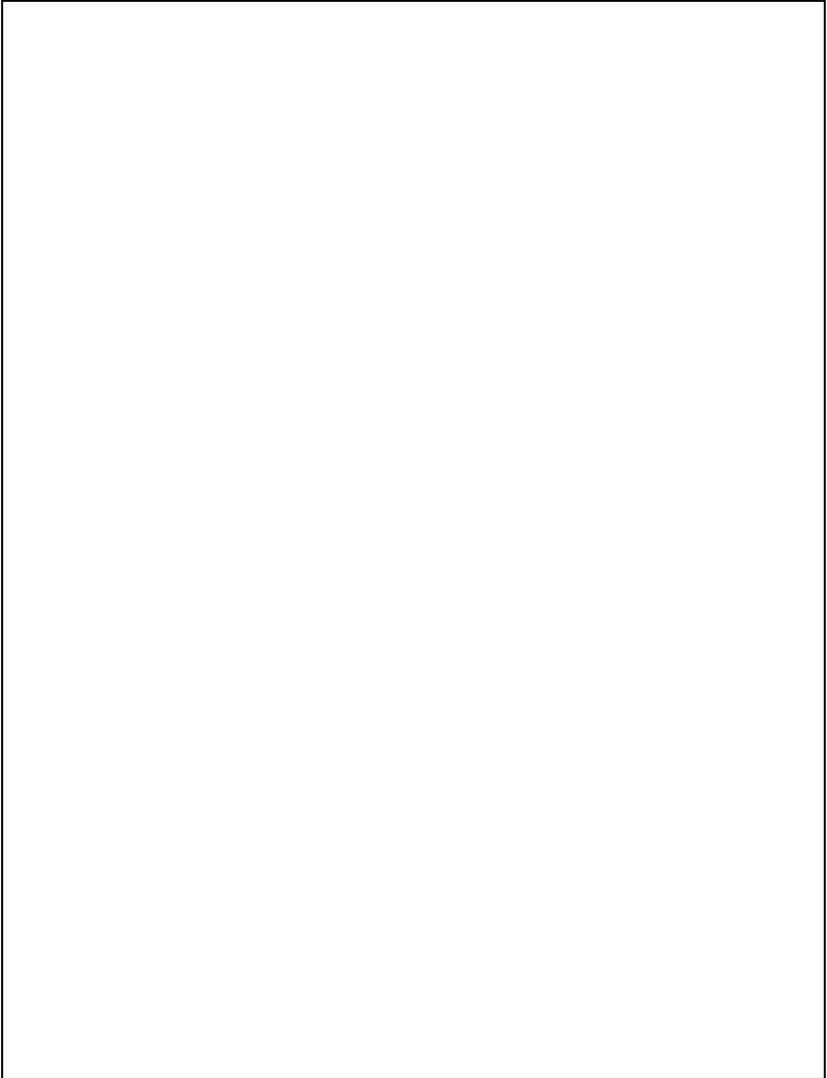
**PART 1 - The Righteousness of God
...Requires judgement**

Notes

Week 3

PART 1 - The Righteousness of God ...Requires judgement

Prayer Requests

A large, empty rectangular box with a thin black border, intended for writing prayer requests.

Week 4

Part 1 – The Righteousness of God ...Is bestowed on those of faith

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

Read: Romans 3:21-4:25

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

--

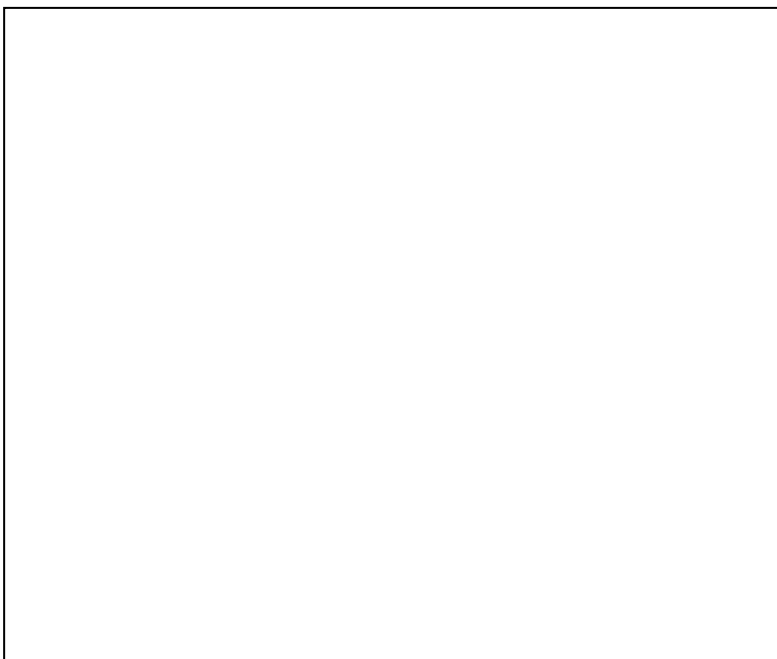
Experience: Question #

--

Proclaim: Question #



Pray: How can you pray about what you have learned? Are there other requests on your heart?



Week 4

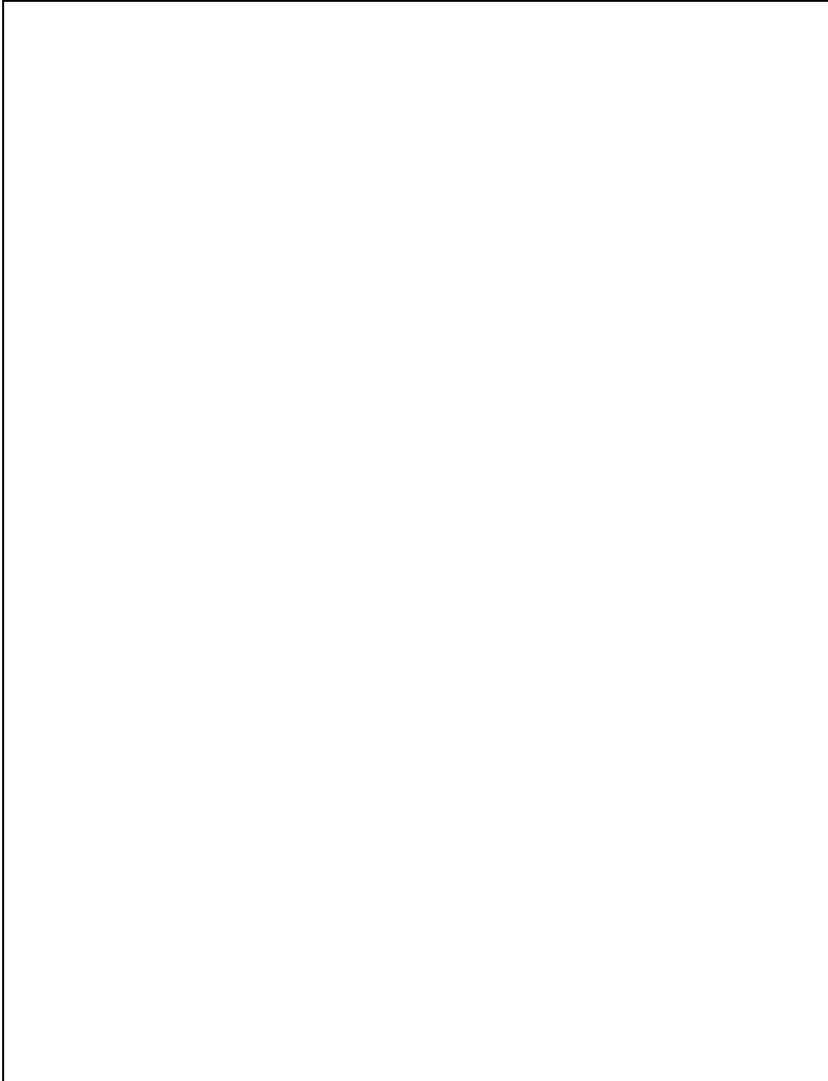
PART 1 - The Righteousness of God
... Is bestowed on those of faith

Notes

Week 4

PART 1 - The Righteousness of God ... Is bestowed on those of faith

Notes



Week 4

PART 1 - The Righteousness of God
... Is bestowed on those of faith

Prayer Requests

Week 5

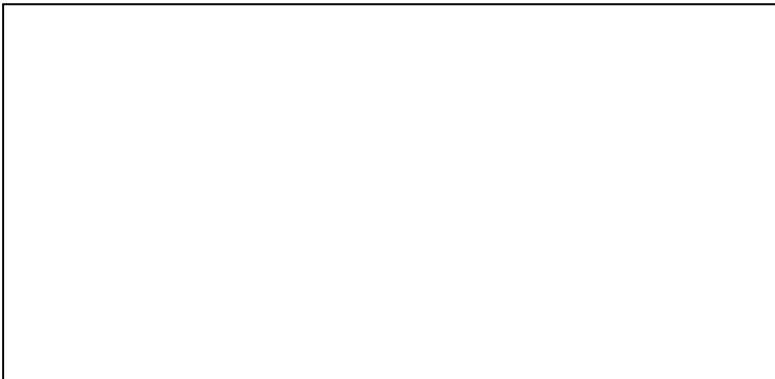
Part 2 – The Grace of God ...Offers peace

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

Read: Romans 5:1-11

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #



Experience: Question #



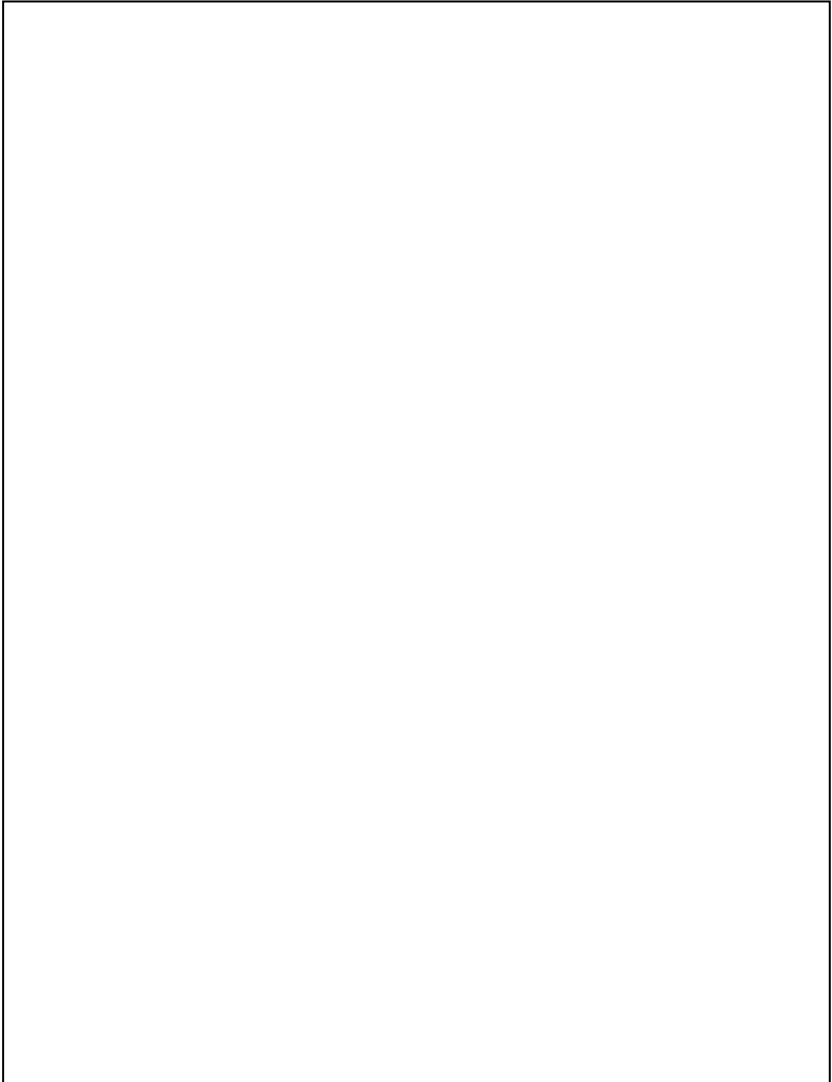
Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 5

Part 2 – The Grace of God ...Offers peace

Notes



Week 5

Part 2 – The Grace of God
...Offers peace

Notes

Week 5

Part 2 – The Grace of God
...Offers peace

Prayer Requests

Week 6

Part 2 – The Grace of God ...Offers life

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

Read: Romans 5:12-6:14

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

Experience: Question #

Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 6

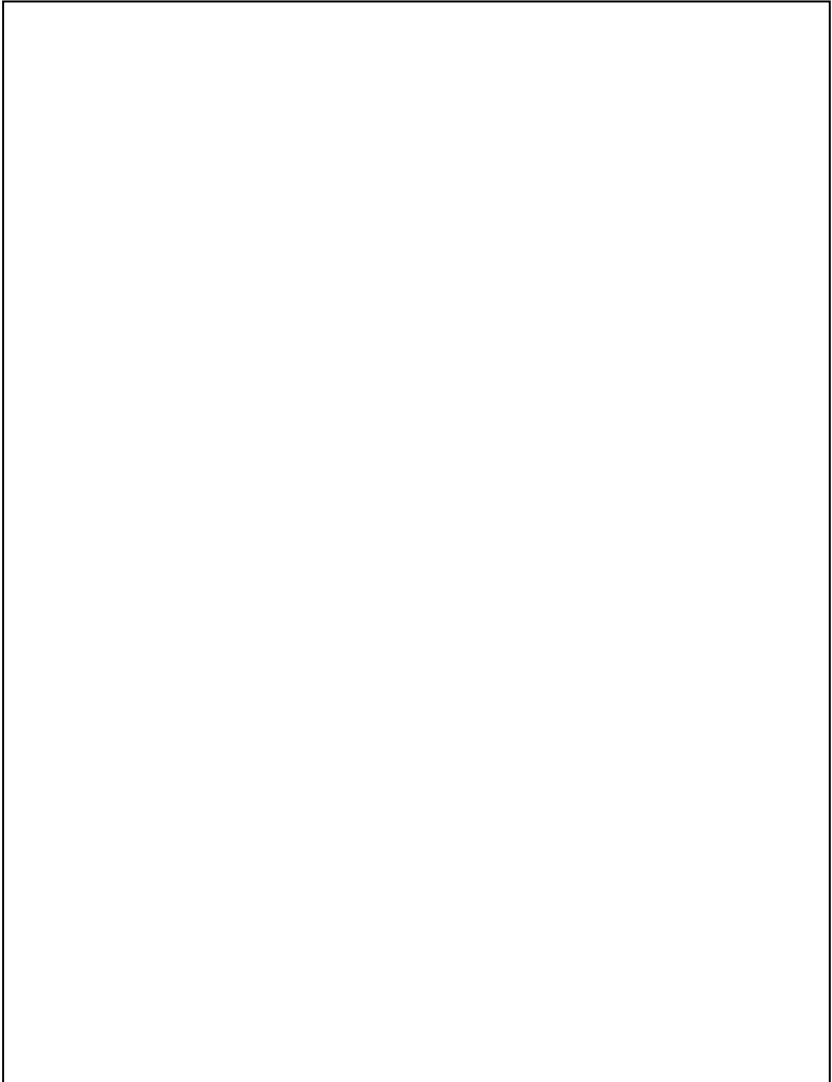
**Part 2 – The Grace of God
... Offers life**

Notes

Week 6

Part 2 – The Grace of God ... Offers life

Notes



Week 6

**Part 2 – The Grace of God
... Offers life**

Prayer Requests

Week 7

Part 2 – The Grace of God ...Offers freedom

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

Read: Romans 6:15-7:25

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

Experience: Question #

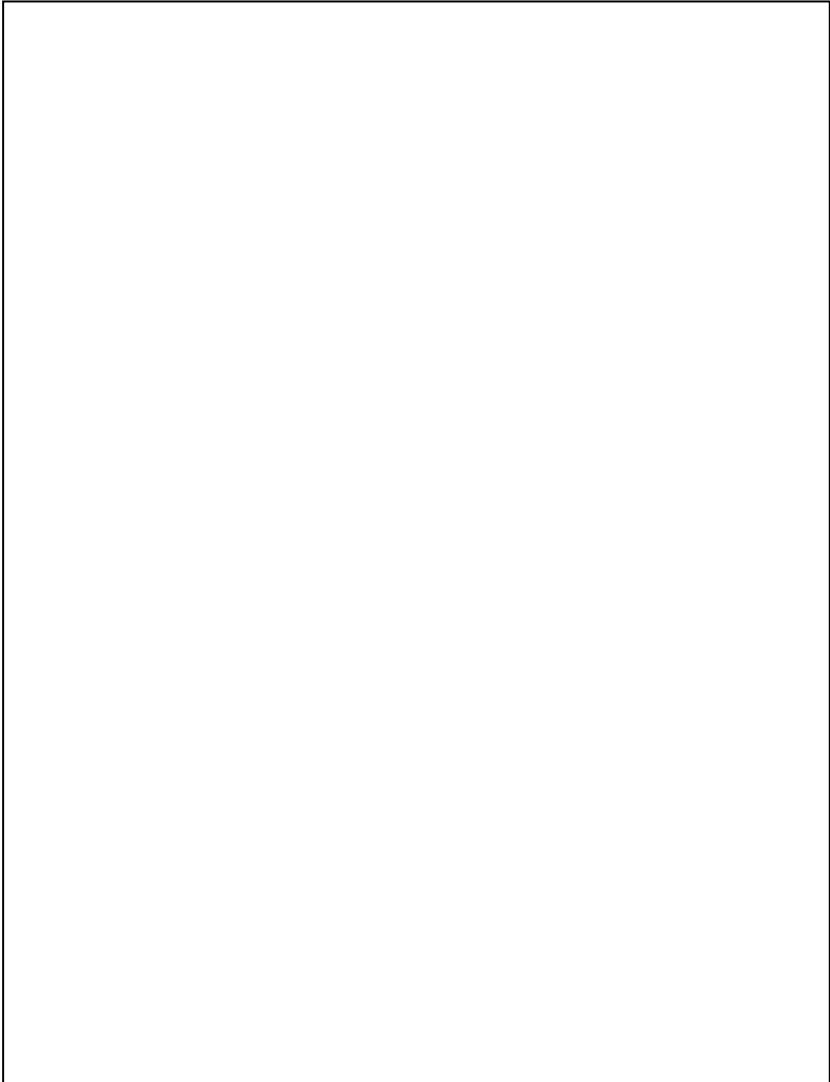
Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 7

Part 2 – The Grace of God ... Offers freedom

Notes



Week 7

**Part 2 – The Grace of God
... Offers freedom**

Notes

Week 7

**Part 2 – The Grace of God
... Offers freedom**

Prayer Requests

Week 8

Part 2 – The Grace of God ...Offers the Spirit

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

Read: Romans 8:1-30

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

Experience: Question #

Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 8

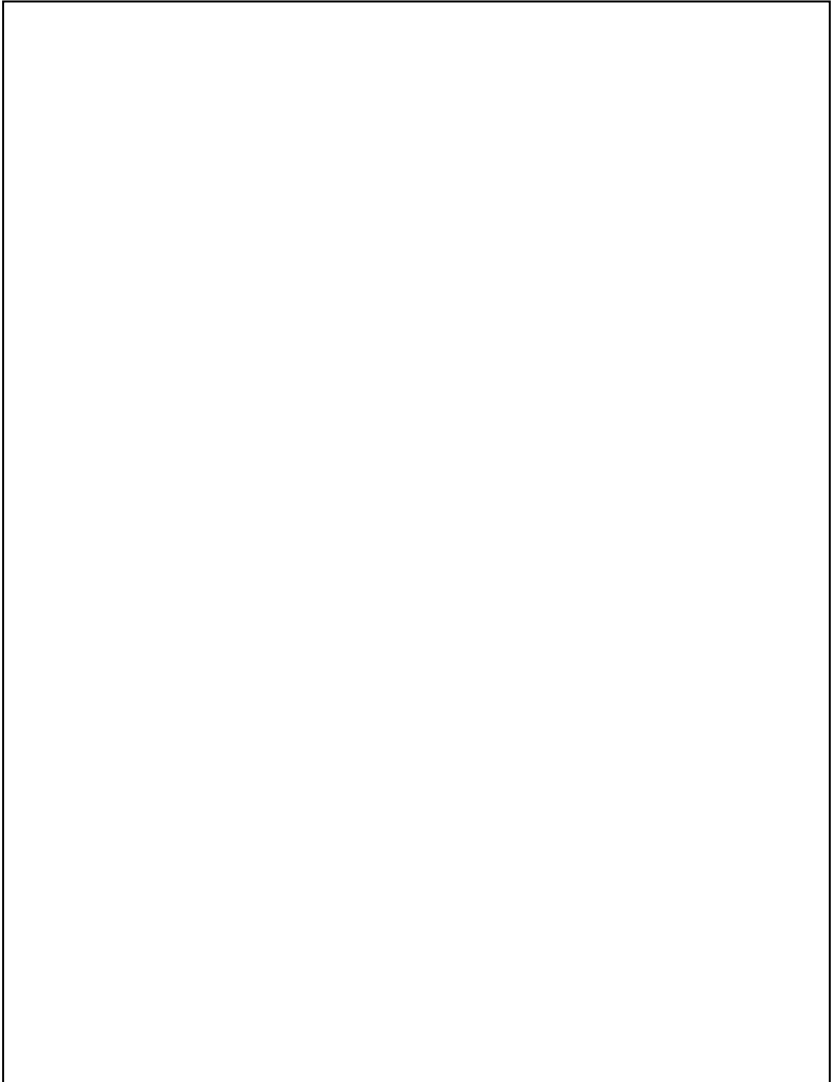
**Part 2 – The Grace of God
... Offers the Spirit**

Notes

Week 8

Part 2 – The Grace of God ... Offers the Spirit

Notes



Week 8

**Part 2 – The Grace of God
... Offers the Spirit**

Prayer Requests

Week 9

Part 2 – The Grace of God

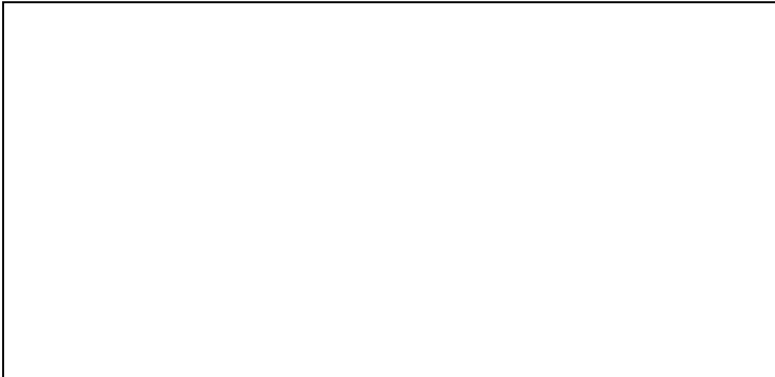
...Offers everlasting love

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

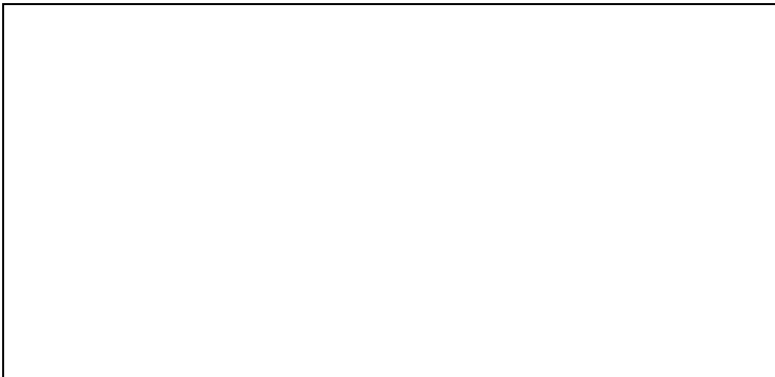
Read: Romans 8:31-39

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #



Experience: Question #



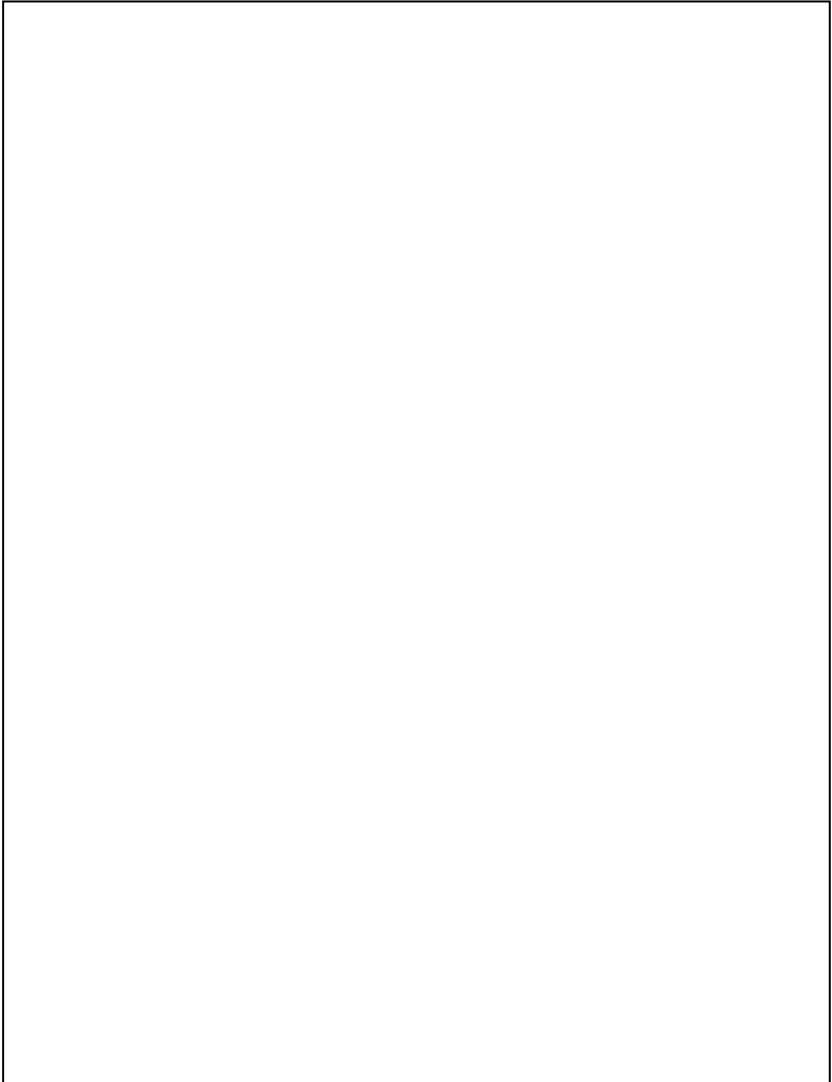
Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 9

Part 2 – The Grace of God ... Offers everlasting love

Notes



Week 9

Part 2 – The Grace of God
... Offers everlasting love

Notes

Week 9

Part 2 – The Grace of God
... Offers everlasting love

Prayer Requests

Week 10

Part 3 – The Will of God ...For the People of Israel

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

Read: Romans 9:1-10:4

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

Experience: Question #

Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 10

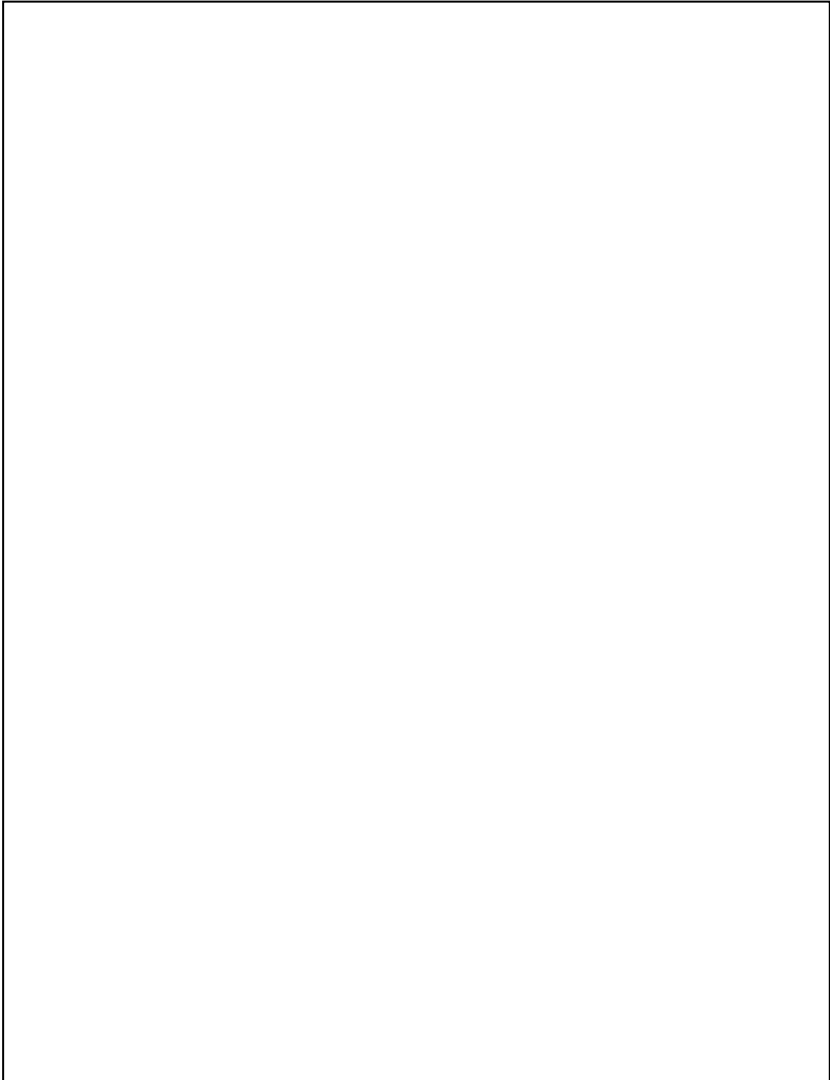
Part 3 – The Will of God
...For the People of Israel

Notes

Week 10

Part 3 – The Will of God ...For the People of Israel

Notes



Week 10

Part 3 – The Will of God
...For the People of Israel

Prayer Requests

Week 11

Part 3 – The Will of God ...For the Gentiles

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

Read: Romans 10:5-11:36

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

--

Experience: Question #

--

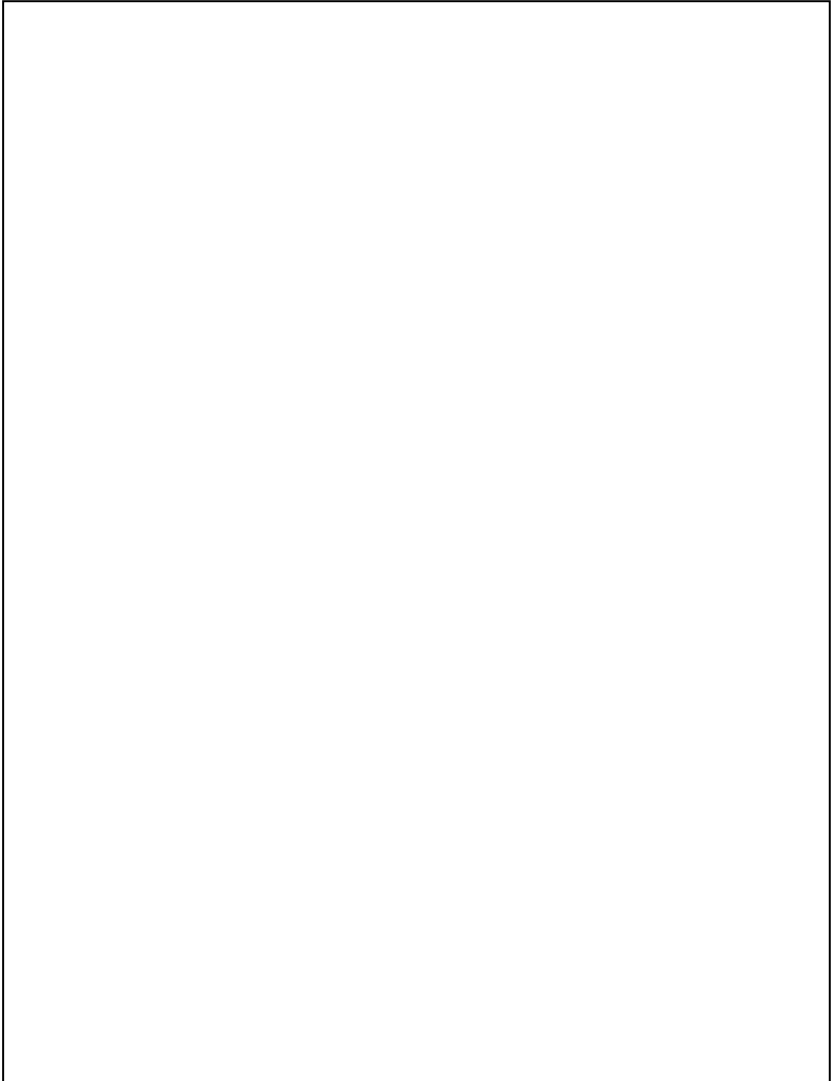
Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 11

Part 3 – The Will of God ... For the Gentiles

Notes



Week 11

**Part 3 – The Will of God
... For the Gentiles**

Notes

Week 11

**Part 3 – The Will of God
... For the Gentiles**

Prayer Requests

Week 12

Part 3 – The Will of God

...For all those who believe

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

Read: Romans 12:1-2

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

--

Experience: Question #

--

Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 12

Part 3 – The Will of God
... For all those who believe

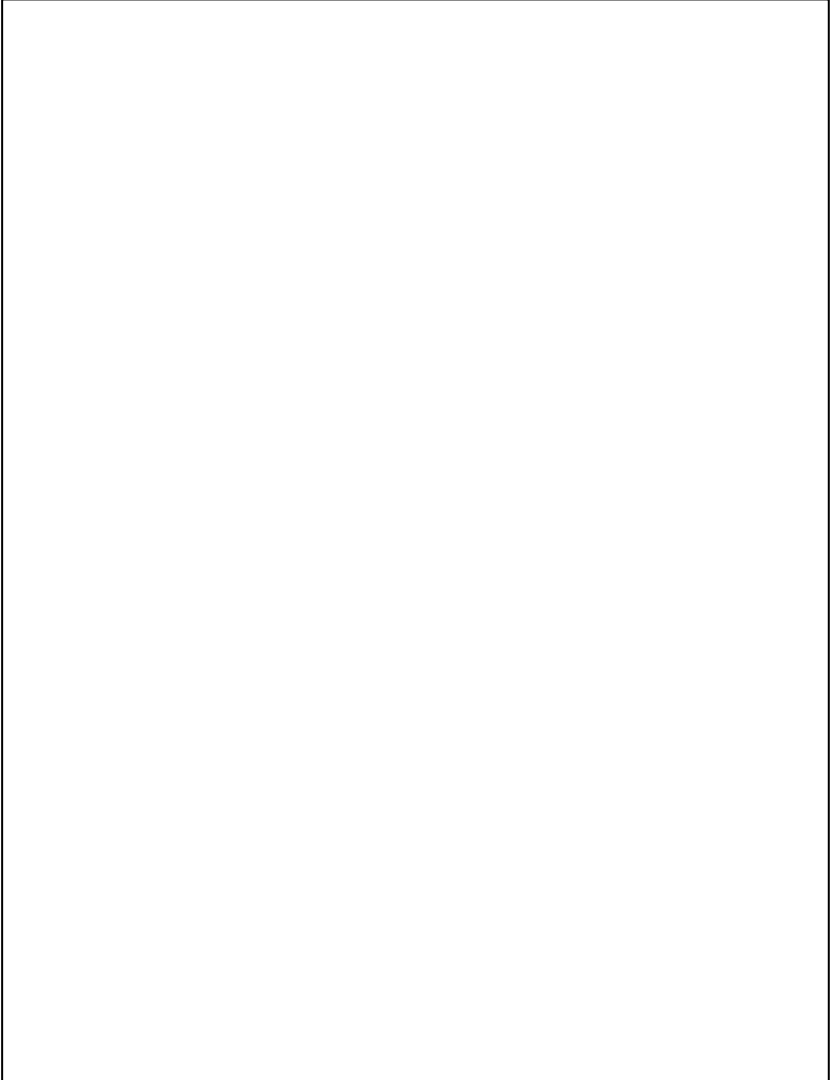
Notes

Week 12

Part 3 – The Will of God

... For all those who believe

Notes



Week 12

Part 3 – The Will of God
... For all those who believe

Prayer Requests

Week 13

Part 4 – The Community of God

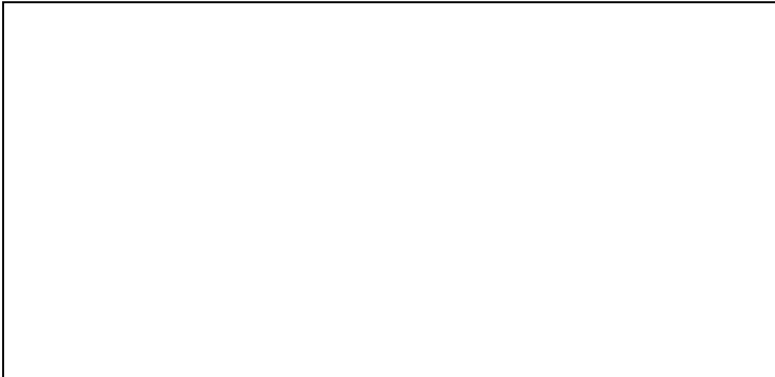
...Is marked by spiritual gifts and love

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

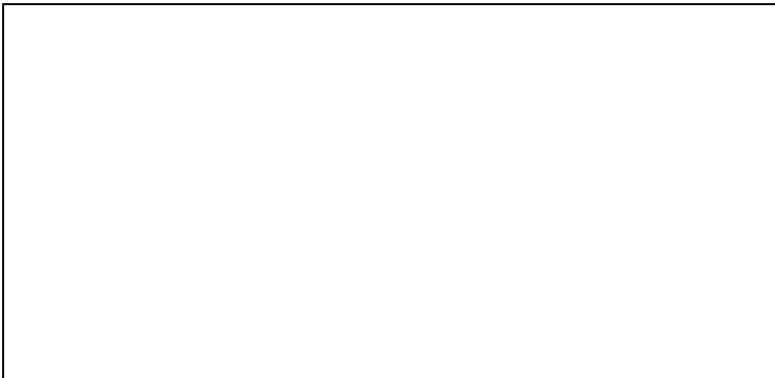
Read: Romans 12:3-13:14

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #



Experience: Question #



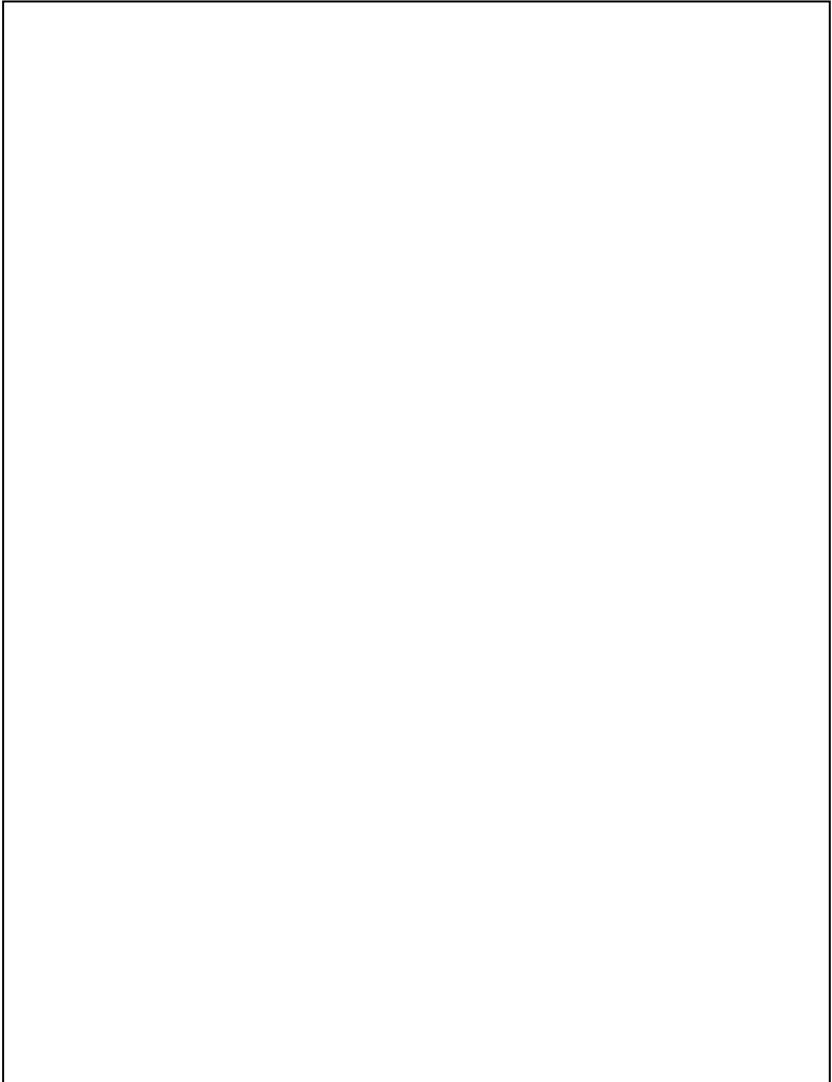
Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 13

Part 4 – The Community of God ...Is marked by spiritual gifts and love

Notes



Week 13

Part 4 – The Community of God
...Is marked by spiritual gifts and love

Notes

Week 13

Part 4 – The Community of God
...Is marked by spiritual gifts and love

Prayer Requests

Week 14

Part 4 – The Community of God
...Supports one another in the face of differences

Pray: As you read His Word, ask for God’s help to understand and to grow by the power of the Spirit.

Read: Romans 14:1-15:13

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

Experience: Question #

Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 14

Part 4 – The Community of God
... Supports one another in the face of
differences

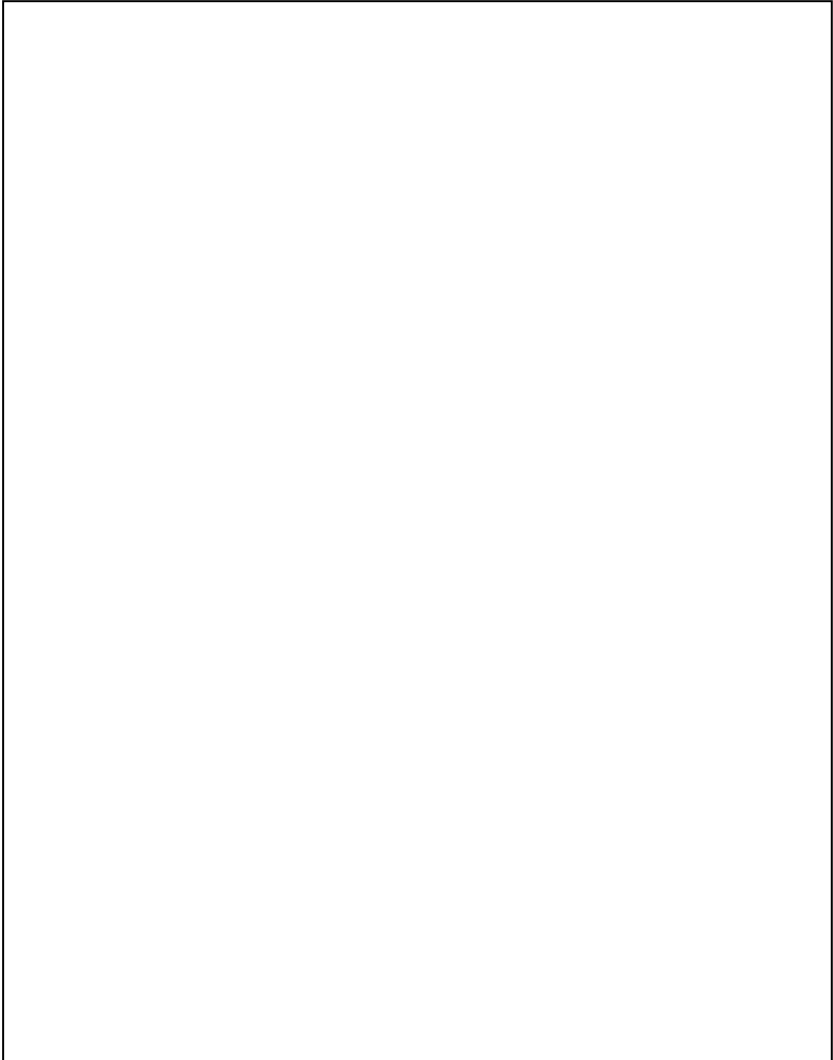
Notes

Week 14

Part 4 – The Community of God

... Supports one another in the face of differences

Notes



Week 14

Part 4 – The Community of God
... Supports one another in the face of
differences

Prayer Requests

Week 15

Part 4 – The Community of God ...Partners in the spread of the gospel

Pray: As you read His Word, ask for God's help to understand and to grow by the power of the Spirit.

Read: Romans 15:14-16:23

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

--

Experience: Question #

--

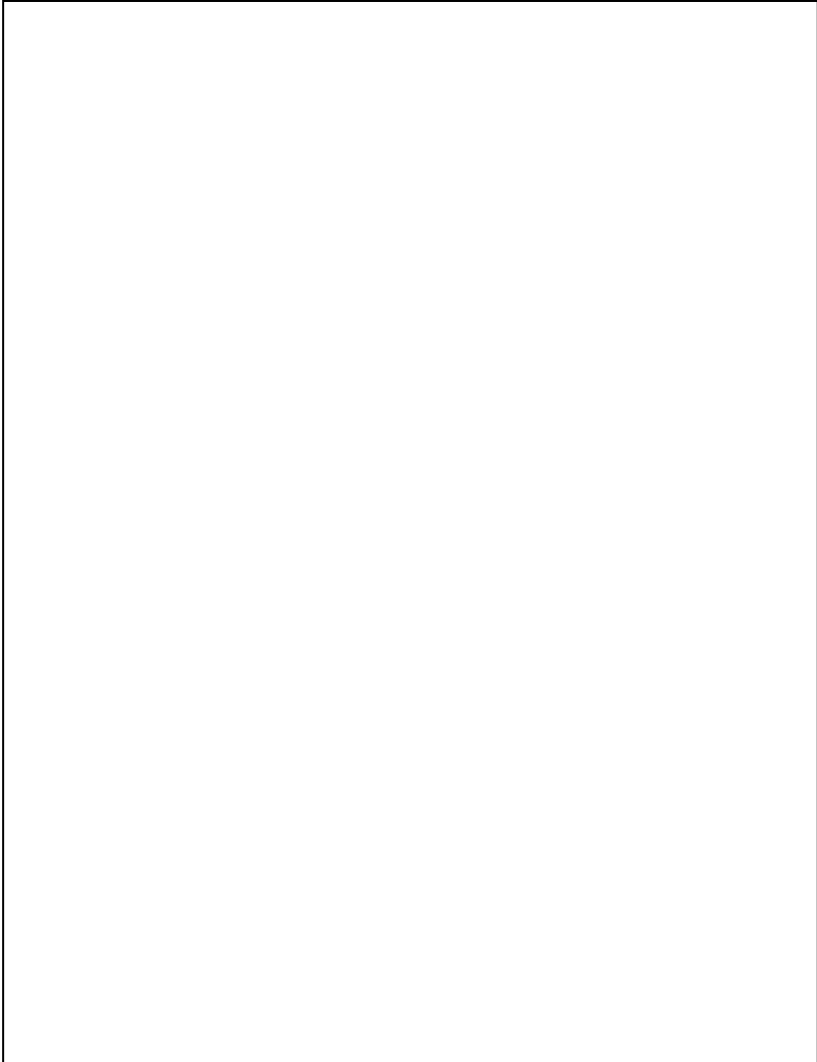
Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 15

Part 4 – The Community of God ... Partners in the spread of the gospel

Notes



Week 15

Part 4 – The Community of God
... Partners in the spread of the gospel

Notes

Week 15

Part 4 – The Community of God
... Partners in the spread of the gospel

Prayer Requests

Week 16

Part 4 – The Community of God
...Praises Him for the power of the gospel

Pray: As you read His Word, ask for God’s help to understand and to grow by the power of the Spirit.

Read: Romans 16:25-27

For each category below, choose at least one question from the list on pgs 3-4 of this guide.

Learn: Question #

Experience: Question #

Proclaim: Question #

Pray: How can you pray about what you have learned? Are there other requests on your heart?

Week 16

Part 4 – The Community of God
... Praises Him for the power of the gospel

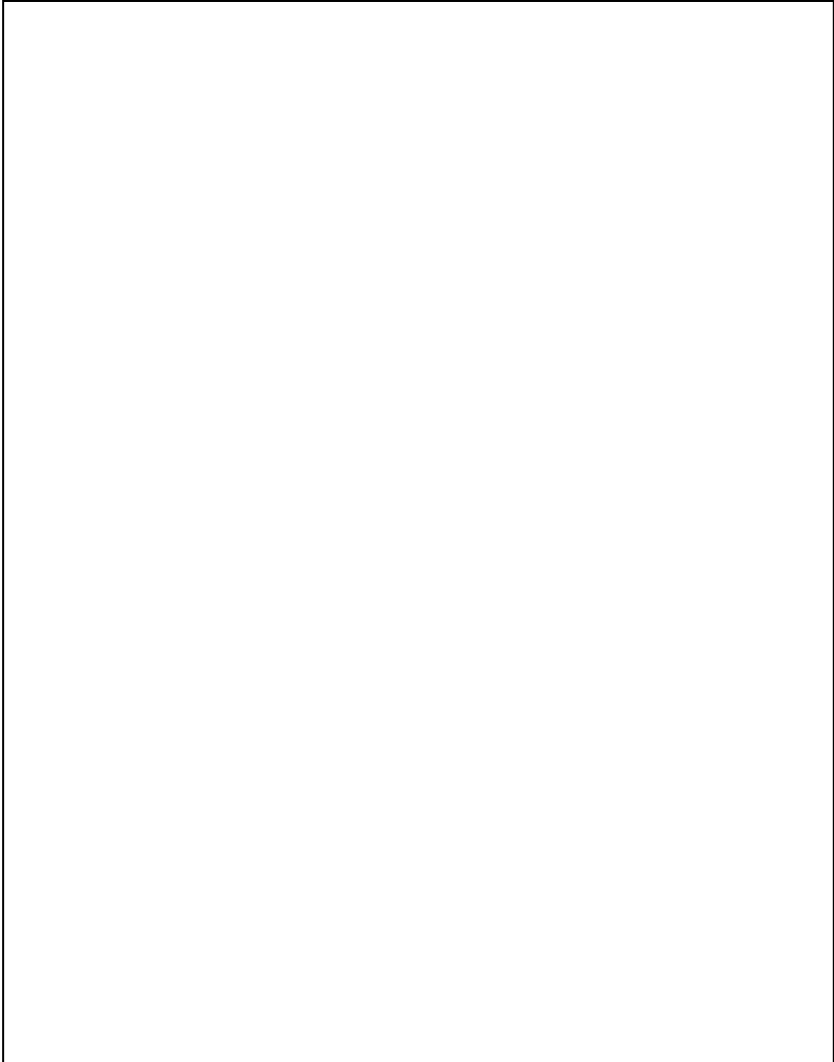
Notes

Week 16

Part 4 – The Community of God

... Praises Him for the power of the gospel

Notes



Week 16

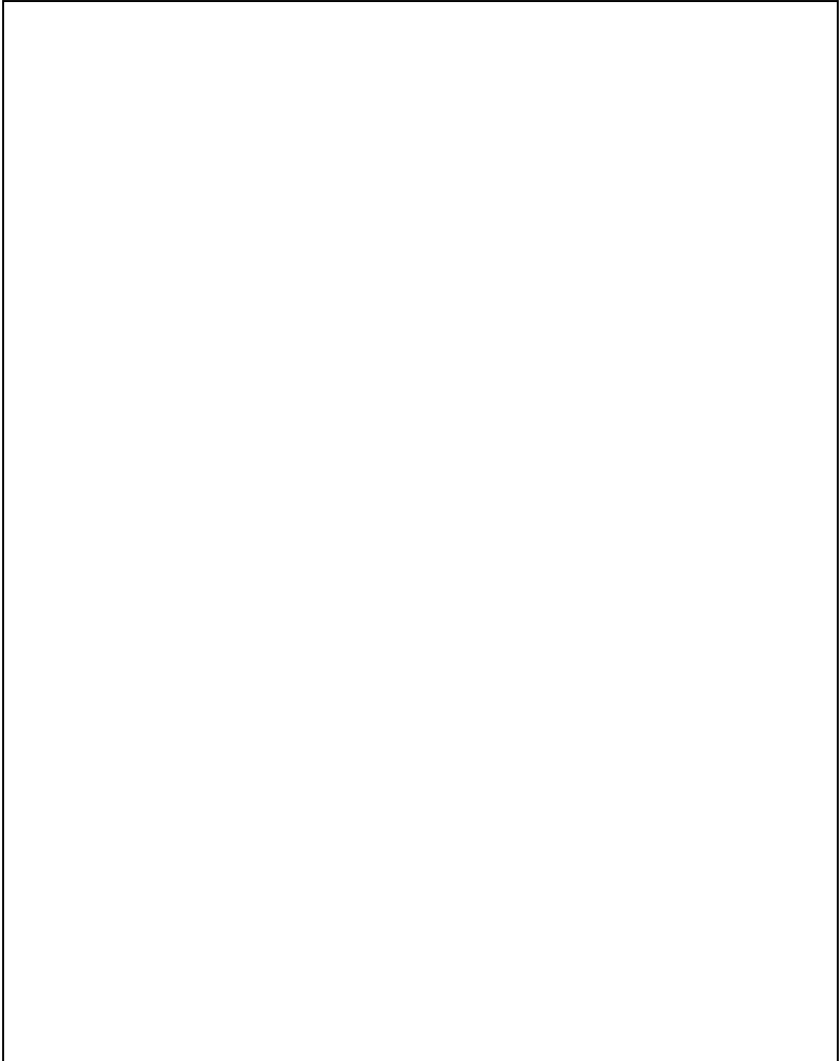
Part 4 – The Community of God
... Praises Him for the power of the gospel

Prayer Requests

Week 17

Conclusion – Connecting Romans to the rest of the Bible

Notes



Week 17

Conclusion – Connecting Romans to the rest of the Bible

Notes

Week 17

Conclusion – Connecting Romans to the rest of the Bible

Prayer Requests

Glossary of Selected Big Truths of the Gospel

Faith – Wholehearted trust in something you cannot explicitly prove.

Gentile – Someone who is not ethnically Jewish.

Gospel – A word that literally means “good news.” In the Bible, it refers to the good news concerning Jesus Christ and the way of salvation.

Grace – Unmerited favour and used to describe how God treats his people in the Bible.

Hebrew – A Jew and a member of the nation of Israel.

Holy – Totally pure and set apart.

Justify – To declare something righteous. Justification is an act of God whereby He pronounces a sinner to be righteous because of that sinner’s faith in Christ.

Law – God’s standards given throughout the Bible, such as those given to Moses and the people of Israel (e.g., the Ten Commandments).

Propitiation – A two-part act that involves appeasing the wrath of God and being reconciled to Him through the death of Jesus Christ.

Reconcile – To restore a friendship by settling or resolving differences with another person.

Redeem – To free, release, or buy back something or someone for a price.

Remnant – A small, remaining quantity of something. In the Bible, it refers to a small number of Jews who returned from the exile from the land of Babylon.

Repent – A military word that literally means “about turn.”

Righteousness – Behavior that is morally justifiable or right, and characterized by accepted standards of morality, justice, virtue, or uprightness.

Salvation – The deliverance from danger or suffering. It carries the idea of victory, health, protection, or preservation. It can be used in a physical sense, but in the Bible it refers to deliverance from sin.

Sanctity – Purity and Christlikeness. Sanctification is the process of growing in sanctity.

Spiritual Gifts – Abilities given to believers by God so that they can serve in the church such as prophesying, serving, teaching, encouraging, giving, leadership, mercy, faith, healing, and miraculous powers.

Trinity – The Bible teaches that is only one God, but that God exists in three persons: Father, Son (Jesus Christ) and Holy Spirit.

Wrath – Strong and vengeful anger in response to a real or perceived injustice.

Suggested Resources

ESV Study Bible. Crossway.

Got Questions - <https://www.gotquestions.org>

Keller, Timothy. *Romans 1-7 For You*, The Good Book Company, 2015.

Keller, Timothy. *Romans 8-16 For You*, The Good Book Company, 2015.

NIV Study Bible, Zondervan.

MacArthur, John. *Romans: Grace, Truth and Redemption*, Thomas Nelson, 2007.

Stott, John R.W. *The Message of Romans*, Inter-Varsity Press, 1994.

Swindoll, Charles R. *Living Insights: New Testament Commentary on Romans*, Tyndale House Publishers Inc, 2015.

The Bible Project – Romans 1-4 -
<https://bibleproject.com/videos/romans-1-4/>

The Bible Project – Romans 5-16 -
<https://bibleproject.com/videos/romans-5-16/>

The Gospel Coalition – Various commentaries and articles on Romans - <https://www.thegospelcoalition.org/?s=romans>

What is the Romans Road to Salvation? -
<https://www.gotquestions.org/Romans-road-salvation.html>