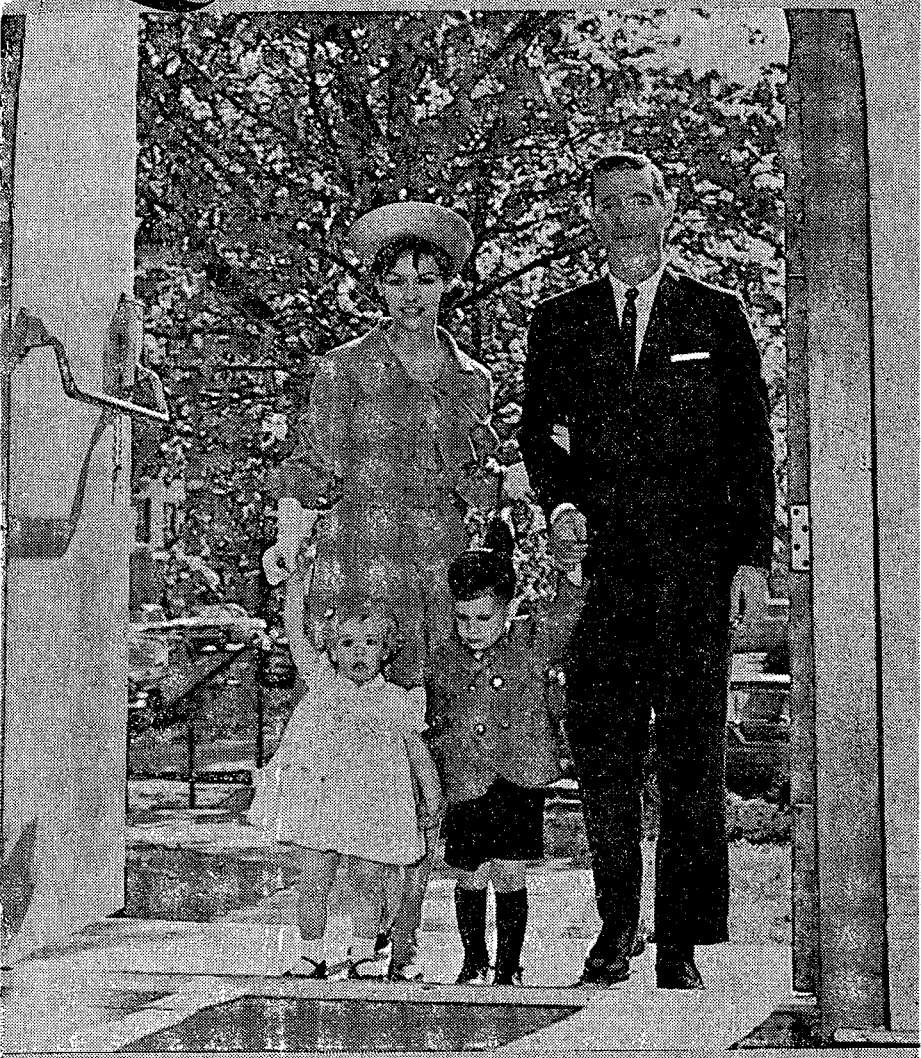
SABBATH SCHOOL LESSON QUARTERLY



FUNDAMENTALS OF CHRISTIAN LIVING

SENIOR DIVISION, No. 279, FIRST QUARTER, 1965

THE BLESSING OF DAILY STUDY

"The beauty and riches of the Word have a transforming influence on mind and character."—*Christ's Object Lessons,* page 132.

"There is nothing more calculated to strengthen the intellect than the study of the Scriptures. No other book is so potent to elevate the thoughts, to give vigor to the faculties, as the broad, ennobling truths of the Bible. If God's Word were studied as it should be, men would have a breadth of mind, a nobility of character, and a stability of purpose rarely seen in these times."—*Steps to Christ,* page 90.

My Daily Lesson Study Pledge

As one who greatly desires to improve his knowledge of the Scriptures, I pledge myself to the careful and prayerful study of some portion of my Sabbath school lesson each day of the week.

Name .....

Lesson Titles for the Quarter

1. God Is Fitting Men for His Eternal Kingdom
2. How a Sinner Becomes a Saint
3. Christianity and the Christian
4. On Becoming a Christian—Steps to Christ
5. The Christian's Heart and Mind
6. The Christian's Body
7. The Christian's Possessions
8. The Christian's Time
9. The Christian's Home and Family
10. The Christian's Friends and Recreation
11. The Christian and His Church
12. The Christian and His Community
13. The Christian and His Eternal Reward

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Sabbath School Lesson Quarterly

FUNDAMENTALS OF CHRISTIAN LIVING

GENERAL INTRODUCTION

The most powerful argument for Christianity is a loving and lovable Christian, one who knows what the Bible says about him and who lives out that instruction in his everyday life. The world is looking for such people, is expecting such a life from them, and is disappointed when realization falls short of expectation. This series of Sabbath school lessons on *Fundamentals of Christian Living* is designed to set forth the instruction of the Bible and the spirit of prophecy on various phases of the Christian life. May the study of these lessons be a blessing to all Sabbath school members.

Lesson 1, for January 2, 1965

God Is Fitting Men for His Eternal Kingdom

MEMORY VERSE: "Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness?" 2 Peter 3:11.

STUDY HELPS: "The Great Controversy," pages 647-652 (1950 ed., pp. 637-643); "Christ's Object Lessons," pages 281, 406-411 (1923 ed., pp. 283, 416-419).

AIM: To show that the supreme purpose of this life is preparation for the next.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here		Check Here
Sabbath afternoon: General survey.	☐	Tuesday: Questions 7-9.	☐
Sunday: Learn memory verse; Introduction; questions 1-3.	☐	Wednesday: Questions 10-12.	☐
Monday: Questions 4-6.	☐	Thursday: Read study helps.	☐
		Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. A Better World to Come

1. The kingdom of God our supreme interest. Matt. 6:33; 1 John 2:15-17.
2. Looking for a better country. Heb. 11:10, 13, 14, 16.
3. A glimpse of that better land. Isa. 65:17-19, 21, 22; Rev. 21:1-4.
4. The kind of people God wants in His kingdom. Rev. 21:7, 8.

II. As God Sees Mankind

5. Only two classes. Matt. 25:31-33.
6. The two classes contrasted. Rom. 8:7-10.
7. God's plea to His people. Deut. 30:15, 19.

III. The Need of Self-Examination

8. Let a man examine himself. 2 Cor. 13:5.
9. Seeing ourselves as God sees us. Rev. 3:15-17.
10. Heeding Christ's counsel. Rev. 3:18, 19.
11. Eternal life defined. John 17:3.
12. Preparation for the kingdom of God. 2 Peter 3:11-14.

THE LESSON

Introduction

"The Lord is fitting a people for heaven. The defects of character, the stubborn will, the selfish idolatry, the indulgence of fault-finding, hatred, and contention, provoke the wrath of God and must be put away from His commandment-keeping people. Those living in these sins are deceived and blinded by the wiles of Satan."—*Testimonies,* vol. 4, p. 180.

A Better World to Come

1. What contrasting attitudes should the Christian maintain toward the kingdom of God and toward this world, and for what reason? Matt. 6:33; 1 John 2:15-17.

2. For what did Abraham look, and with what assurance? Heb. 11: 10, 13, 14, 16.

3. What glimpses of a new heaven and a new earth are given by Isaiah and John? Isa. 65:17-19, 21, 22; Rev. 21:1-4.

NOTE.—"In the Bible the inheritance of the saved is called 'a country.' Hebrews 11: 14-16. There the heavenly Shepherd leads His flock to fountains of living waters. The tree of life yields its fruit every month, and the leaves of the tree are for the service of the nations. There are ever-flowing streams, clear as crystal, and beside them waving trees cast their shadows upon the paths prepared for the ransomed of the Lord. There the wide-spreading plains swell into hills of beauty, and the mountains of God rear their lofty summits. On those peaceful plains, beside those living streams, God's people, so long pilgrims and wanderers, shall find a home."—*The Great Controversy,* page 675.

4. What kind of people will inherit God's kingdom, and what kind will be excluded? Rev. 21:7, 8.

NOTE.—"A man is estimated at his true value by the Lord of heaven. If he is unkind in his earthly home, he is unfit for the heavenly home. If he will have his own way, no matter whom it grieves, he would not be content in heaven, unless he could rule there."—Ellen G. White, *My Life Today,* page 98.

As God Sees Mankind

5. In the judgment, into how many classes does God divide mankind? Matt. 25:31-33.

NOTE.—"There are only two classes in the world today, and only two classes will be recognized in the judgment—those who violate God's law and those who obey it. Christ gives the test by which to prove our loyalty or disloyalty."—*Christ's Object Lessons,* page 283.

"The eternal God has drawn the line of distinction between the saints and the sinners, the converted and the unconverted. The two classes do not blend into each other imperceptibly, like the colors of the rainbow. They are as distinct as midday and midnight."—*Testimonies to Ministers,* page 87. See also pages 133, 139; *The Desire of Ages,* page 763.

6. How are these two classes contrasted in the present life? Rom. 8:7-10.

NOTE.—"Those who receive Christ by faith as their personal Saviour cannot be in harmony with the world. There are two distinct classes: One is loyal to God, keeping His commandments, while the other walks and acts like the world, casting away the Word of God, which is truth, and accepting the words of the apostate, who rejected Jesus."—*Testimonies to Ministers,* page 139.

7. Of the two ways the Lord anciently set before His people, which did He plead with them to choose? Deut. 30:15, 19.

NOTE.—"God had set before Israel 'life and death, blessing and cursing' (Deuteronomy 30:19); and how repeatedly they had been urged to choose the way of life, that they might become a praise in the earth, a blessing to all nations."—*Prophets and Kings,* page 393.

The Need of Self-Examination

8. What earnest counsel did Paul give with reference to the Corinthians' personal experience? 2 Cor. 13:5.

NOTE.—"There must be persevering effort to overcome selfishness and self-confidence. Self-examination must be thorough, that there be no danger of self-deception. A little catechizing of self on special occasions is not sufficient. Daily examine the foundation of your hope, and see whether you are indeed in the love of Christ. Deal truly with your own hearts, for you cannot afford to run any risk here. Count the cost of being a wholehearted Christian, and then gird on the armor. Study the Pattern; look to Jesus, and be like Him. Your peace of mind, your hope of eternal salvation, depend on faithfulness in this work. As Christians we are less thorough in self-examination than in anything else; it is no wonder, then, that we make such slow advancement in understanding self."—*Testimonies,* vol. 5, pp. 332, 333.

9. How does the Laodicean church appear before God? Rev. 3:15-17.

10. In view of this condition, what counsel is given? Rev. 3:18, 19.

NOTE.—"Come with your whole heart to Jesus. Repent of your sins, make confession to God, forsake all iniquity, and you may appropriate to yourself all His promises. 'Look unto Me, and be ye saved,' is His gracious invitation.

"The day will come when the awful denunciation of God's wrath will be uttered against all who have persisted in their disloyalty to Him. This will be when God must speak and do terrible things in righteousness against the transgressors of His law. But you need not be among those who will come under the wrath of God. It is now the day of His salvation. The light from the cross of Calvary is now shining forth in clear, bright rays, revealing Jesus, our Sacrifice for sin."—*Testimonies,* vol. 5, pp. 634, 635.

11. How did Jesus define eternal life? John 17:3.

NOTE.—"Through the knowledge of God and of His Son Jesus Christ, are given to the believer 'all things that pertain unto life and godliness.' No good gift is withheld from him who sincerely desires to obtain the righteousness of God.

" 'This is life eternal,' Christ said, 'that they might know Thee the only true God, and Jesus Christ, whom Thou hast sent.' . . . Scarcely can the human mind comprehend the breadth and depth and height of the spiritual attainments of him who gains this knowledge.

"None need fail of attaining, in his sphere, to perfection of Christian character. By the sacrifice of Christ, provision has been made for the believer to receive all things that pertain to life and godliness. God calls upon us to reach the standard of perfection and places before us the example of Christ's character. In His humanity, perfected by a life of constant resistance of evil, the Saviour showed that through co-operation with Divinity, human beings may in this life attain to perfection of character. This is God's assurance to us that we, too, may obtain complete victory."—*The Acts of the Apostles,* page 531.

12. In view of the coming destruction of the world, to what admonition should we give heed? 2 Peter 3: 11-14.

Thoughts for Meditation

1. "We can be fitted for heaven onl through the work of the Holy Spirit upo the heart. . . . It is the work of the Hol Spirit to elevate the taste, to sanctify th heart, to ennoble the whole man."—Ell G. White, in *Review and Herald,* Nov. 1892.

2. "The life of Christ on earth was perfect expression of God's law, and whe those who claim to be children of Go become Christlike in character, they wi be obedient to God's commandments. The the Lord can trust them to be of the num ber who shall compose the family o heaven."—*Christ's Object Lessons,* page 31

3. Only by examination of our heart and daily cooperation with the Holy Spiri can we be fitted for the society of ange and the redeemed.

Lesson 2, for January 9, 1965

How a Sinner Becomes a Saint

MEMORY VERSE: "For He hath made Him to be sin for us, who knew no sin; tho we might be made the righteousness of God in Him." 2 Cor. 5:21.

STUDY HELPS: "Prophets and Kings," pages 486, 487, 586-592; "The Desire o Ages," pages 309, 310; "Thoughts From the Mount of Blessing," page 1 (1943 ed., p. 34); "S.D.A. Bible Commentary."

AIM: To set forth Heaven's plan for saving lost men.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here		Check Her
Sabbath afternoon: General survey.	☐	Wednesday: Questions 9-11.	☐
Sunday: Introduction; questions 1-4.	☐	Thursday: Questions 12, 13.	☐
Monday: Questions 5-8.	☐	Friday: Review entire lesson.	☐
Tuesday: Read study helps.	☐		

Lesson Outline:

Introduction

I. The Sinner Lost in Sin

1. Sin separates from God. Isa. 59: 1, 2.
2. Man born in sin. Rom. 5:12; Ps. 51:5.
3. The sinner described. Rom. 1:18 28-32.
4. The wages of sin. James 1:14, 15.

II. The Sinner's Need of a Saviour

5. The cry of the convicted sinner's heart. Rom. 7:24.
6. Jesus is man's Saviour. Rom. 7:2 to 8:3.

7. The gospel of Christ. Rom. 1:16, 17.
8. Saved by grace through faith. Eph. 2:8, 9.

II. Imputed Righteousness

9. Jesus, man's righteousness. 1 Cor. 1:30.
10. Conditions of entrance into God's kingdom. Rom. 3:21-24.
11. Past sins remitted. Rom. 3:25.

IV. Imparted Righteousness

12. Sanctification. Rom. 6:3, 4, 11, 12.
13. Obtained through faith. 1 Peter 1:2, 5.

THE LESSON

Introduction

"All who would enter the City of God must during their earthly life set forth Christ in their dealings. It is this that constitutes them the messengers of Christ, His witnesses. They are to bear a plain, decided testimony against all evil practices, pointing sinners to the Lamb of God, who taketh away the sin of the world. He gives to all who receive Him, power to become the sons of God. Regeneration is the only path by which we can enter the City of God. It is narrow, and the gate by which we enter is strait; but along it we are to lead men and women and children, teaching them that in order to be saved, they must have a new heart and a new spirit. The old, hereditary traits of character must be overcome. The natural desires of the soul must be changed. All deception, all falsifying, all evilspeaking, must be put away. The new life, which makes men and women Christlike, is to be lived."—*Testimonies,* vol. 9, p. 23.

The Sinner Lost in Sin

1. What separates man from God? Isa. 59:1, 2.

2. How do men come by a sinful nature? Rom. 5:12; Ps. 51:5.

3. How are sinners described? Rom. 1:18, 28-32.

4. What is the end result of sin? James 1:14, 15. Compare Rom. 6:23.

NOTE.—"Man was originally endowed with noble powers and a well-balanced mind. He was perfect in his being, and in harmony with God. His thoughts were pure, his aims holy. But through disobedience, his powers were perverted, and selfishness took the place of love. His nature became so weakened through transgression that it was impossible for him, in his own strength, to resist the power of evil. He was made captive by Satan, and would have remained so forever had not God specially interposed. It was the tempter's purpose to thwart the divine plan in man's creation, and fill the earth with woe and desolation. And he would point to all this evil as the result of God's work in creating man."—*Steps to Christ,* page 17.

"In his sinless state, man held joyful communion with Him 'in whom are hid all the treasures of wisdom and knowledge.' Colossians 2:3. But after his sin, he could no longer find joy in holiness, and he sought to hide from the presence of God. . . . The sinner could not be happy in God's presence; he would shrink from the companionship of holy beings. Could he be permitted to enter heaven, it would have no joy for him. . . . His thoughts, his interests, his motives, would be alien to those that actuate the sinless dwellers there. He would be a discordant note in the melody of heaven. Heaven would be to him a place of torture. . . . The wicked . . . are shut out by their own unfitness for its companionship. The glory of God would be to them a consuming fire."—*Ibid.,* pp. 17, 18.

The Sinner's Need of a Saviour

5. When Paul realized his helpless condition, what was the cry of his heart? Rom. 7:24. Compare Ps. 51: 1, 2, 10.

NOTE.—"By sin we have been severed from the life of God. Our souls are palsied. Of ourselves we are no more capable of living a holy life than was the impotent man capable of walking. There are many who realize their helplessness, and who long for that spiritual life which will bring them into harmony with God; they are vainly striving to obtain it. In despair they cry, 'O wretched man that I am! who shall deliver me from this body of death?' Rom. 7:24, margin. Let these desponding, struggling ones look up. The Saviour is bending over the purchase of His blood, saying with inexpressible tenderness and pity, 'Wilt thou be made whole?' He bids you arise in health and peace. Do not wait to feel that you are made whole. Believe His word, and it will be fulfilled. Put your will on the side of Christ. Will to serve Him, and in acting upon His word you will receive strength. Whatever may be the evil practice, the master passion which through long indulgence binds both soul and body, Christ is able and longs to deliver. He will impart life to the soul that is 'dead in trespasses.' Eph. 2:1. He will set free the captive that is held by weakness and misfortune and the chains of sin."—*The Desire of Ages,* page 203.

6. To meet this need, what means of deliverance had been provided? Rom. 7:25 to 8:3.

7. What is the gospel declared to be and to reveal? Rom. 1:16, 17.

NOTE.—"The giving of the gospel to the world is the work that God has committed to those who bear His name. For earth's sin and misery the gospel is the only antidote. To make known to all mankind the message of the grace of God is the first work of those who know its healing power." —*The Ministry of Healing,* page 141.

8. How is the sinner saved? Eph. 2:8, 9.

NOTE.—"It is impossible for us, of ourselves, to escape from the pit of sin in which we are sunken. Our hearts are evil and we cannot change them. . . . Education, culture, the exercise of the will, human effort, all have their proper sphere but here they are powerless. They may produce an outward correctness of behavior, but they cannot change the heart they cannot purify the springs of life There must be a power working from within, a new life from above, before men can be changed from sin to holiness. That power is Christ. His grace alone can quicken the lifeless faculties of the soul, and attract it to God, to holiness."—*Steps to Christ,* page 18.

Imputed Righteousness

9. What was Jesus Christ made for us? 1 Cor. 1:30.

10. How only may the sinner be justified, or declared righteous? Rom 3:21-24.

NOTE.—"The condition of eternal life is now just what it always has been— . . . perfect obedience to the law of God, perfect righteousness."—*Steps to Christ,* page 62.

"The law requires righteousness,—a righteous life, a perfect character; and this man has not to give. . . . But Christ, coming to the earth as man, lived a holy life, and developed a perfect character. These He offers as a free gift to all who will receive them. His life stands for the life of men Thus they have remission of sins that are past, through the forbearance of God."—*The Desire of Ages,* page 762.

"Christ perfected a righteous character here upon the earth, not on His own account, for His character was pure and spotless, but for fallen man. His character He offers to man if he will accept it. The sinner, through repentance of his sins, faith in Christ, and obedience to the perfect law of God, has the righteousness of Christ imputed to him; it becomes his righteousness and his name is recorded in the Lamb's book of life. He becomes a child of God

"God calls upon us to burst the bands of our precise, indoor service. The message of the gospel is to be borne in the cities and outside of the cities."—*Selected Messages,* b. 1, p. 84.

a member of the royal family."—*Testimonies,* vol. 3, pp. 371, 372.

"The thought that the righteousness of Christ is imputed to us, not because of any merit on our part, but as a free gift from God, is a precious thought. The enemy of God and man is not willing that this truth should be clearly presented; for he knows that if the people receive it fully, his power will be broken."—*Gospel Workers,* page 161.

11. In His forbearances what did God do? Rom. 3:25.

NOTE.—"Thus they have remission of sins that are past, through the forbearance of God."—*The Desire of Ages,* page 762.

Imparted Righteousness

12. Into what experience is the justified one to be led? Rom. 6:3, 4, 11, 12.

NOTE.—"More than this, Christ imbues men with the attributes of God. He builds up the human character after the similitude of the divine character, a goodly fabric of spiritual strength and beauty. Thus the very righteousness of the law is fulfilled in the believer in Christ."—*The Desire of Ages,* page 762.

"We are abiding in Christ by a living faith. He is abiding in our hearts by our individual appropriating of faith. We have the companionship of the divine presence, and as we realize this presence, our thoughts are brought into captivity to Jesus Christ. Our spiritual exercises are in accordance with the vividness of our sense of this companionship. Enoch walked with God in this way; and Christ is dwelling in our hearts by faith when we will consider what He is to us, and what a work He has wrought out for us in the plan of redemption. . . . I want to impress upon your mind that you may have a divine companion with you, if you will, always."—*Testimonies to Ministers,* page 388.

13. How is this experience made possible? 1 Peter 1:2, 5.

NOTE.—"We do not earn salvation by our obedience; for salvation is the free gift of God, to be received by faith. But obedience is the fruit of faith. . . . That so-called faith in Christ which professes to release men from the obligation of obedience to God, is not faith, but presumption."—*Steps to Christ,* page 61.

Thoughts for Meditation

1. All men have sinned, and their sins have separated them from God and His kingdom.

2. The wages for sin is death. All sin and sinners will be destroyed.

3. Only those who are clothed with the righteousness of Christ will enter God's everlasting kingdom.

4. Man's righteousness is like "filthy rags." Man cannot change or save himself.

5. While we were yet sinners, God gave His Son to become our righteousness. His death paid the penalty for our sins. His righteousness is imputed to us for our justification and imparted to us for our sanctification.

"So we have nothing in ourselves of which to boast. We have no ground for self-exaltation. Our only ground of hope is in the righteousness of Christ imputed to us, and in that wrought by His Spirit working in and through us."—*Steps to Christ,* page 63.

Christianity and the Christian

MEMORY VERSE: "I am crucified with Christ: nevertheless I live; yet not I, bu Christ liveth in me: and the life which I now live in the flesh I live by the faitl of the Son of God, who loved me, and gave Himself for me." Gal. 2:20.

STUDY HELPS: "Testimonies," vol. 2, pp. 588-594; "Gospel Workers," pages 282 283; "S.D.A. Bible Commentary."

AIM: To define Christianity as a divine-human relationship.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here		Check Her
Sabbath afternoon: General survey.	☐	Wednesday: Questions 9-12.	☐
Sunday: Introduction; questions 1-4.	☐	Thursday: Read study helps.	☐
Monday: Questions 5-8.	☐	Friday: Review entire lesson.	☐
Tuesday: Read study helps.	☐		

Lesson Outline:

Introduction

I. God and Man

1. What is man? Ps. 8:3, 4; 144:3, 4.
2. God's love for man. John 3:16; Rom. 5:8.
3. Christ's redemption of man. Col. 1:13, 14, 21.
4. Man built into the temple of the Lord. Eph. 2:19-22.

II. The One True God

5. There is but one God. Isa. 45:5, 22.
6. Creatorship the mark of the true God. Jer. 10:10-12; Isa. 40:25, 26
7. God's supremacy. Eph. 4:6; Act 17:24-27.
8. The prayer of the righteous. Ps. 16:1, 8.

III. The Meaning of Christianity

9. True religion. James 1:27.
10. Christ and Christianity. Matt. 25 34-40; 10:42.
11. The indwelling Christ. Col. 1:27 Eph. 3:17-19.
12. Fellowship with Christ. Gal. 2:20

THE LESSON

Introduction

"The Lord Jesus was the foundation of the whole Jewish economy. . . . But the Jews had exalted the forms and ceremonies and had lost sight of their object. . . . These maxims and traditions became an obstacle to their understanding and practice of true religion. . . . They demanded signs instead of a Saviour. . . . Not by force of arms, not by violent interpositions, was the kingdom of God to prevail, but b the implanting of a new principle in th hearts of men."—*Christ's Object Lessons* pages 34, 35.

God and Man

1. What questions does Inspiratio ask concerning man? Ps. 8:3, 4; 144 3, 4.

NOTE.—"In the apostasy, man alienated himself from God; earth was cut off from heaven. Across the gulf that lay between, there could be no communion."—*Steps to Christ,* page 20.

2. How did God show His love for man? John 3:16; Rom. 5:8.

NOTE.—"Through Christ, earth is again linked with heaven. With His own merits, Christ has bridged the gulf which sin had made, so that the ministering angels can hold communion with man. Christ connects fallen man in his weakness and helplessness with the Source of infinite power. . . . The only way to God is Christ."—*Steps to Christ,* pages 20, 21.

3. What did Christ do for hopeless, helpless man? Col. 1:13, 14, 21.

4. What change in status comes to those who accept God's gift? Eph. 2:19-22.

The One True God

5. In what words does the Bible emphasize that there is but one true God? Isa. 45:5, 22.

NOTE.—"The revelation of Himself that God has given in His Word is for our study. This we may seek to understand. But beyond this we are not to penetrate. The highest intellect may tax itself until it is wearied out in conjectures regarding the nature of God; but the effort will be fruitless. This problem has not been given us to solve. No human mind can comprehend God. Let not finite man attempt to interpret Him. Let none indulge in speculation regarding His nature. Here silence is eloquence. The Omniscient One is above discussion."—*Testimonies,* vol. 8, p. 279.

"As we learn more and more of what God is, and of what we ourselves are in His sight, we shall fear and tremble before Him."—*Ibid.,* p. 283.

6. How is the true God distinguished? Jer. 10:10-12; Isa. 40:25, 26.

NOTE.—"God's claim to reverence and worship, above the gods of the heathen, is based upon the fact that He is the Creator, and that to Him all other beings owe their existence. Thus it is presented in the Bible."—*Patriarchs and Prophets,* page 336.

7. How is the supremacy of God affirmed? Eph. 4:6; Acts 17:24-27.

NOTE.—"He pointed His hearers to the Ruler of the universe, under the new name, 'Our Father.' He would have them understand how tenderly the heart of God yearned over them. He teaches that God cares for every lost soul; that 'like as a father pitieth his children, so the Lord pitieth them that fear Him.' Psalm 103:13. Such a conception of God was never given to the world by any religion but that of the Bible. Heathenism teaches men to look upon the Supreme Being as an object of fear rather than of love—a malign deity to be appeased by sacrifices, rather than a Father pouring upon His children the gift of His love. . . .

"It is not because of inherent power that year by year the earth produces her bounties and continues her motion round the sun. The hand of God guides the planets and keeps them in position in their orderly march through the heavens. It is through His power that summer and winter, seedtime and harvest, day and night follow each other in their regular succession. It is by His word that vegetation flourishes, that the leaves appear and the flowers bloom. Every good thing we have, each ray of sunshine and shower of rain, every morsel of food, every moment of life, is a gift of love."—*Thoughts From the Mount of Blessing,* pages 74, 75.

8. What, therefore, should be the trustful prayer of the righteous? Ps. 16:1, 8.

NOTE.—"It is Christ first and last and always. He is to be with us, not only at the beginning and the end of our course, but at every step of the way."—*Steps to Christ,* page 69.

The Meaning of Christianity

9. How is true religion defined? James 1:27.

NOTE.—"Bible religion is not one influence among many others; its influence is to be supreme, pervading and controlling every other. It is not to be like a dash of color brushed here and there upon the canvas, but it is to pervade the whole life, as if the canvas were dipped into the color, until every thread of the fabric were dyed a deep, unfading hue."—*The Desire of Ages,* page 312.

"Religion, pure and undefiled, ennobles its possessor. You will ever find with the true Christian a marked cheerfulness, a holy, happy confidence in God, a submission to His providences, that is refreshing to the soul."—*Testimonies,* vol. 3, p. 377.

10. How is practical religion set forth in the teachings of Jesus? Matt. 25:34-40; 10:42.

NOTE.—"Religion is not merely an emotion, a feeling. It is a principle which is interwoven with all the daily duties and transactions of life. Nothing will be entertained, no business engaged in, which will prevent the accompaniment of this principle. To retain pure and undefiled religion, it is necessary to be workers, persevering in effort. We must do something ourselves. No one else can do our work. None but ourselves can work out our salvation with fear and trembling. This is the very work which the Lord has left for us to do."—*Testimonies,* vol. 2, p. 506.

"Our profession of faith may proclaim the theory of religion, but it is our practical piety that holds forth the word of truth. The consistent life, the holy conversation, the unswerving integrity, the active, benevolent spirit, the godly example,—these are the mediums through which light is conveyed to the world."—*The Desire of Ages,* page 307.

> **"Christianity will make a man a gentleman. Christ was courteous, even to His persecutors; and His true followers will manifest the same spirit."—*The Ministry of Healing,* page 489.**

11. What experience is comprehended in Christianity? Col. 1:27; Eph. 3:17-19.

NOTE.—Christianity is "Christ in you, the hope of glory." The very nature of Christ must be implanted in you—Christ's mind, Christ's thoughts, Christ's motives, Christ's feelings, Christ's words, Christ's acts, become the very warp and woof of the Christian's life. These will make a man a Christian—a real Christian. That is the meaning of Christianity.

"Gospel religion is Christ in the life—a living, active principle. It is the grace of Christ revealed in character and wrought out in good works. The principles of the gospel cannot be disconnected from any department of practical life. Every line of Christian experience and labor is to be a representation of the life of Christ."—*Christ's Object Lessons,* page 384.

12. How is this fellowship with Christ further emphasized? Gal. 2:20.

NOTE.—"*Christianity*—how many there are who do not know what it is! It is not something put on the outside. It is a life inwrought with the life of Jesus. It means that we are wearing the robe of Christ's righteousness."—*Testimonies to Ministers,* page 131.

"Christianity has a much broader mean-

ing than many have hitherto given it. It is not a creed. It is the word of Him who liveth and abideth forever. It is a living, animating principle, that takes possession of mind, heart, motives, and the entire man. Christianity—oh, that we might experience its operations!"—*Ibid.*, pp. 421, 422.

Thoughts for Meditation

1. Too many people have a wrong conception of Christianity. They have the idea that Christianity is a philosophy to talk about and debate.

2. The Christian religion is something to be, something to do, something to affect every transaction, every business and social relationship, every phase of everyday life.

3. The strongest and most powerful argument for Christianity is a loving and lovable Christian.

4. God belongs to every man, every tribe, every nation, every people; and you and I who know Him are under obligation to go and make Him known to as many people as we can reach. Making God known by precept and by example—that is the business of Christians everywhere.

Lesson 4, for January 23, 1965

On Becoming a Christian—Steps to Christ

MEMORY VERSE: "Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a Father unto you, and ye shall be My sons and daughters, saith the Lord Almighty." 2 Cor. 6:17, 18.

STUDY HELPS: "Testimonies," vol. 9, pp. 165, 166; "The Desire of Ages," pages 519-523; "Christ's Object Lessons," pages 402-404 (1923 ed., pp. 410-413); "S.D.A. Bible Commentary."

AIM: To review the various steps by which men come to Christ and find salvation in Him.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here		Check Here
Sabbath afternoon: General survey.	☐	Tuesday: Read study helps.	☐
Sunday: Read Introduction; questions 1-3.	☐	Wednesday: Questions 7-10.	☐
Monday: Questions 4-6.	☐	Thursday: Questions 11-13.	☐
		Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. The Call to Become Christians

1. The business of the Christian church. Matt. 28:19, 20.
2. Separation from the world. 2 Cor. 6:17, 18.
3. Sons of God. Rom. 8:14-17.

II. The Call to Surrender

4. The Master's call. Matt. 4:18-22; 9:9.
5. The meaning of surrender. Luke 14:33.
6. Christ the way. John 14:6.

III. The Steps to Christ—The Way Back to God

7. A new birth. John 3:3.
8. Conversion. Acts 3:19.
9. Repentance. Acts 2:37, 38.
10. Confession. Prov. 28:13; 1 John 1:9.
11. Justification. Rom. 4:22 to 5:1.
12. Adoption. Gal. 4:4-6; Rom. 8:14, 15.
13. Sanctification. 1 Thess. 3:13; 5:23.

THE LESSON

Introduction

"When we submit ourselves to Christ, the heart is united with His heart, the will is merged in His will, the mind becomes one with His mind, the thoughts are brought into captivity to Him; we live His life. This is what it means to be clothed with the garment of His righteousness. . . . Righteousness is rightdoing, and it is by their deeds that all will be judged. . . . The works show whether the faith is genuine." —*Christ's Object Lessons,* page 312.

The Call to Become Christians

1. What is the supreme business of the Christian church? Matt. 28:19, 20.

2. What must be the experience of everyone who would be a true Christian? 2 Cor. 6:17, 18.

3. Into what family is the Christian adopted? Rom. 8:14-17.

The Call to Surrender

4. What was the call of the Master to certain disciples whom He chose? Matt. 4:18-22; 9:9.

NOTE.—"The deeper lesson which the miracle conveyed for the disciples is a lesson for us also,—that He whose word could gather the fishes from the sea could also impress human hearts, and draw them by the cords of His love, so that His servants might become 'fishers of men.' . . . "In the apostles of our Lord there was nothing to bring glory to themselves. It was evident that the success of their labors was due only to God. The lives of these men, the characters they developed, and the mighty work that God wrought through them, are a testimony to what He will do for all who are teachable and obedient."—*The Desire of Ages,* pages 249, 250.

5. What is the meaning of a full surrender? Luke 14:33.

NOTE.—"The surrender of all our powers to God greatly simplifies the problem of life. It weakens and cuts short a thousand struggles with the passions of the natural heart. Religion is as a golden cord that binds the souls of both youth and aged to Christ. Through it the willing and obedient are brought safely through dark and intricate paths to the City of God."—*Messages to Young People,* page 30.

"Many who profess to be Christ's followers have an anxious, troubled heart because they are afraid to trust themselves with God. They do not make a complete surrender to Him, for they shrink from the consequences that such a surrender may involve. Unless they do make this surrender they cannot find peace."—*The Ministry of Healing,* pages 480, 481.

6. What is Christ's part in the way back to God? John 14:6.

The Steps to Christ—The Way Back to God

7. What essential experience is necessary in becoming a child of God? John 3:3.

"Opposing circumstances should create a firm determination to overcome them. . . . Press with determination in the right direction, and circumstances will be your helpers, not your hindrances."—*Christ's Object Lessons,* page 332.

NOTE.—"Nicodemus had come to the Lord thinking to enter into a discussion with Him, but Jesus laid bare the foundation principles of truth. He said to Nicodemus, It is not theoretical knowledge you need so much as spiritual regeneration. . . . The Christian's life is not a modification or improvement of the old, but a transformation of nature. There is a death to self and sin, and a new life altogether. This change can be brought about only by the effectual working of the Holy Spirit."—*The Desire of Ages,* pages 171, 172.

8. What term does the Scripture use to express the experience of turning away from sin to righteousness? Acts 3:19.

NOTE.—"The great truth of the conversion of the heart by the Holy Spirit is presented in Christ's words to Nicodemus: 'Verily, verily, I say unto thee, Except a man be born from above, he cannot see the kingdom of God. . . . That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again. The wind bloweth where it listeth, and thou hearest the sound thereof, but canst not tell whence it cometh, and whither it goeth: so is everyone that is born of the Spirit.' John 3:3-8, margin."—*Christ's Object Lessons,* page 98.

9. What is the first step on the sinner's part in coming to Christ? Acts 2:37, 38.

NOTE.—"Repentance is turning from self to Christ."—*Thoughts From the Mount of Blessing,* page 87.

"But no man can empty himself of self. We can only consent for Christ to accomplish the work. Then the language of the soul will be, Lord, take my heart; for I cannot give it. It is Thy property. Keep it pure, for I cannot keep it for Thee. Save me in spite of myself, my weak, un-Christ-like self. Mold me, fashion me, raise me into a pure and holy atmosphere, where the rich current of Thy love can flow through my soul."—*Christ's Object Lessons,* page 159.

10. What besides repentance is necessary? Prov. 28:13; 1 John 1:9.

NOTE.—"Those who have not humbled their souls before God in acknowledging their guilt, have not yet fulfilled the first condition of acceptance. If we have not experienced that repentance which is not to be repented of, and have not with true humiliation of soul and brokenness of spirit confessed our sins, abhorring our iniquity, we have never truly sought for the forgiveness of sin; and if we have never sought, we have never found the peace of God."—*Steps to Christ,* pages 37, 38.

"If there have been difficulties, brethren and sisters,—if envy, malice, bitterness, evil surmisings, have existed, confess these sins, not in a general way, but go to your brethren and sisters personally. Be definite." —Ellen G. White, in *Review and Herald,* Dec. 16, 1884.

11. What does imputed righteousness bring to the believer? Rom. 4: 22 to 5:1.

NOTE.—"What is justification by faith? It is the work of God in laying the glory of man in the dust, and doing for man that which it is not in his power to do for himself."—*Testimonies to Ministers,* page 456.

12. By what formal act do we become members of the family of God? Gal. 4:4-6; Rom. 8:14, 15.

NOTE.—"If you make the sacrifice, if you have to forsake father, mother, sisters, brothers, wife, and children for Christ's sake, you will not be friendless. God adopts you into His family; you become members of the royal household, sons and daughters of the King who rules in the heaven of heavens."—*Testimonies,* vol. 1, p. 510.

13. What is the ultimate purpose of God, and what is this experience called? 1 Thess. 3:13; 5:23.

NOTE.—"The Scriptures plainly show that the work of sanctification is progressive. When in conversion the sinner finds peace with God through the blood of the atonement, the Christian life has but just begun. Now he is to 'go on unto perfection;' to grow up 'unto the measure of the stature of the fullness of Christ.' [Heb. 6:1; Eph. 4:13.] . . . And Peter sets before us the steps by which Bible sanctification is to be attained. . . . 2 Peter 1:5-10."—*The Great Controversy,* page 470.

"The sanctification set forth in the Scriptures embraces the entire being—spirit, soul, and body."—*Ibid.,* p. 473.

"This is true sanctification; for sanctification consists in the cheerful performance of daily duties in perfect obedience to the will of God."—*Christ's Object Lessons,* page 360.

"True sanctification means perfect love, perfect obedience, perfect conformity to the will of God."—*The Acts of the Apostles,* page 565.

Thoughts for Meditation

1. God wants men everywhere to be saved.

2. To the church has been given the responsibility of carrying the gospel to all the world and through it call out those who would be free from sin and ready for the second coming of Christ.

3. The Christian religion calls men out of sin, apart from the world, into a union and partnership with Christ.

4. The Christian life is one of full surrender to God to be guided and directed by His Spirit.

5. To become true Christians we must experience the new birth, following the steps back to God through repentance and confession on to our experience of justification and sanctification, which is the process of restoring in man the character of God. "Sanctification is not the work of a moment, an hour, a day, but of a lifetime. It is not gained by a happy flight of feeling, but is the result of constantly dying to sin, and constantly living for Christ."—*The Acts of the Apostles,* page 560.

Lesson 5, for January 30, 1965

The Christian's Heart and Mind

MEMORY VERSE: "My son, give Me thine heart, and let thine eyes observe My ways." Prov. 23:26.

STUDY HELPS: "Testimonies," vol. 3, pp. 333-335; "The Acts of the Apostles," page 566; "Patriarchs and Prophets," page 600; "S.D.A. Bible Commentary."

AIM: To learn more fully what it means to have a mind like Christ's and to have Christ living in our hearts.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here		Check Here
Sabbath afternoon: General survey; learn memory verse.	☐	Tuesday: Read lesson helps.	☐
Sunday: Questions 1-4.	☐	Wednesday: Questions 9, 10.	☐
Monday: Questions 5-8.	☐	Thursday: Questions 11, 12.	☐
		Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. The Heart of Man

1. The natural condition of man's heart. Jer. 17:9; Matt. 15:19.
2. God's gracious invitation. Rev. 3:20; 22:17.
3. The sinner's plea. Ps. 51:10, 11.
4. God's response. Ezek. 36:26.

II. The Mind of Christ

5. The need of a change of mind. Rom. 8:5-8.
6. "Let this mind be in you." 1 Cor. 2:16; Phil. 2:5.
7. Relation of mind to character. Rom. 12:2.
8. Guarding the avenues to the soul. Phil. 4:7-9.

III. Christ Dwells in the Christian's Heart

9. Meaning of Christ's dwelling in the heart. Eph. 3:17-20.
10. The new man. Eph. 4:20-24.
11. The indwelling Christ revealed in the life. Gal. 2:20.
12. How to become like Christ. 2 Cor. 3:18.

THE LESSON

Introduction

"From eternal ages it was God's purpose that every created being, from the bright and holy seraph to man, should be a temple for the indwelling of the Creator. Because of sin, humanity ceased to be a temple for God. Darkened and defiled by evil, the heart of man no longer revealed the glory of the Divine One. But by the incarnation of the Son of God, the purpose of Heaven is fulfilled. God dwells in humanity, and through saving grace the heart of man becomes again His temple. God designed that the temple at Jerusalem should be a continual witness to the high destiny open to every soul. But the Jews had not understood the significance of the building they regarded with so much pride. They did not yield themselves as holy temples for the Divine Spirit. The courts of the temple at Jerusalem, filled with the tumult of unholy traffic, represented all too truly the temple of the heart, defiled by the presence of sensual passion and unholy thoughts. In cleansing the temple from the world's buyers and sellers, Jesus announced His mission to cleanse the heart from the defilement of sin,—from the earthly desires, the selfish lusts, the evil habits, that corrupt the soul."—*The Desire of Ages,* page 161.

The Heart of Man

1. What is the natural condition of man's heart? Jer. 17:9; Matt. 15:19.

NOTE.—"Men do not know their own hearts; for 'the heart is deceitful above all things, and desperately wicked.' Jeremiah 17:9. But God understands the tendencies of the depraved nature of man."—*Patriarchs and Prophets,* page 688.

2. What gracious invitation does God give to men? Rev. 3:20; 22:17.

NOTE.—"Let us not keep back from God that which is His own. . . . He asks for a whole heart; give it to Him; it is His, both by creation and by redemption. He asks for your intellect; give it to Him; it is His."—*The Acts of the Apostles,* page 566.

3. What should be the sinner's plea? Ps. 51:10, 11.

NOTE.—"No man can of himself cast out the evil throng that have taken possession of the heart. Only Christ can cleanse the soul temple. But He will not force an entrance. . . . His presence will cleanse and sanctify the soul, so that it may be a holy temple unto the Lord, and 'an habitation of God through the Spirit.' "—*The Desire of Ages,* pages 161, 162. See also pages 171-176.

4. What did God promise to do for His people? Ezek. 36:26.

NOTE.—"The fountain of the heart must be purified before the streams can become pure."—*The Desire of Ages,* page 172.

"When Christ is in the heart it will be so softened and subdued by love for God and men that fretting, faultfinding, and contention will not exist there. The religion of Christ in the heart will gain for its possessor a complete victory over those passions that are seeking for the mastery."—*Testimonies,* vol. 4, p. 610.

The Mind of Christ

5. Why do we need a change of mind? Rom. 8:5-8.

NOTE.—"The mind, the heart, that is indolent, aimless, falls an easy prey to evil. It is on diseased, lifeless organisms that fungus roots. It is the idle mind that is Satan's workshop. Let the mind be directed to high and holy ideals, let the life have a noble aim, an absorbing purpose, and evil finds little foothold."—*Education,* page 190.

"It is a law both of the intellectual and the spiritual nature that by beholding we become changed. The mind gradually adapts itself to the subjects upon which it is allowed to dwell. It becomes assimilated to that which it is accustomed to love and reverence. Man will never rise higher than his standard of purity or goodness or truth."—*The Great Controversy,* page 555.

6. Whose mind will the Christian possess? 1 Cor. 2:16; Phil. 2:5.

> "Never should the Bible be studied without prayer. Before opening its pages we should ask for the enlightenment of the Holy Spirit, and it will be given."—*Steps to Christ,* page 91.

7. What is the relation of mind to character? Rom. 12:2.

NOTE.—The transformation of character begins with the changing of one's thoughts. "The words, 'A new heart also will I give you' (Ezekiel 36:26), mean, A new mind will I give you. This change of heart is always attended by a clear conception of Christian duty, an understanding of truth. The clearness of our view of truth will be proportionate to our understanding of the Word of God."—*Counsels to Parents, Teachers, and Students,* page 452.

8. What can and must the Christian do to see that the mind feeds on right and proper things? Phil. 4:7-9.

NOTE.—"The mind, the soul, is built up by that upon which it feeds; and it rests with us to determine upon what it shall be fed. It is within the power of everyone to choose the topics that shall occupy the thoughts and shape the character."—*Education,* pages 126, 127.

"As the mind dwells upon Christ, the character is molded after the divine similitude. The thoughts are pervaded with a sense of His goodness, His love. We contemplate His character, and thus He is in all our thoughts. . . . Here again there is the realization of a personal, living influence dwelling in our hearts by faith."—*Testmionies to Ministers,* pages 388, 389.

Christ Dwells in the Christian's Heart

9. What heart experience should the Christian have? Eph. 3:17-20.

NOTE.—"Christ dwelling in our hearts by faith means the contemplation of Christ, beholding Christ, ever cherishing the dear Saviour as our very best and honored Friend, so that we would not in any action grieve and offend Him."—*Testimonies to Ministers,* page 387.

10. What experience accompanies the renewal of the mind? Eph. 4: 20-24.

NOTE.—"The growth of every Christian is from within, not from without. It is only as the Spirit of Christ dwells in the heart by faith that we can grow in grace and the knowledge of Christ. Only through the grace daily drawn from Jesus can the heart be kept. There can be no safety in extolling self; we must hide self in Jesus. Christ abiding within, is the life of the soul. And we are to receive Christ through His Word. It is the truth that sanctifies the soul."—Ellen G. White, in *Review and Herald,* Feb. 16, 1892.

11. What will Christ dwelling in our hearts do for us? Gal. 2:20.

NOTE.—"Christ abiding in the heart shines out in the faces of those who love Him and keep His commandments. Truth is written there. The sweet peace of heaven is revealed. There is expressed a habitual gentleness, a more than human love."—*Christ's Object Lessons,* page 102.

12. How do we become like Christ? 2 Cor. 3:18.

NOTE.—"A life in Christ is a life of restfulness. There may be no ecstasy of feeling, but there should be an abiding, peaceful trust. Your hope is not in yourself; it is in Christ. Your weakness is united to His strength, your ignorance to His wisdom, your frailty to His enduring might. So you are not to look to yourself, not to let the mind dwell upon self, but look to Christ. Let the mind dwell upon His love, upon the beauty, the perfection, of His character. Christ in His self-denial, Christ in His humiliation, Christ in His purity and holiness, Christ in His matchless love—this is the subject for the soul's contemplation. It is by loving Him, copying Him, depending wholly upon Him, that you are to be transformed into His likeness."—*Steps to Christ,* pages 70, 71.

> "God desires us to choose the heavenly in place of the earthly. He opens before us the possibilities of a heavenly investment." "Let your property go beforehand to heaven. Lay up your treasures beside the throne of God."—*Christ's Object Lessons,* pages 374, 375.

Thoughts for Meditation

1. God so loved the world that He gave His Son to be my Saviour, and I so loved God that I gave my heart to become His abiding place. "I pray that Christ may make His home in your hearts through your faith." Eph. 3:17, Weymouth.

2. What comes out of a man's heart depends upon what he puts into his heart.

3. Christianity is not so much how to get a man into heaven by and by, as it is how to get heaven into a man's heart here and now.

4. "There is an eloquence far more powerful than the eloquence of words in the quiet, consistent life of a pure, true Christian. What a man is has more influence than what he says.

"The officers who were sent to Jesus came back with the report that never man spoke as He spoke. But the reason for this was that never man lived as He lived. Had his life been other than it was, He could not have spoken as He did."—*The Ministry of Healing,* page 469.

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Lesson 6, for February 6, 1965

The Christian's Body

MEMORY VERSE: "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's." 1 Cor. 6:19, 20.

STUDY HELPS: "Christ's Object Lessons," pages 346-351 (1923 ed., pp. 349-354); "Prophets and Kings," page 489; "S.D.A. Bible Commentary."

AIM: To show the importance of presenting and preserving our bodies as fit temples for the Holy Spirit to dwell in.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey.	☐
Sunday: Questions 1-3.	☐
Monday: Start reading study helps.	☐
Tuesday: Questions 4-6; continue study helps.	☐
Wednesday: Questions 7-10.	☐
Thursday: Learn memory verse; questions 11, 12.	☐
Friday: Review entire lesson; Thoughts for Meditation.	☐

Lesson Outline:

Introduction

I. "Ye Are Not Your Own"

1. Our bodies are the temple of God. 1 Cor. 6:19, 20.
2. Flesh and Spirit contrasted. Rom. 8:5-9.
3. Control of body essential. 1 Cor. 9:27.

II. "Present Your Bodies, . . . Holy, Acceptable"

4. "A living sacrifice." Rom. 12:1.
5. The great objective. 1 Thess. 5:23.
6. The body temple. Isa. 57:15.

III. Keeping Fit

7. God's desire for His people. 3 John 2.
8. Temperate in all things. 1 Cor. 9:25-27.

IV. Living for God and His Kingdom

9. God's purpose for His people. 2 Cor. 3:2-4; Isa. 43:10; Acts 1:8.
10. The attitude of the true Christian. 1 Cor. 10:31.
11. A commendable example. Dan. 1:8.
12. The essence of the kingdom of God. Rom. 14:17.

THE LESSON

Introduction

"The body is the only medium through which the mind and the soul are developed for the upbuilding of character. Hence it is that the adversary of souls directs his temptations to the enfeebling and degrading of the physical powers. His success here means the surrender to evil of the whole being. The tendencies of our physical nature, unless under the dominion of a higher power, will surely work ruin and death. The body is to be brought into subjection." —*The Ministry of Healing,* page 130.

"Ye Are Not Your Own"

1. What is our body declared to be? 1 Cor. 6:19, 20.

2. How does Paul contrast the life "after the flesh" and the life "after the Spirit"? Rom. 8:5-9.

3. What control did Paul exercise over his body? 1 Cor. 9:27.

NOTE.—"The laws that govern our physical organism, God has written upon every nerve, muscle, and fiber of the body. Every careless or willful violation of these laws is a sin against our Creator. . . .

"The power of the will and the importance of self-control, both in the preservation and in the recovery of health, the depressing and even ruinous effect of anger, discontent, selfishness, or impurity, and, on the other hand, the marvelous life-giving power to be found in cheerfulness, unselfishness, gratitude, should also be shown."—*Education,* pages 196, 197.

"Present Your Bodies, . . . Holy, Acceptable"

4. What is the Christian enjoined to do? Rom. 12:1.

NOTE.—"It is impossible for a man to present his body a living sacrifice, holy, acceptable to God, while continuing to indulge habits that are depriving him of physical, mental, and moral vigor."—*Counsels on Health,* page 23.

"Sanctification is not merely a theory, an emotion, or a form of words, but a living, active principle, entering into the everyday life. It requires that our habits of eating, drinking, and dressing be such as to secure the preservation of physical, mental, and moral health, that we may present to the Lord our bodies—not an offering corrupted by wrong habits, but—'a living sacrifice, holy, acceptable unto God.' "—*Ibid.,* p. 67.

"As it is through the body that all the evil that is in the unrenewed heart comes forth in palpable manifestation and action, so it is through the body that the gracious principles and affections of believers reveal themselves in the outward life. The Christian must never forget that as corruption extends to the whole man, so does sanctification."—*Critical and Experimental Commentary,* vol. 6, p. 263.

5. In what condition is the body to be preserved? 1 Thess. 5:23.

NOTE.—"The body is to be brought into subjection. The higher powers of the being are to rule. The passions are to be controlled by the will, which is itself to be under the control of God. The kingly power of reason, sanctified by divine grace, is to bear sway in our lives.

"The requirements of God must be brought home to the conscience. Men and women must be awakened to the duty of self-mastery, the need of purity, freedom from every depraving appetite and defiling habit. They need to be impressed with the fact that all their powers of mind and body are the gift of God, and are to be preserved in the best possible condition for His service."—*The Ministry of Healing,* page 130.

6. In whose heart does God promise to dwell? Isa. 57:15.

Keeping Fit

7. What was John's wish concerning Gaius? 3 John 2. Compare Ps. 103:1-5.

NOTE.—"We cannot be too often reminded that health does not depend on chance. It is a result of obedience to law. This is recognized by the contestants in

athletic games and trials of strength. These men make the most careful preparation. They submit to thorough training and strict discipline. Every physical habit is carefully regulated. They know that neglect, excess, or carelessness, which weakens or cripples any organ or function of the body, would ensure defeat.

"How much more important is such carefulness to ensure success in the conflict of life. . . . We are waging a warfare upon which hang eternal results."—*The Ministry of Healing*, page 128.

"Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power—these are the true remedies."—*Ibid.*, p. 127.

"Health is an inestimable blessing and one more closely related to conscience and religion than many realize. . . . The importance of caring for the health should be taught as a Bible requirement. . . . No one can properly understand his obligations to God unless he understands clearly his obligations to himself as God's property. He who remains in sinful ignorance of the laws of life and health, or who willfully violates these laws, sins against God."—*Counsels to Parents, Teachers, and Students*, pages 294, 295.

8. What part does temperance have in keeping the body under control? 1 Cor. 9:25-27.

NOTE.—"With our first parents, intemperate desire resulted in the loss of Eden. Temperance in all things has more to do with our restoration to Eden than men realize. . . . 'Every man that striveth for the mastery is temperate in all things.' "—*The Ministry of Healing*, page 129.

"I was shown that Sabbath keepers as a people labor too hard without allowing themselves change or periods of rest. . . . It is not essential to our salvation, nor for the glory of God, to keep the mind laboring constantly and excessively, even upon religious themes. . . .

"The time spent in physical exercise is not lost. . . . Care needs to be exercised in regard to the regulation of hours for sleeping and laboring. We must take periods of rest, periods of recreation, periods for contemplation. . . . The principles of temperance have a wider range than many think."—*The Adventist Home*, page 494.

"There are modes of recreation which are highly beneficial to both mind and body. An enlightened, discriminating mind will find abundant means for entertainment and diversion, from sources not only innocent, but instructive. Recreation in the open air, the contemplation of the works of God in nature, will be of the highest benefit."—*Ibid.*, page 496.

Living for God and His Kingdom

9. What is God's purpose for His people? 2 Cor. 3:2-4; Isa. 43:10; Acts 1:8.

NOTE.—"It is God's purpose to manifest through His people the principles of His kingdom. That in life and character they may reveal these principles, He desires to separate them from the customs, habits, and practices of the world. . . .

"God expects those who bear the name of Christ to represent Him. Their thoughts are to be pure, their words noble and uplifting. The religion of Christ is to be interwoven with all that they do and say. . . . God desires His people to show by their lives the advantage of Christianity over worldliness, to show that they are working on a high, holy plane."—*The Adventist Home*, pages 519, 520.

10. What consideration should determine the Christian conduct? 1 Cor. 10:31.

11. What commendable example in the matter of food and drink is left on record for our guidance? Dan. 1:8.

NOTE.—"The question of how to preserve the health is one of primary importance."—*Testimonies*, vol. 9, p. 153.

"We do not mark out any precise line to be followed in diet; but we do say that in countries where there are fruits, grains, and nuts in abundance, flesh food is not

the right food for God's people. . . . We are not to make the use of flesh food a test of fellowship."—*Ibid.*, p. 159.

"Among those who are waiting for the coming of the Lord, meat eating will eventually be done away: flesh will cease to form a part of their diet. . . .

"Those who have received instruction regarding the evils of the use of flesh foods, tea, and coffee, . . . and who are determined to make a covenant with God by sacrifice, will not continue to indulge their appetite for food that they know to be unhealthful."—*Counsels on Diet and Foods,* pages 380, 381.

"Those who desire to be co-workers with God must consider carefully before they specify just what foods should and should not be eaten."—*Testimonies,* vol. 9, p. 163.

12. What transcends meat and drink insofar as the kingdom of heaven is concerned? Rom. 14:17.

Thoughts for Meditation

1. The spiritual nature must control the lower nature, for the lower nature is in a state of enmity to God. Rom. 8:7. The spiritual nature in control means life and peace. Rom. 8:6. Those controlled by the lower nature cannot please God. Rom. 8:8.

2. "Christians have many sources of happiness at their command, and they may tell with unerring accuracy what pleasures are lawful and right. They may enjoy such recreations as will not dissipate the mind or debase the soul, such as will not disappoint and leave a sad after influence to destroy self-respect or bar the way to usefulness. If they can take Jesus with them and maintain a prayerful spirit, they are perfectly safe."—*The Adventist Home,* page 513.

3. Righteousness is more than eating and drinking. Some people may lose their souls while sitting as judges of other men's diet.

Lesson 7, for February 13, 1965

The Christian's Possessions

MEMORY VERSE: "Godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment let us be therewith content." 1 Tim. 6:6-8.

STUDY HELPS: "Testimonies," vol. 1, pp. 170-178; "Christ's Object Lessons," pages 351, 352 (1923 ed., pp. 354, 355); "S.D.A. Bible Commentary."

AIM: To remind ourselves that God is the owner of all, and that we are but stewards of what we claim as our possessions.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey; read Introduction.	☐
Sunday: Questions 1-3; learn memory verse.	☐
Monday: Questions 4-7; read study helps.	☐
Tuesday: Questions 8-13.	☐
Wednesday: Read study helps.	☐
Thursday: Study memory verse and Thoughts for Meditation.	☐
Friday: Review entire lesson; finish study helps.	☐

Lesson Outline:

Introduction

I. God's Plan for Saving Men

1. The plan set forth. Matt. 28:19, 20.
2. By preaching. Rom. 10:13-15.
3. God's people provide the means. Ex. 35:4-10.

II. God's Ownership

4. By creation. Gen. 1:1; Ps. 33:6, 9.
5. By redemption. 1 Peter 1:18, 19.
6. Everything belongs to God. Ps. 24:1; 50:10-12.
7. God gives power to get wealth. Deut. 8:18.

III. God's Plan for the Support of His Work

8. Gospel support. 1 Cor. 9:7, 13, 14.
9. The tithe. Lev. 27:30; Num. 18:21.
10. Tithe payers. Heb. 7:1, 2; Gen. 28:20-22.
11. Tithe paying and Jesus. Matt. 23:23.
12. God's blessing bestowed. Mal. 3:10, 11.
13. Faithful stewardship. 1 Cor. 4:2.

THE LESSON

Introduction

"A character formed according to the divine likeness is the only treasure that we can take from this world to the next. . . . How important, then, is the development of character in this life."—*Christ's Object Lessons,* page 332.

"God also entrusts men with means. He gives them power to get wealth. . . . And He asks for a return of His own. Our money has not been given us that we might honor and glorify ourselves. As faithful stewards we are to use it for the honor and glory of God."—*Ibid.,* p. 351.

" 'The tithe . . . *is* the Lord's.' . . . 'The seventh day *is* the Sabbath of the Lord thy God.' Exodus 10:20. God reserved to Himself a specified portion of man's time and of his means, and no man could, without guilt, appropriate either for his own interests."—*Patriarchs and Prophets,* pages 525, 526.

God's Plan for Saving Men

1. How is God's plan to save men set forth? Matt. 28:19, 20.

NOTE.—"To Christ's followers today, no less than to the first disciples, these words are spoken:

" 'All power is given unto Me in heaven and in earth. Go ye therefore, and teach all nations.' 'Go ye into all the world, and preach the gospel to every creature.' "—*The Ministry of Healing,* page 106.

2. By what method has God chosen to do all this? Rom. 10:13-15.

3. What ancient example do we have of God's people providing the means for His work? Ex. 35:4-10.

NOTE.—"When the people of God were about to build the sanctuary in the wilderness, extensive preparations were necessary. Costly materials were collected, and among them was much gold and silver. As the rightful owner of all their treasures, the Lord called for these offerings from the people; but He accepted only those that were given freely. The people offered willingly, until word was brought to Moses: 'The people bring much more than enough for the service of the work, which the Lord commanded to make.' "—*Testimonies,* vol. 5, p. 268.

God's Ownership

4. What relationship does God sustain to the earth? Gen. 1:1; Ps. 33:6, 9.

5. What additional relationship does God sustain to the Christian? 1 Peter 1:18, 19.

6. How much of the earth belongs to God? Ps. 24:1; 50:10-12.

NOTE.—"All the good that man enjoys comes because of the mercy of God. He is the great and bountiful Giver. His love is manifest to all in the abundant provision made for man."—*Testimonies,* vol. 6, p. 385.

7. In acquring means, what should man remember? Deut. 8:18.

NOTE.—"God also entrusts men with means. He gives them power to get wealth. . . . Our money has not been given us that we might honor and glorify ourselves. . . . All we possess is the Lord's, and we are accountable to Him for the use we make of it. In the use of every penny, it will be seen whether we love God supremely and our neighbor as ourselves."—*Christ's Object Lessons,* page 351.

God's Plan for the Support of His Work

8. What is God's plan for the support of the gospel ministry? 1 Cor. 9:7, 13, 14.

NOTE.—"God's chosen messengers, who are engaged in aggressive labor, should never be compelled to go a warfare at their own charges, unaided by the sympathetic and hearty support of their brethren. . . . Is not the work of disseminating truth, and leading souls to Christ, of more importance than any ordinary business? And are not those who faithfully engage in this work justly entitled to ample remuneration? By our estimate of the relative value of labor for moral and for physical good, we show our appreciation of the heavenly in contrast with the earthly."—*The Acts of the Apostles,* pages 340, 341.

9. What special portion of Israel's income did God claim, and how was it used? Lev. 27:30; Num. 18:21.

10. Name some ancient examples of those who paid a tithe of their increase. Heb. 7:1, 2; Gen. 28:20-22.

11. On one occasion, what did Jesus say about the tithe system? Matt. 23:23.

12. What blessing did God promise to bestow on those who brought all the tithe into the storehouse? Mal. 3:10, 11.

NOTE.—"The Lord created every tree in Eden pleasant to the eyes and good for food, and He bade Adam and Eve freely enjoy His bounties. But He made one exception. Of the tree of knowledge of good and evil they were not to eat. This tree God reserved as a constant reminder of His ownership of all. Thus He gave them opportunity to demonstrate their faith and trust in Him by their perfect obedience to His requirements.

"So it is with God's claims upon us. He places His treasures in the hands of men, but requires that one tenth shall be faithfully laid aside for His work. He requires this portion to be placed in His treasury. It is to be rendered to Him as His own; it is sacred and is to be used for sacred purposes, for the support of those who carry the message of salvation to all parts of the world. . . . By faithfully obeying this requirement we acknowledge that all belongs to God."—*Testimonies,* vol. 6, p. 386.

13. What is required of stewards? 1 Cor. 4:2.

NOTE.—"Every Christian is a steward of God, entrusted with His goods. . . . A steward identifies himself with his master. He accepts the responsibilities of a steward, and he must act in his master's stead, doing as his master would do were he presiding. His master's interests become his. The position of a steward is one of dignity because his master trusts him."—*Testimonies,* vol. 9, p. 246.

Thoughts for Meditation

1. God's plan for the salvation of the lost embraces the whole world.

2. God's ownership is based on creation and redemption.

3. In God's plan for the support of His work, He calls upon His people to be faithful stewards.

Lesson 8, for February 20, 1965

The Christian's Time

MEMORY VERSE: "The seventh day is the Sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates." Exodus 20:10.

STUDY HELPS: "Christ's Object Lessons," pages 342-346 (1923 ed., pp. 345-349); "Testimonies," vol. 3, p. 146; vol. 4, p. 412; "S.D.A. Bible Commentary."

AIM: To show that our time belongs to God to be used as He directs.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey.	☐
Sunday: Questions 1-5.	☐
Monday: Questions 6-11; study memory verse.	☐
Tuesday: Read study helps.	☐
Wednesday: Questions 12-14; Thoughts for Meditation.	☐
Thursday: Finish study helps.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. Allocation of Our Time

1. A time for everything. Eccl. 3:1-8.
2. A time to work. Ex. 20:9.
3. A time to relax. Mark 6:31.
4. A time to sleep. Eccl. 5:12; Prov. 6:9-11.
5. A time to pray. Matt. 14:23; Luke 6:12; 18:1.

II. The Sabbath Is God's Time

6. The Sabbath instituted. Gen. 2:1, 2.
7. The Sabbath sanctified. Gen. 2:3.
8. Man's relation to the Sabbath. Ex. 20:8-11; Isa. 58:13, 14.

III. God's Memorial a Sign

9. A perpetual memorial. Ex. 31:16, 17; Isa. 66:22, 23.
10. A sign of sanctification. Ezek. 20:12; Ex. 31:13-17.
11. Christ the Lord of the Sabbath. Matt. 12:8-12.

IV. The Test and Blessing of Obedience

12. The third angel's message. Rev. 14:9-12.
13. The question of obedience. Acts 5:29.
14. The blessings of obedience. Isa. 58:13, 14; 56:6, 7.

THE LESSON

Introduction

"Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time.

"The value of time is beyond computation. Christ regarded every moment as precious, and it is thus that we should regard it. Life is too short to be trifled away. We have but a few days of probation in which to prepare for eternity. We have no time to waste, no time to devote to selfish pleasure, no time for the indulgence of sin. It is now that we are to form characters for the future, immortal life. It is now that we are to prepare for the searching judgment."—*Christ's Object Lessons*, page 342.

Allocation of Our Time

1. What does the wise man say regarding a time for various events? Eccl. 3:1-8.

NOTE.—"*Season.* Literally, 'an appointed time,' from a root meaning 'to determine,' 'to decree.' A season is therefore not merely a convenient time, but a decreed time. God has ordained certain seasons for the various natural phenomena. . . .

"*Purpose.* From a Hebrew word whose root means 'to take delight in,' 'to have pleasure in.' The noun, therefore, basically means, 'that in which one takes delight,' a vocation or an avocation. This same noun is translated 'pleasure' in Isa. 58:3, 13; Mal. 1:10, and 'delight' in Ps. 1:2; 16:3."—*S.D.A. Bible Commentary*, on Eccl. 3:1.

2. What does God say about a time for work? Ex. 20:9.

NOTE.—"God gave Adam and Eve employment. . . . They learned how to till the soil and to care for the things which the Lord had planted. They did not regard labor as degrading, but as a great blessing. . . . God never meant that man should have nothing to do. . . . Labor is to human beings what they make it. . . . There is science in the humblest kind of work, and if all would thus regard it, they would see nobility in labor. Heart and soul are to be put into work of any kind; then there is cheerfulness and efficiency. . . . Faithfulness in the discharge of every duty makes the work noble, and reveals a character that God can approve."—*Fundamentals of Christian Education*, pages 314, 315.

3. What was Christ's instruction to His weary disciples concerning a time of rest? Mark 6:31.

NOTE.—"He [Christ] saw, too, that they had become weary in their labors, and that they needed to rest."—*The Desire of Ages*, page 359.

"He did not urge upon His disciples the necessity of ceaseless toil."—*Ibid.*, p. 361.

4. How can sleep be either a blessing or a curse? Eccl. 5:12; Prov. 6:9-11.

NOTE.—"The bright morning hours are wasted by many in bed. These precious hours, once lost, are gone never to return; they are lost for time and for eternity. Only one hour lost each day, and what a waste of time in the course of a year! Let the slumberer think of this and pause to consider how he will give an account to God for lost opportunities."—*Testimonies*, vol. 4, p. 412.

5. What example did Jesus set us in finding time to pray? Matt. 14:23; Luke 6:12; 18:1.

NOTE.—"Have a place for secret prayer. Jesus had select places for communion with God, and so should we. We need often to retire to some spot, however humble, where we can be alone with God."—*Thoughts From the Mount of Blessing*, page 84.

The Sabbath Is God's Time

6. At the close of creation what did God do? Gen. 2:1, 2.

7. After resting on the seventh day, how did God set it apart? Gen. 2:3.

NOTE.—After *resting* upon the seventh day, God *sanctified* it, or set it apart as a day of rest for man.

"In Eden, God set up *the memorial* of His work of creation, in placing His blessing upon the seventh day."—*Patriarchs and Prophets,* page 48. Italics supplied.

8. How should we regard God's time? Ex. 20:8-11; Isa. 58:13, 14.

NOTE.—"God saw that a Sabbath was essential for man, even in Paradise. He needed to lay aside his own interests and pursuits for one day of the seven, that he might more fully contemplate the works of God, and meditate upon His power and goodness. He needed a Sabbath, to remind him more vividly of God, and to awaken gratitude because all that he enjoyed and possessed came from the beneficent hand of the Creator. God designs that the Sabbath shall direct the minds of men to the contemplation of His created works."—*Patriarchs and Prophets,* page 48.

God reserved to Himself a specified portion of man's money—one tenth, the tithe—and of man's time—one seventh, the Sabbath. No man can without guilt appropriate either for his own interests or use.

God's Memorial a Sign

9. How long was the Sabbath to endure? Ex. 31:16, 17; Isa. 66:22, 23.

NOTE.—"The Sabbath was not for Israel merely, but for the world. It had been made known to man in Eden, and, like the other precepts of the Decalogue, it is of imperishable obligation. Of that law of which the fourth commandment forms a part, Christ declares, 'Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law.' So long as the heavens and the earth endure, the Sabbath will continue as a sign of the Creator's power. And when Eden shall bloom on earth again, God's holy rest day will be honored by all beneath the sun. 'From one Sabbath to another' the inhabitants of the glorified new earth shall go up 'to worship before Me, saith the Lord.' Matt. 5:18; Isa. 66:23."—*The Desire of Ages,* page 283.

10. Of what was the seventh-day Sabbath declared to be a sign? Ezek. 20:12; Ex. 31:13-17.

NOTE.—"All who regard the Sabbath as a sign between them and God, showing that He is the God who sanctifies them, will represent the principles of His government. They will bring into daily practice the laws of His kingdom. Daily it will be their prayer that the sanctification of the Sabbath may rest upon them. Every day they will have the companionship of Christ and will exemplify the perfection of His character."—*Testimonies,* vol. 6, pp. 353, 354.

11. How did Jesus, the Lord of the Sabbath, make clear how the Sabbath is to be observed? Matt. 12:8-12.

The Test and Blessing of Obedience

12. What warning message is borne to the world by the third angel of Revelation 14? Rev. 14:9-12.

13. How is the ultimate question of obedience to be settled? Acts 5:29.

NOTE.—"Every man will be tested. Obedience or disobedience is the question to be decided by the whole world. All will be called to choose between the law of God and the laws of men. Here the dividing line

will be drawn."—*The Desire of Ages,* page 763.

"The Sabbath will be the great test of loyalty, for it is the point of truth especially controverted. When the final test shall be brought to bear upon men, then the line of distinction will be drawn between those who serve God and those who serve Him not."—*The Great Controversy,* page 605.

14. What blessings did Isaiah promise to those who observe the Sabbath? Isa. 58:13, 14; 56:6, 7.

Thoughts for Meditation

1. Our days and years are limited. Therefore "teach us to number our days." Ps. 90:10, 12.

2. Time is the substance out of which life is made. Time must be used, not saved. When lost it can never be recalled.

3. The seventh-day Sabbath is God's portion of the time He gives to man. The use you make of that time is a measure of your love and loyalty to God.

Lesson 9, for February 27, 1965

The Christian's Home and Family

MEMORY VERSE: "If it seem evil unto you to serve the Lord, choose you this day whom ye will serve: . . . but as for me and my house, we will serve the Lord." Joshua 24:15.

STUDY HELPS: "The Adventist Home," pages 15-28; "S.D.A. Bible Commentary."

AIM: To review the principles upon which a Christian home is to be founded.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey; learn memory verse.	☐
Sunday: Questions 1-3; Introduction.	☐
Monday: Questions 4, 5; read study helps.	☐
Tuesday: Questions 6-10.	☐
Wednesday: Questions 11-14.	☐
Thursday: Finish reading study helps; review memory verse.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. The Home Is of God's Planning

1. God established the home. Matt. 19:4-6; Gen. 1:27, 28.
2. The ideal wife and mother. Prov. 31:10-12, 26-28.
3. Proper relations between husband and wife. Eph. 5:22-31.

II. God's Ideal of a Home

4. The home of Adam and Eve. Gen. 2:8.
5. The homelife of Jesus. Luke 2:39, 40, 51, 52.

III. Counsel for Parents

6. Love one another. Col. 3:13-20.
7. "Fathers, provoke not your children." Eph. 6:4; Col. 3:21.

8. Results of neglect. Prov. 29:15.
9. Instruction of children. Deut. 6:4-9.
10. Christ's estimate of children. Matt. 18:2-6, 10, 14.

IV. Counsel for Children

11. Obedience and filial piety. Eph. 6:1-3; Ex. 20:12.
12. Accepting Jesus' invitation. Matt. 19:14.

V. The Influence of a Christian Home

13. Maintaining a happy home. Titus 2:2-9; Eph. 4:31, 32.
14. Abraham's example. Gen. 18:19.

THE LESSON

Introduction

"Society is composed of families, and is what the heads of families make it. Out of the heart are 'the issues of life' (Proverbs 4:23); and the heart of the community, of the church, and of the nation is the household. The well-being of society, the success of the church, the prosperity of the nation, depend upon home influences."—*The Ministry of Healing,* page 349.

"One well-ordered, well-disciplined family tells more in behalf of Christianity than all the sermons that can be preached. Such a family gives evidence that the parents have been successful in following God's directions, and that their children will serve Him in the church."—*The Adventist Home,* page 32.

"The greatest evidence of the power of Christianity that can be presented to the world is a well-ordered, well-disciplined family. This will recommend the truth as nothing else can, for it is a living witness of its practical power upon the heart."—*Testimonies,* vol. 4, p. 304.

The Home Is of God's Planning

1. How, when, and by whom was the home established? Matt. 19:4-6; Gen. 1:27, 28.

NOTE.—"God made from the man a woman, to be a companion and helpmeet for him, to be one with him, to cheer, encourage, and bless him, he in his turn to be her strong helper. All who enter into matrimonial relations with a holy purpose—the husband to obtain the pure affections of a woman's heart, the wife to soften and improve her husband's character and give it completeness—fulfill God's purpose for them."—*The Adventist Home,* page 99.

2. How did the wise man picture the ideal wife and mother? Prov. 31:10-12, 26-28.

3. What is the proper relationship between husbands and wives? Eph. 5:22-31.

NOTE.—"Neither the husband nor the wife should attempt to exercise over the other an arbitrary control. Do not try to compel each other to yield to your wishes. You cannot do this and retain each other's love. Be kind, patient, and forbearing, considerate, and courteous. By the grace of God you can succeed in making each other happy, as in your marriage vow you promised to do."—*The Adventist Home,* page 118.

"It was not the design of God that the husband should have control, as head of the house, when he himself does not submit to Christ. He must be under the rule of Christ that he may represent the relation of Christ to the church. If he is a coarse, rough, boisterous, egotistical, harsh, and overbearing man, let him never utter the word that the husband is the head of the wife, and that she must submit to him in everything. . . . The husband is to be as a Saviour in his family."—*Ibid.,* p. 117.

God's Ideal of a Home

4. What kind of home environment did God choose for Adam and Eve? Gen. 2:8.

"If Christians were to act in concert, moving forward as one, under the direction of one Power, for the accomplishment of one purpose, they would move the world." —*Testimonies,* vol. 9, p. 221.

5. What glimpse is given of the homelife of Jesus? Luke 2:39, 40, 51, 52.

NOTE.—"Jesus came . . . as God's ambassador, to show us how to live so as to secure life's best results. What were the conditions chosen by the infinite Father for His Son? A secluded home in the Galilean hills; a household sustained by honest, self-respecting labor; a life of simplicity, daily conflict with difficulty and hardship; self-sacrifice, economy, and patient, gladsome service; the hour of study at His mother's side, with the open scroll of Scripture; the quiet of dawn or twilight in the green valley; the holy ministries of nature; the study of creation and providence; and the soul's communion with God—these were the conditions and opportunities of the early life of Jesus."—*The Ministry of Healing,* pages 365, 366.

Counsel for Parents

6. What is the most important factor in binding the family together? Col. 3:13-20.

NOTE.—"From a worldly point of view, money is power; but from the Christian standpoint, love is power. . . . Pure love has special efficacy to do good, and can do nothing but good. It prevents discord and misery and brings the truest happiness. . . . Parents, give your children love: love in babyhood, love in childhood, love in youth. Do not give them frowns, but ever keep a sunshiny countenance."—*The Adventist Home,* pages 195, 196.

7. What special counsel is given to fathers? Eph. 6:4; Col. 3:21.

NOTE.—"The father of boys should come into close contact with his sons, giving them the benefit of his larger experience and talking with them in such simplicity and tenderness that he binds them to his heart. He should let them see that he has their best interests, their happiness, in view all the time. As the priest of the household, he is accountable to God for the influence that he exerts over every member of the family."—*Counsels to Parents, Teachers, and Students,* page 128.

8. What happens when children are left to their own devices? Prov. 29:15.

9. What commandment did God give to Israel concerning the instruction of their children? Deut. 6:4-9.

10. What high estimate does Jesus place upon children? Matt. 18:2-6, 10, 14.

NOTE.—"Parents should explain and simplify the plan of salvation to their children that their young minds may comprehend it. Children of eight, ten, or twelve years are old enough to be addressed on the subject of personal religion. Do not teach your children with reference to some future period when they shall be old enough to repent and believe the truth. If properly instructed, very young children may have correct views of their state as sinners and of the way of salvation through Christ."—*Testimonies,* vol. 1, p. 400.

Counsel for Children

11. What are children commanded to do and why? Eph. 6:1-3; Ex. 20:12.

"The Lord desires that those who are engaged in the Sabbath school work should be missionaries, able to go forth to the towns and villages that surround the church, and give the light of life to those who sit in darkness." —*Testimonies on Sabbath School Work,* page 74.

12. What gracious and tender invitation to children did Jesus extend? Matt. 19:14.

The Influence of a Christian Home

13. What counsel was Titus to give young and old? Titus 2:2-9; Eph. 4:31, 32.

14. What is recorded concerning Abraham's relationship to his children? Gen. 18:19.

NOTE.—"God called Abraham to be a teacher of His word, He chose him to be the father of a great nation, because He saw that Abraham would instruct his children and his household in the principles of God's law. And that which gave power to Abraham's teaching was the influence of his own life. His great household consisted of more than a thousand souls, many of them heads of families, and not a few but newly converted from heathenism. Such a household required a firm hand at the helm. No weak, vacillating methods would suffice. Of Abraham God said, 'I know him, that he will command his children and his household after him.' Genesis 18:19. Yet his authority was exercised with such wisdom and tenderness that hearts were won." —*Education,* page 187.

Thoughts for Meditation

1. To a large extent we are what our homes have made us.
2. A home, to be a Christian home, must have Christ abiding in it. Jesus makes the difference.
3. "Pleasant voices, gentle manners, and sincere affection that finds expression in all the actions, together with industry, neatness, and economy, make even a hovel the happiest of homes. The Creator regards such a home with approbation."—*The Adventist Home,* page 422.
4. "In His wisdom the Lord has decreed that the family shall be the greatest of all educational agencies."—*Counsels to Parents, Teachers, and Students,* page 107.

ATTENTION, SABBATH SCHOOL TEACHERS!

Are you using the Teacher's Edition of the "Sabbath School Lesson Quarterly"? If not, you should ask your Sabbath-school secretary to secure it for you. You will find it a great help in the preparation of your lesson as well as in teaching, for every other page in the quarterly is blank, thus giving space on which to write out answers to questions, notes, or special comments to use in class. It has been provided in response to requests from many teachers. It is designed to help you, but it cannot help you if you do not use it. Try it!

Lesson 10, for March 6, 1965

The Christian's Friends and Recreation

MEMORY VERSE: "A man that hath friends must show himself friendly: and there is a friend that sticketh closer than a brother." Prov. 18:24.

STUDY HELPS: "The Adventist Home," pages 403-429; "S.D.A. Bible Commentary."

AIM: To study Bible principles relating to our social life and recreation.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here		Check Here
Sabbath afternoon: General survey; learn memory verse.	☐	Wednesday: Questions 11, 12; Thoughts for Meditation.	☐
Sunday: Introduction; questions 1-4.	☐	Thursday: Finish study helps.	☐
Monday: Questions 5-10.	☐	Friday: Review entire lesson.	☐
Tuesday: Read study helps.	☐		

Lesson Outline:

Introduction

I. We Must and Will Have Friends

1. Principles in Christian friendships. James 4:4.
2. The influence of friends. Prov. 13:20.
3. The secret of having friends. Prov. 18:24.
4. Be not yoked with unbelievers. 2 Cor. 6:14; Amos 3:3.

II. True Love the Basis of Friendship

5. The foundation of true friendships. 1 Sam. 18:1, 4.
6. The sign of a true friend. Prov. 17:17.
7. The meaning of love. 1 Cor. 13:4-8.

III. The Social Life of Jesus Our Example

8. Jesus the wedding guest. John 2:1-11.
9. Jesus the dinner guest. Luke 19:1-10; Matt. 9:9-13.
10. Jesus in the home of His friends. Luke 10:38-42; John 11:1-6, 21, 34-36.

IV. Christian Recreation

11. Come and rest awhile. Mark 6:31.
12. Instruction to youth on recreation. Eccl. 11:9, 10; 12:1.

THE LESSON

Introduction

"It is natural to seek companionship. Everyone will find companions or make them. And just in proportion to the strength of the friendship, will be the amount of influence which friends will exert over one another for good or for evil. All will have associates, and will influence and be influenced in their turn.

"The link is a mysterious one which binds human hearts together, so that the feelings, tastes, and principles of two individuals are closely blended. One catches the spirit, and copies the ways and acts, of the other. As wax retains the figure of the seal, so the mind retains the impression produced by intercourse and association. The influence may be unconscious, yet it is no less powerful."—*Testimonies,* vol. 4, p. 587.

We Must and Will Have Friends

1. What basic principle should guide the Christian in the forming of his friendships? James 4:4.

NOTE.—"God's Word places great stress upon the influence of association. . . . The company . . . [children and youth] keep, the principles they adopt, the habits they form, will decide the question of their usefulness here and of their future destiny."—*The Adventist Home,* page 455.

2. What are some of the results of association? Prov. 13:20.

NOTE.—"It is inevitable that the youth will have associates, and they will necessarily feel their influence. There are mysterious links that bind souls together so that the heart of one answers to the heart of another. One catches the ideas, the sentiments, the spirit, of another. This association may be a blessing or a curse. . . . It has been truly said, 'Show me your company, and I will show you your character.'" —*The Adventist Home,* pages 455, 456.

3. What is the secret of having friends? Prov. 18:24.

NOTE.—Remember, "the best Friend to have is Jesus." "Make Christ first and last and best in everything."

"As the social and generous impulses are repressed, they wither, and the heart becomes desolate and cold. . . . Love cannot long exist without expression. Let not the heart of one connected with you starve for the want of kindness and sympathy."—*The Ministry of Healing,* page 360.

4. With whom should the believer not yoke himself? 2 Cor. 6:14; Amos 3:3.

NOTE.—"We are not to associate with the ungodly and partake of their spirit, for they will lead the heart away from God to the worship of false gods."—*The Adventist Home,* page 459.

True Love the Basis of Friendship

5. What was the foundation of David and Jonathan's friendship? 1 Samuel 18:1, 4.

NOTE.—"Love will not be a mere exchange of soft and flattering words. . . . Heart will be bound to heart in the golden bonds of a love that is enduring."—*The Ministry of Healing,* page 362.

6. What is the sign of a true friend? Prov. 17:17.

NOTE.—"Those who are themselves 'compassed with infirmity' should be able to 'have compassion on the ignorant, and on them that are out of the way.' Heb. 5:2. Having been in peril themselves, they are acquainted with the dangers and difficulties of the way, and for this reason are called to reach out for others in like peril. There are souls perplexed with doubt, burdened with infirmities, weak in faith, and unable to grasp the Unseen; but a friend whom they can see, coming to them in Christ's stead, can be a connecting link to fasten their trembling faith upon Christ."—*The Desire of Ages,* page 297.

7. What is the real meaning of love? 1 Cor. 13:4-8.

NOTE.—Here are some questions to ask in choosing a lifelong friend:

"Is your fiancé (or fiancée) usually happy, cheerful, and optimistic?

"Can he discuss controversial questions without indulging in heated arguments?

"Are his emotions stable?

"Is he conservative in matters of morals, politics, and finance?

"Does he cooperate easily with others and work smoothly with his superiors?

"Is he benevolent toward his inferiors and does he delight in assisting the underprivileged?

"Is he able to receive advice graciously?

"Does he give careful attention to the details of his daily work?

"Is he willing to take responsibility, and has he succeeded thus far in his business ventures and enterprises?

"Is he fond of children?

"Is he religious and is his religion the same as yours?

"Do you love him in spite of his faults?

"Do you take pride in your fiancé?"—Harold Shryock, M.D., *Happiness for Husbands and Wives,* page 28.

The Social Life of Jesus Our Example

8. Under what circumstances was the first miracle performed by Christ? John 2:1-11.

NOTE.—"In the festal hall where friends and kindred rejoiced together, Christ began His public ministry."—*The Ministry of Healing,* page 356.

9. What other instances are recorded of the social life of Jesus? Luke 19:1-10; Matt. 9:9-13.

NOTE.—"The entertainment was given in honor of Jesus, and He did not hesitate to accept the courtesy. . . . Jesus sat as an honored guest at the table of the publicans, by His sympathy and social kindliness showing that He recognized the dignity of humanity; and men longed to become worthy of His confidence."—*The Desire of Ages,* page 274.

10. Whose home did Jesus at times visit? Luke 10:38-42; John 11:1-6, 21, 34-36.

NOTE.—"What a busy life He led! Day by day He might have been seen entering the humble abodes of want and sorrow, speaking hope to the downcast and peace to the distressed. Gracious, tenderhearted, pitiful, He went about lifting up the bowed-down and comforting the sorrowful. Wherever He went, He carried blessing.

"While He ministered to the poor, Jesus studied also to find ways of reaching the rich. He sought the acquaintance of the wealthy and cultured Pharisee, the Jewish nobleman, and the Roman ruler. He accepted their invitations, attended their feasts, made Himself familiar with their interests and occupations, that He might gain access to their hearts, and reveal to them the imperishable riches."—*The Ministry of Healing,* pages 24, 25.

Christian Recreation

11. When the disciples returned from a busy preaching tour, what did Jesus invite them to do? Mark 6:31.

NOTE.—"Christ is full of tenderness and compassion for all in His service. He would show His disciples that God does not require sacrifice, but mercy."—*The Desire of Ages,* page 360.

"The rest which Christ and His disciples took was not self-indulgent rest. The time they spent in retirement was not devoted to pleasure seeking."—*Ibid.,* p. 361.

"It is not wise to be always under the strain of work and excitement, even in ministering to men's spiritual needs; for in this way personal piety is neglected, and the powers of mind and soul and body are overtaxed."—*Ibid.,* p. 362.

12. In all their enjoyment, what should youth remember? Eccl. 11:9, 10; 12:1.

NOTE.—"It is the privilege and duty of Christians to seek to refresh their spirits

> "There is nothing more calculated to strengthen the intellect than the study of the Scriptures."—*Steps to Christ,* page 90.

and invigorate their bodies by innocent recreation, with the purpose of using their physical and mental powers to the glory of God. Our recreations should not be scenes of senseless mirth, taking the form of the nonsensical. We can conduct them in such a manner as will benefit and elevate those with whom we associate, and better qualify us and them to more successfully attend to the duties devolving upon us as Christians." —*The Adventist Home*, page 493.

"Recreation is needful to those who are engaged in physical labor and is still more essential for those whose labor is principally mental."—*Ibid.*, p. 494.

Thoughts for Meditation

1. It is right and proper for Christians to have friends, but let them be *Christian friends.*
2. It is entirely proper for Christians to have recreation, but let it be *Christian recreation.*
3. Jesus was social to save—so may we be.
4. There are certain kinds of people with whom Christians cannot associate. There are certain types of recreation in which the Christian cannot engage.
5. What would Jesus do? Christians are safe in doing as Jesus would do.

Lesson 11, for March 13, 1965

The Christian and His Church

MEMORY VERSE: "Now therefore ye are no more strangers and foreigners, but fellow citizens with the saints, and of the household of God; and are built upon the foundation of the apostles and prophets, Jesus Christ Himself being the Chief Cornerstone; in whom all the building fitly framed together groweth unto an holy temple in the Lord: in whom ye also are builded together for an habitation of God through the Spirit." Eph. 2:19-22.

STUDY HELPS: "Christ's Object Lessons," pages 309-345 (1923 ed., pp. 315-349); "S.D.A. Bible Commentary."

AIM: To set forth the Christian's relationship and responsibility to the church.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here		Check Here
Sabbath afternoon: General survey; study memory verse.	☐	Tuesday: Questions 7-9.	☐
Sunday: Questions 1-4; Introduction.	☐	Wednesday: Questions 10-12.	☐
Monday: Questions 5, 6; read a portion of study helps.	☐	Thursday: Finish study helps; Thoughts for Meditation.	☐
		Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. The Meaning of "The Church"

1. The church in the Old Testament. Deut. 5:22; Acts 7:38.
2. The church in the New Testament. Acts 14:27; 1 Cor. 4:17.
3. Called out of the world. 2 Cor. 6:16-18; Rev. 18:4; Rom. 1:6, 7.
4. The church defined. 1 Tim. 3:15.

II. Joining the Church

5. Becoming a member of God's church. Acts 2:41, 47.
6. The consecration of members. Rom. 12:1, 2.

III. The Work of the Church

7. God's purpose for His church in Old Testament times. Gen. 12:1-3; Gal. 3:6-9.
8. The chief service of the church. Matt. 28:19, 20.
9. Called to be witnesses. Acts 1:8.

IV. The Support of the Church

10. God's plan. 1 Cor. 9:13, 14.
11. Examples of liberality. Acts 4:32-35; 2 Cor. 8:1-5, 7.
12. Cheerful givers. 2 Cor. 9:5-7.

THE LESSON

Introduction

"During ages of spiritual darkness the church of God has been as a city set on a hill. From age to age, through successive generations, the pure doctrines of heaven have been unfolding within its borders. Enfeebled and defective as it may appear, the church is the one object upon which God bestows in a special sense His supreme regard. It is the theater of His grace, in which He delights to reveal His power to transform hearts."—*The Acts of the Apostles,* page 12.

The Meaning of "The Church"

1. What was the assembly of God's people called in Old Testament times? Deut. 5:22; Acts 7:38.

2. How were these assemblies designated in the New Testament? Acts 14:27; 1 Cor. 4:17.

NOTE.—Someone has said, "The church is never a place, but always a people; never a fold, but always a flock; never a sacred building, but always a believing assembly. The church is you who pray, not where you pray." The church is an assembly or society or community of called-out ones.

> When the church enables men to outthink, outlove, and outlive the world, it demonstrates its right to existence.

3. What experience precedes membership in the church? 2 Cor. 6:16-18; Rev. 18:4; Rom. 1:6, 7.

4. What is the church declared to be? 1 Tim. 3:15.

NOTE.—"Christ designs that heaven's order, heaven's plan of government, heaven's divine harmony, shall be represented in His church on earth. Thus in His people He is glorified. Through them the Sun of Righteousness will shine in undimmed luster to the world."—*The Desire of Ages,* page 680.

Joining the Church

5. How does a man become a member of God's church? Acts 2:41, 47.

NOTE.—The steps by which one becomes a Christian and a full member of the church are outlined in the Bible as follows:

a. Come to Christ. Matt. 11:28.
b. "Believe on the Lord Jesus Christ." Acts 16:31-34.
c. Repent—be converted. Acts 3:19.
d. Be baptized. Acts 2:38.
e. Old man must be crucified. Rom. 6:6.
f. Become dead to sin, alive unto God. Rom. 6:11.

g. Be free from sin and become servant of righteousness. Rom. 6:17, 18.

h. This brings holiness and everlasting life. Rom. 6:22, 23.

i. This makes him a member of "the household of God." Eph. 2:19.

6. How does Paul describe the Christian's consecration? Rom. 12: 1, 2.

NOTE.—Rom. 12:1, 2. The Christian's consecration.

The appeal—"I beseech you."

The act—To "present your bodies."

The sacrifice—"A living sacrifice, holy, acceptable."

The reason—"Your reasonable service."

The method—"Be not conformed to this world."

"Be ye transformed by the renewing of your mind."

The result—"That ye may prove what is that good, and acceptable, and perfect, will of God."

The Work of the Church

7. What was God's purpose for His church in Old Testament times? Gen. 12:1-3; Gal. 3:6-9.

NOTE.—"God's church is the court of holy life, filled with varied gifts and endowed with the Holy Spirit. The members are to find their happiness in the happiness of those whom they help and bless.

"Wonderful is the work which the Lord designs to accomplish through His church, that His name may be glorified. . . . From the beginning God has wrought through His people to bring blessing to the world." —*The Acts of the Apostles,* pages 12, 13.

8. What service must the church render to the world today? Matt. 28: 19, 20.

NOTE.—"The church is God's appointed agency for the salvation of men. It was organized for service, and its mission is to carry the gospel to the world. From the beginning it has been God's plan that through His church shall be reflected to the world His fullness and His sufficiency. The members of the church, those whom He has called out of darkness into His marvelous light, are to show forth His glory. The church is the repository of the riches of the grace of Christ; and through the church will eventually be made manifest, even to 'the principalities and powers in heavenly places,' the final and full display of the love of God."—*The Acts of the Apostles,* page 9.

9. What were Jesus' parting words to His disciples? Acts 1:8.

NOTE.—"The church is God's fortress, His city of refuge, which He holds in a revolted world. . . . From the beginning faithful souls have constituted the church on earth. In every age the Lord has had His watchmen, who have borne a faithful testimony to the generation in which they lived. . . . God brought these witnesses into covenant relation with Himself, uniting the church on earth with the church in heaven."—*The Acts of the Apostles,* page 11.

The Support of the Church

10. What basic plan does God have, to provide for His house? 1 Cor. 9:13, 14.

NOTE.—"As to the amount required, God has specified one tenth of the increase. This is left to the conscience and benevolence of men, whose judgment in this tithing system should have free play. And while it is left free to the conscience, a plan has been laid out definite enough for all. No compulsion is required."—*Testimonies,* vol. 3, p. 394.

11. What examples of liberality do we find in the early apostolic church? Acts 4:32-35; 2 Cor. 8:1-5, 7.

NOTE.—"This liberality on the part of the believers was the result of the outpouring of the Spirit. . . . One common interest controlled them—the success of the mission entrusted to them; and covetousness had no place in their lives. Their love for their brethren and the cause they had espoused, was greater than their love of money and possessions. Their works testified that they accounted the souls of men of higher value than earthly wealth. . . . Money, time, influence—all the gifts they have received from God's hand, they will value only as a means of advancing the work of the gospel."—*The Acts of the Apostles,* pages 70, 71.

12. In what spirit should our gifts to God be made? 2 Cor. 9:5-7.

NOTE.—"Unselfish liberality threw the early church into a transport of joy; for the believers knew that their efforts were helping to send the gospel message to those in darkness. Their benevolence testified that they had not received the grace of God in vain. What could produce such liberality but the sanctification of the Spirit? In the eyes of believers and unbelievers it was a miracle of grace.

"Spiritual prosperity is closely bound up with Christian liberality. The followers of Christ should rejoice in the privilege of revealing in their lives the beneficence of their Redeemer. As they give to the Lord they have the assurance that their treasure is going before them to the heavenly courts."—*The Acts of the Apostles,* page 344.

Thoughts for Meditation

1. It is a great privilege to be a Christian and a part of the Christian church.

2. This privilege also carries with it certain very definite responsibilities and duties.

3. The true Christian never thinks of how much he can *get* out of his church, but rather how much he can *give* to his church.

4. "Not until God ceases to bless His children will they cease to be under bonds to return to Him the portion that He claims."—*The Acts of the Apostles,* page 339.

5. "God has made the proclamation of the gospel dependent upon the labors and the gifts of His people. Voluntary offerings and the tithe constitute the revenue of the Lord's work. Of the means entrusted to man, God claims a certain portion,—the tenth. He leaves all free to say whether or not they will give more than this. . . . Should means flow into the treasury in accordance with this divinely appointed plan, —a tenth of all the increase, and liberal offerings,—there would be an abundance for the advancement of the Lord's work."—*Ibid.,* pp. 74, 75.

Lesson 12, for March 20, 1965

The Christian and His Community

MEMORY VERSE: "Come, ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was anhungered, and ye gave Me meat: I was thirsty, and ye gave Me drink: I was a stranger, and ye took Me in: naked, and ye clothed Me: I was sick, and ye visited Me: I was in prison, and ye came unto Me." Matt. 25:34-36.

STUDY HELPS: "Welfare Ministry," pages 29-41; "The Desire of Ages," pages 637-641; "The Ministry of Healing," pages 201-208; "S.D.A. Bible Commentary."

AIM: To remind us of our responsibility to the community in which we reside.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey; learn memory verse.	☐
Sunday: Questions 1-3; Introduction.	☐
Monday: Questions 4-7.	☐
Tuesday: Questions 8-11; read study helps.	☐
Wednesday: Finish study helps.	☐
Thursday: Questions 12-14.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. The Christian's Influence in His Community

1. God's children to be lights. Matt. 5:14-16; Phil. 2:15.
2. Living to the glory of God. 1 Peter 2:12.
3. Abounding in good works. Col. 1:10.

II. Alleviating Poverty and Suffering

4. Attitude toward the poor. Deut. 15:11.
5. God's plan for alleviating poverty and suffering. Isa. 58:7.
6. More blessed to give. Acts 20:35.
7. A curse follows failure to give. James 5:1-6.

III. The Christian's Responsibility for Others

8. Am I my brother's keeper? Gen. 4:9, 10; 1 John 3:11, 12.
9. Ye have done it unto Me. Matt. 25:40.
10. Christ's mission. Luke 4:18, 19.
11. Influence of Christian generosity. 2 Cor. 9:11-14.

IV. "Be Ye Kind"

12. Christ's method. Matt. 4:23-25.
13. Who is my neighbor? Luke 10:29-37.
14. Promise to those who show kindness. Isa. 58:7-11.

THE LESSON

Introduction

"Sin has extinguished the love that God placed in man's heart. The work of the church is to rekindle this love. The church is to cooperate with God by uprooting selfishness from the human heart, placing in its stead the benevolence that was in man's heart in his original state of perfection."—*Welfare Ministry,* page 14.

The Christian's Influence in His Community

1. What are God's children declared to be? Matt. 5:14-16; Phil. 2:15.

NOTE.—"All who are consecrated to God will be channels of light. God makes them His agents to communicate to others the riches of His grace. His promise is, 'I will make them and the places round about My hill a blessing; and I will cause the shower to come down in his season; there shall be showers of blessing.' Ezek. 34:26.

"Philip said to Nathanael, 'Come and see.' He did not ask him to accept another's testimony, but to behold Christ for himself. Now that Jesus has ascended to heaven, His disciples are His representatives among men, and one of the most effective ways of winning souls to Him is in exemplifying His character in our daily life. Our influence upon others depends not so much upon what we say as upon what we are."—*The Desire of Ages,* pages 141, 142.

2. What should be the Christian's influence? 1 Peter 2:12.

3. In what will the Christian be fruitful? Col. 1:10.

NOTE.—"As soon as she had found the Saviour the Samaritan woman brought others to Him. She proved herself a more effective missionary than His own disciples. The disciples saw nothing in Samaria to indicate that it was an encouraging field. Their thoughts were fixed upon a great work to be done in the future. They did not see that right around them was a harvest to be gathered. But through the woman whom they despised, a whole city-ful were brought to hear the Saviour. She carried the light at once to her countrymen.

"This woman represents the working of a practical faith in Christ. Every true disciple is born into the kingdom of God as a missionary. He who drinks of the living water becomes a fountain of life. The receiver becomes a giver. The grace of Christ in the soul is like a spring in the desert, welling up to refresh all, and making those who are ready to perish eager to drink of the water of life."—*The Desire of Ages,* page 195.

Alleviating Poverty and Suffering

4. What instruction concerning the poor has the Lord given? Deut. 15:11. Compare John 12:8.

NOTE.—"There are many who complain of God because the world is so full of want and suffering; but God never meant that this misery should exist. He never meant that one man should have an abundance of the luxuries of life, while the children of others cry for bread. The Lord is a God of benevolence. He has made ample provision for the wants of all, and through His representatives, to whom He has entrusted His goods, He designs that the needs of all His creatures shall be supplied."—*Testimonies,* vol. 6, p. 273.

5. How did God further instruct His children in the alleviation of poverty and suffering? Isa. 58:7. Compare Matt. 25:35, 36.

NOTE.—"The Lord has made ample provision for all. He has given to thousands of men large supplies with which to alleviate the want of their fellows; but those whom God has made stewards have not stood the test, for they have failed to relieve the suffering and the needy. . . . If men would do their duty as faithful stewards of their Lord's goods, there would be no cry for bread, none suffering in destitution, none naked and in want."—*Welfare Ministry,* page 16.

6. What is the reward of true benevolence? Acts 20:35.

NOTE.—"While the world needs sympathy, while it needs the prayers and assistance of God's people, while it needs to see Christ in the lives of His followers, the people of God are equally in need of opportunities that draw out their sympathies, give efficiency to their prayers, and develop in them a character like that of the divine pattern."—*Testimonies,* vol. 6, p. 261.

7. What is said of those who withhold just wages? James 5:1-6.

NOTE.—"It is because the rich neglect to do the work for the poor that God designed they should do, that they grow more proud, more self-sufficient, more self-indulgent, and hard hearted."—*Welfare Ministry,* page 19.

The Christian's Responsibility for Others

8. What lessons should we learn from the experience of Cain? Gen. 4:9, 10; 1 John 3:11, 12.

NOTE.—"God designs that the sick, the unfortunate, those possessed of evil spirits, shall hear His voice through us. Through His human agents He desires to be a comforter, such as the world has never before seen."—*Welfare Ministry,* page 22.

9. In what way does Christ identify Himself with the poor and needy? Matt. 25:40.

NOTE.—"Christ's servants are His representatives, the channels for His working. He desires through them to exercise His healing power."—*The Desire of Ages,* pages 823, 824.

10. How did Christ state His mission? Luke 4:18, 19.

NOTE.—"The world is in need of workers who will labor as Christ did for the suffering and the sinful. There is indeed a multitude to be reached. The world is full of sickness, suffering, distress, and sin. It is full of those who need to be ministered unto—the weak, the helpless, the ignorant, the degraded."—*Testimonies,* vol. 6, p. 254.

11. What were the far-reaching influences of the Corinthians' generosity? 2 Cor. 9:11-14.

NOTE.—Phillips's translation reads thus: "Your giving does not end in meeting the wants of your fellow Christians. It also results in an overflowing tide of thanksgiving to God. Moreover, your very giving proves the reality of your faith, and that means that men thank God that you practice the gospel." *

Let the church beware lest it lose completely its most effective key to open the hearts of non-Christians to the gospel.

"Be Ye Kind"

12. What practical demonstration of Christian service is revealed in the ministry of Christ? Matt. 4:23-25.

> "And thine ears shall hear a word behind thee, saying, This is the way, walk ye in it." Isaiah 30:21.

NOTE.—"Christ's way of presenting truth cannot be improved upon. The Saviour gave the disciples practical lessons, teaching them how to work in such a way as to make souls glad in the truth. He sympathized with the weary, the heavy-laden, the oppressed. He fed the hungry and healed the sick. Constantly He went about doing good. By the good He accomplished, by His loving words and kindly deeds, He interpreted the gospel to men."—*Welfare Ministry,* page 56.

13. To whom should we be kind? Luke 10:29-37.

NOTE.—"He showed that our neighbor does not mean merely one of the church or faith to which we belong. It has no reference to race, color, or class distinction. Our neighbor is every person who needs our help."—*Christ's Object Lessons,* page 376.

14. Through Isaiah, what promises were given to those who were actuated by a charitable spirit? Isa. 58:7-11.

Thoughts for Meditation

1. The Christian is placed in his community as a "light."

2. The Christian lives in his community to represent Christ to his neighbors.

3. The reward for kindness in service will be the blessing of God and an inheritance in God's everlasting kingdom. Matt. 25:34-36.

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Lesson 13, for March 27, 1965

The Christian and His Eternal Reward

MEMORY VERSE: "Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him." 1 Cor. 2:9.

STUDY HELPS: "Testimonies," vol. 1, pp. 127-131; "Prophets and Kings," pages 729-733; "S.D.A. Bible Commentary."

AIM: To meditate upon the rewards awaiting us at the end of the way.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here		Check Here
Sabbath afternoon: General survey; study memory verse.	☐	Wednesday: Questions 11-13; Thoughts for Meditation.	☐
Sunday: Introduction; questions 1-3.	☐	Thursday: Finish study helps.	☐
Monday: Questions 4-10.	☐	Friday: Review entire lesson.	☐
Tuesday: Read study helps.	☐		

Lesson Outline:

Introduction

I. The Promised Possession

1. The promise to Abraham. Gen. 13:14, 15; Gal. 3:16.
2. Restoration of the kingdom. Rev. 11:15; Micah 4:8.
3. Promise to disciples. John 14:1-3.
4. Our inheritance assured. Eph. 1:13, 14.
5. Our attitude. 2 Peter 3:13; Heb. 10:23, 35.

II. That Better Country

6. The earth created not in vain. Isa. 45:18.
7. The constant hope of God's people. Heb. 11:10, 13-16.
8. Isaiah's description of the new earth. Isa. 65:17, 21, 22, 25.
9. John's description of the Holy City. Rev. 21:1-3, 10-27.
10. Sorrow and suffering no more. Rev. 21:4.

III. We Must Be There

11. Our limited comprehension. 1 Cor. 2:9.
12. Our preparation. 2 Peter 3:14.
13. Christ's welcome to the saved. Matt. 25:34.

THE LESSON

Introduction

"The condition of eternal life is now just what it always has been,—just what it was in Paradise before the fall of our first parents,—perfect obedience to the law of God, perfect righteousness. If eternal life were granted on any condition short of this, then the happiness of the whole universe would be imperiled. The way would be open for sin, with all its train of woe and misery, to be immortalized."—*Steps to Christ*, page 62.

The Promised Possession

1. What promise of eternal inheritance was made to Abraham? Gen. 13:14, 15; Gal. 3:16.

NOTE.—"The heritage that God has promised to His people is not in this world. Abraham had no possession in the earth, 'no, not so much as to set his foot on.' . . . His sole possession in the Land

of Promise was that rock-hewn tomb in the cave of Machpelah.

"But the word of God had not failed; neither did it meet its final accomplishment in the occupation of Canaan by the Jewish people. 'To Abraham and his seed were the promises made.' Galatians 3:16. Abraham himself was to share the inheritance. The fulfillment of God's promise may seem to be long delayed. . . . The gift to Abraham and his seed included not merely the land of Canaan, but the whole earth."—*Patriarchs and Prophets,* pages 169, 170.

2. Whose will the kingdoms of this world eventually become? Rev. 11:15; Micah 4:8.

NOTE.—"When man became Satan's captive, the dominion which he held, passed to his conqueror. Thus Satan became 'the god of this world.' 2 Corinthians 4:4. He had usurped that dominion over the earth which had been originally given to Adam. But Christ, by His sacrifice paying the penalty of sin, would not only redeem man, but recover the dominion which he had forfeited. All that was lost by the first Adam will be restored by the second."—*Patriarchs and Prophets,* page 67.

3. What comforting promise did Jesus make to His disciples? John 14:1-3.

NOTE.—"Long have we waited for our Saviour's return. But nonetheless sure is the promise. Soon we shall be in our promised home. There Jesus will lead us beside the living stream flowing from the throne of God and will explain to us the dark providences through which on this earth He brought us in order to perfect our characters. There we shall behold with undimmed vision the beauties of Eden restored."—*Testimonies,* vol. 8, p. 254.

4. Through whom is our inheritance assured? Eph. 1:13, 14.

5. In view of Christ's promise, what should be our attitude? 2 Peter 3:13; Heb. 10:23, 35.

That Better Country

6. For what purpose did God create the earth? Isa. 45:18.

NOTE.—"God created the earth to be the abode of holy, happy beings. The Lord 'formed the earth and made it; He hath established it, He created it not in vain, He formed it to be inhabited.' Isaiah 45:18. That purpose will be fulfilled, when, renewed by the power of God, and freed from sin and sorrow, it shall become the eternal abode of the redeemed."—*Patriarchs and Prophets,* page 67.

7. What has been the buoyant hope of God's people down through the ages? Heb. 11:10, 13-16.

NOTE.—" 'O Tower of the flock, the stronghold of the daughter of Zion, unto Thee shall it come, even the first dominion.' Micah 4:8. The time has come to which holy men have looked with longing since the flaming sword barred the first pair from Eden, the time for 'the redemption of the purchased possession.' Ephesians 1:14. The earth originally given to man as his kingdom, betrayed by him into the hands of Satan, and so long held by the mighty foe, has been brought back by the great plan of redemption. All that was lost by sin has been restored. . . . God's original purpose in the creation of the earth is fulfilled as it is made the eternal abode of the redeemed. 'The righteous shall inherit the land, and dwell therein forever.' "—*The Great Controversy,* page 674.

8. How does Isaiah describe some of the glories of the new earth? Isa. 65:17, 21, 22, 25.

NOTE.—"A fear of making the future inheritance seem too material has led many to spiritualize away the very truths which lead us to look upon it as our home. Christ assured His disciples that He went to prepare mansions for them in the Father's

house. Those who accept the teachings of God's Word will not be wholly ignorant concerning the heavenly abode."—*The Great Controversy,* pages 674, 675.

9. In what sublime language does John describe the City of God? Rev. 21:1-3, 10-27.

NOTE.—"There, immortal minds will contemplate with never-failing delight the wonders of creative power, the mysteries of redeeming love. There will be no cruel, deceiving foe to tempt to forgetfulness of God. Every faculty will be developed, every capacity increased. The acquirement of knowledge will not weary the mind or exhaust the energies. There the grandest enterprises may be carried forward, the loftiest aspirations reached, the highest ambitions realized; and still there will arise new heights to surmount, new wonders to admire, new truths to comprehend, fresh objects to call forth the powers of mind and soul and body."—*The Great Controversy,* page 677.

10. What unhappy experiences will never mar the joys of the new earth? Rev. 21:4.

NOTE.—"Pain cannot exist in the atmosphere of heaven. There will be no more tears, no funeral trains, no badges of mourning. 'There shall be no more death, neither sorrow, nor crying: . . . for the former things are passed away.' 'The inhabitant shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity.' Revelation 21:4; Isaiah 33:24.

"There is the New Jerusalem, the metropolis of the glorified new earth, 'a crown of glory in the hand of the Lord, and a royal diadem in the hand of thy God.' "—*The Great Controversy,* page 676.

We Must Be There

11. How limited is the human mind in comprehending all that God has prepared for those who love Him? 1 Cor. 2:9.

NOTE.—"As your senses delight in the attractive loveliness of the earth, think of the world that is to come, that shall never know the blight of sin and death; where the face of nature will no more wear the shadow of the curse. Let your imagination picture the home of the saved, and remember that it will be more glorious than your brightest imagination can portray. In the varied gifts of God in nature we see but the faintest gleaming of His glory. It is written, 'Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him.' "—*Steps to Christ,* pages 86, 87.

12. How are we admonished to prepare ourselves for the coming of Christ's kingdom? 2 Peter 3:14.

13. With what words will Jesus welcome those who are found worthy to enter the home He has prepared? Matt. 25:34.

NOTE.—"Better than all the friendship of the world is the friendship of Christ's redeemed. Better than a title to the noblest palace on earth is a title to the mansions our Lord has gone to prepare. And better than all the words of earthly praise will be the Saviour's words to His faithful servants, 'Come ye blessed of My Father, inherit the kingdom prepared for you from the foundation of the world.' "—*Christ's Object Lessons,* page 374.

Thoughts for Meditation

1. The road we choose to follow in this life will determine our future destiny.

2. Like Abraham of old, by faith we seek that "better country" and that city "whose builder and maker is God."

3. If we are to enter heaven at last, we must bring into this life all of heaven that we can.

4. If you are to be saints in heaven, you must first be saints upon the earth."—*Testimonies to Ministers,* page 145.

5. The Christian's problem is not so much a matter of how to get a man into heaven

by and by, as it is how to get heaven into a man here and now.

6. "Heaven's golden gate opens not to the self-exalted. It is not lifted up to the proud in spirit. But the everlasting portals will open wide to the trembling touch of a little child. Blessed will be the recompense of grace to those who have wrought for God in the simplicity of faith and love."—*Christ's Object Lessons,* page 404.

THIRTEENTH SABBATH OFFERING

March 27, 1965

SOUTHERN ASIA DIVISION

The great Southern Asia Division, to which the overflow of the Thirteenth Sabbath Offering goes this quarter, has the lowest ratio of Seventh-day Adventists to total population of any of the world divisions except the Middle East Division. Surely the task of preaching the gospel in this division is gigantic! Increased means are needed to train laborers to carry out the task assigned God's people in Southern Asia.

That is exactly what the overflow will be used for this quarter. It will help to provide additional secondary-school facilities for the Andhra Section of our work in the South India Union. Considering the meager educational facilities we have had in this field, it is remarkable what has been accomplished, but many of our own young people have had to turn to the schools of the world for their education. This trend must be stopped, for we need this trained leadership to give the message in these stressful times.

Southern Asia wants to express in advance its thanks for the liberal and loyal support of the Sabbath school membership around the world in this project this quarter.

Lessons for the Second Quarter of 1965

Sabbath school members who have failed to receive a senior *Lesson Quarterly* for the second quarter of 1965 will be helped by the following outline in studying the first lesson. The title of the lessons for the quarter is, "When the World Was Young." The title of the first lesson is "The Creator of the Universe." The memory verse is Ephesians 3:17-19. Study helps are *Evangelism,* pages 613-617; *Patriarchs and Prophets,* pages 33-43; and *Selected Messages,* b. 1, pp. 246-251. The texts to be studied are:

Ques. 1. John 1:1-3; Heb. 11:3.
Ques. 2. Ps. 90:1, 2; Isa. 40:28.
Ques. 3. Ps. 139:7-12; Jer. 23:23, 24.
Ques. 4. Col. 2:2, 3; Isa. 40:28.
Ques. 5. Jer. 32:17; Matt. 19:26.
Ques. 6. Ex. 3:13-15.
Ques. 7. Ps. 8:3, 4; Eccl. 8:17.
Ques. 8. Mal. 3:6; James 1:17.
Ques. 9. Deut. 6:4; Isa 44:6.
Ques. 10. Matt. 28:19, 20; 2 Cor. 13:14.
Ques. 11. John 1:1-3; 17:5.
Ques. 12. John 16:7, 13.
Ques. 13. Ps. 139:1-18, 23, 24.
Ques. 14. 1 John 4:8; Eph. 3:17-19.

J. BYRON LOGAN

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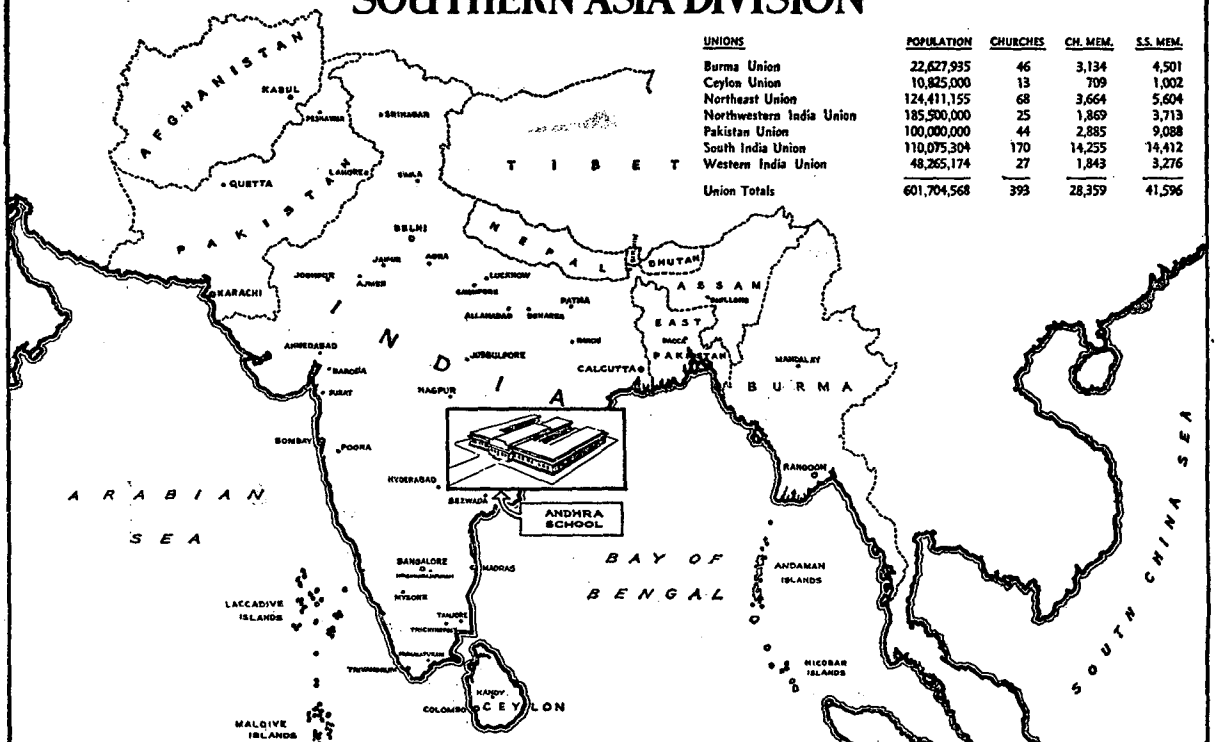
UNIONS	POPULATION	CHURCHES	CH. MEM.	S.S. MEM.
Burma Union	22,627,935	46	3,134	4,501
Ceylon Union	10,825,000	13	709	1,002
Northeast Union	124,411,155	68	3,664	5,604
Northwestern India Union	185,500,000	25	1,869	3,713
Pakistan Union	100,000,000	44	2,885	9,088
South India Union	110,075,304	170	14,255	14,412
Western India Union	48,265,174	27	1,843	3,276
Union Totals	601,704,568	393	28,359	41,596