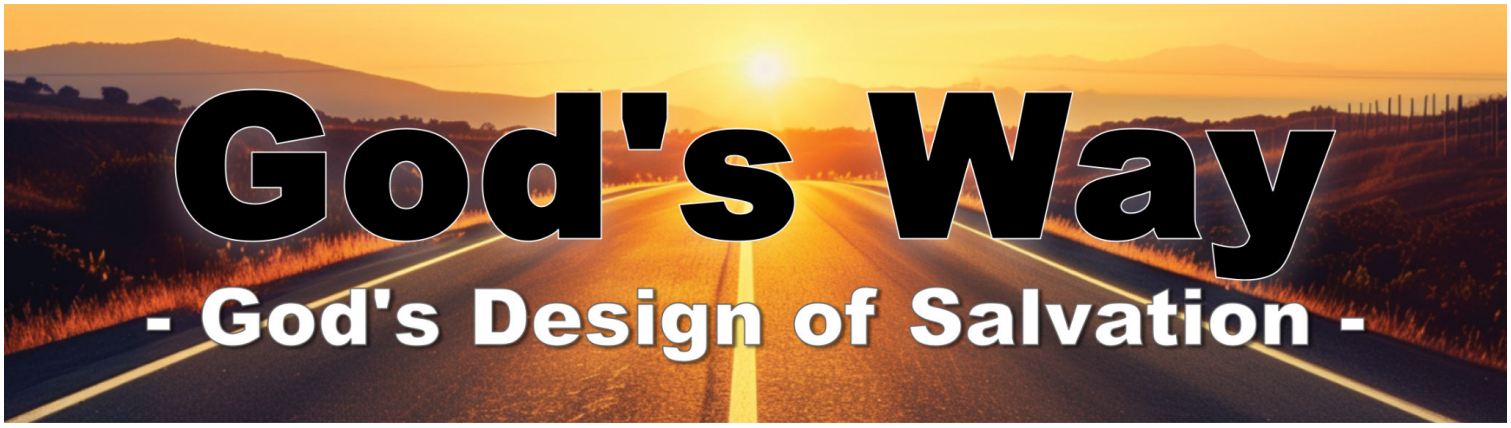


Week of June 28, 2026 - Circumcision of the Heart | Small Group Lesson 7

Connect

Have you ever tried to change a habit by changing an external factor (like a diet plan, a strict schedule, or used an app—think about some New Year's resolutions!) How far did you get? Did it work? Why or why not?

Verses - Romans 2:25-29 (CSB)

Read aloud:

25 Circumcision benefits you if you observe the law, but if you are a lawbreaker, your circumcision has become uncircumcision. 26 So if an uncircumcised man keeps the law's requirements, will not his uncircumcision be counted as circumcision? 27 A man who is physically uncircumcised, but who keeps the law, will judge you who are a lawbreaker in spite of having the letter of the law and circumcision. 28 For a person is not a Jew who is one outwardly, and true circumcision is not something visible in the flesh. 29 On the contrary, a person is a Jew who is one inwardly, and circumcision is of the heart—by the Spirit, not the letter. That person's praise is not from people but from God.

Briefly restate the context. How is it encouraging, challenging, comforting, etc.?

Study

Answer the questions together based on the Bible verses:

1. According to v.25, when does the physical act of circumcision actually have value and benefit? What happens to the value of that sign if a person is a lawbreaker?

2. If an uncircumcised man keeps the law, how will his status be viewed by God? What will happen to those who know the law and are circumcised, yet break the law? (vv.26-27)

3. Based on v.28, how does Paul redefine what it means to be a true "Jew"? What is true circumcision NOT based on? Is it visible?

4. According to v.29, what are the characteristics of someone who is a Jew "inwardly"? Who performs this true circumcision? Where is it? Whose praise does this person seek?

Share

Discuss 1:
Pastor Takeshi shared an illustration about a bus sign that says "Narita Airport." We know the sign says Narita airport, but it is not the airport itself. How does this compare to baptism, going to church, or doing good deeds? Why do these outward signs become meaningless without a relationship with God?

Discuss 2:
Pastor Takeshi talked about Martin Luther, who was willing to face excommunication or even death simply because he wanted to please and obey God above all else. When our hearts are truly transformed by the Spirit, we seek praise from God, not from people. In what areas of your life are you currently tempted to seek the praise and approval of people rather than God's?

Minister to one another through PRAYER sharing specific prayer requests.