

Personal Reflection Guide

Division & Reconciliation

“Chance Your Arm” was a term coined by the Irish centuries ago as a reminder that it is better to offer reconciliation to those who oppose you rather than remain divided.

We live in the days of division. The nation is suffering under division. Families, marriages, work places and even the church are all experiencing the destructive power of division. At the root of division is sin. Perhaps more specifically, the lack of love. Scripture prophesied that in the last days the love of many would grow cold. Perhaps this lack of love is why we find ourselves living in the days of great division.

As the church we must be aware that division has evil intent to kill, steal & destroy. We must learn to recognise the signs of division and actively grow our ability to combat its work by growing in our ability to love. To love others as Christ loves us. Offering others forgiveness, mercy, grace and patience. When we love people like Jesus loves us, then the world will know we are His disciples.

One of the scriptures we heard on Sunday was from Romans 12:9-21. Please take a few minutes to read this scripture. Think about how well you are living out the instructions the Apostle Paul gives us. Once you’ve read through this scripture go through the self reflection guide below. Write down your thoughts and make a personal commitment to intentionally grow in one of these areas.

Romans 12:9–21 (NIV)

Purpose: This guide highlights four core self-reflection areas in Romans 12:9–21, showing how obedience to this passage dismantles division and actively forms unity, love, and reconciliation in our lives and communities.

1. The Posture of Sincere Love and Humility (vv. 9–10, 16)

“Love must be sincere... Honor one another above yourselves... Do not be proud.”

Self-Reflection

- Does my ability to love others come from Christ within, or is my ability to love dependent on who the person is? Their agreement with me, their respect for me, or their reciprocity of love?

- Where might pride, self-protection, or the need to be right be undermining love?

Heart Check

- Are there people I struggle to honor above myself?
- Am I willing to associate with people who offer me nothing in return?

Why This Matters Division begins with pride and insincerity. Unity grows where humility creates space for real love.

2. A Christlike Response in Tension and Suffering (vv. 11–14, 17)

“Be joyful in hope, patient in affliction, faithful in prayer... Do not repay anyone evil for evil.”

Self-Reflection

- How do I respond when I am misunderstood, mistreated, or opposed?
- Do my reactions reflect my zeal for Christlikeness or do they tend to reflect my own emotional reactivity?

Heart Check

- Am I allowing prayer and my relationship with Christ to shape my responses, or am I reacting more from frustration or fear?

Why This Matters Our responses under pressure either escalate conflict or bear witness to Christ’s transforming love.

3. Shared Life, Empathy, and Peaceful Living (vv. 13, 15–18)

“Practice hospitality... Rejoice with those who rejoice; mourn with those who mourn... Live at peace with everyone.”

Self-Reflection

- Am I present and empathetic in the lives of others, especially when it costs me comfort?
- Do I pursue peace proactively, or only when it feels convenient?

Heart Check

- Have I justified relational distance with anyone rather than addressed and sought reconciliation?

Why This Matters Reconciliation requires Truth, Repentance, Forgiveness and Restoration.

4. Overcoming Evil with Active Good (vv. 19–21)

“Do not take revenge... If your enemy is hungry, feed him... Overcome evil with good.”

Self-Reflection

- Am I holding onto resentment, offense, or a desire for vindication?
- What would reconciliation look like toward someone who has hurt me?

Heart Check

- Is there anyone with whom you need to be reconciled with? Are there divisions in your relationships that should be addressed with love? Maybe it's time you “Chance your arm?”

Why This Matters Reconciliation becomes possible when we relinquish our need for revenge and allow God to interrupt the destructive cycles of division with an expression of Love.

Closing Prayer

Lord, align my heart with Yours. Form in me sincere love, humble strength, patient endurance, and courageous goodness. Where division exists, lead me into unity. Where offense remains, lead me into reconciliation. Teach me to overcome evil with good. Amen.