SABBATH SCHOOL LESSON QUARTERLY

Harold Shryock

ROBERTS

THE CHRISTIAN HOME AND HEALTHFUL LIVING

SENIOR DIVISION, No. 277, THIRD QUARTER 1964

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. Marriage, Its Divine Origin and Purpose
2. Comdradeship at Home
3. The Privilege of Parenthood
4. The Training of Children
5. Guiding Our Young People
6. Factors Involved in Making Homes Happy or Unhappy
7. Fidelity in Marriage
8. The Cause of Disease
9. Temperance in All Things
10. Our Food and Drink
11. The Power of Habit
12. Mental Health
13. Religion and Health

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Sabbath School Lesson Quarterly

THE CHRISTIAN HOME AND HEALTHFUL LIVING

GENERAL INTRODUCTION

The title for the quarter's lessons, "The Christian Home and Healthful Living," suggests that two separate topics will be considered in the same time period. But these topics are not separate and distinct. They are interrelated. They are parts of the great scheme for living successfully.

In order for a human being to live successfully he must make progress and reach attainments in all four areas of human activity: the spiritual, the mental, the social, and the physical. Home life, in which all phases of living have their source, provides an ideal setting for a harmonious blending of spiritual ideals, mental attainments, social graces, and physical adequacy.

"Society is composed of families, and is what the heads of families make it. Out of the heart are 'the issues of life;' and the heart of the community, of the church, and of the nation is the houshold. The well-being of society, the success of the church, the prosperity of the nation, depend upon home influences."—*The Adventist Home,* page 15.

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Lesson 1, for July 4, 1964

Marriage, Its Divine Origin and Purpose

MEMORY VERSE: "Whoso findeth a wife findeth a good thing, and obtaineth favor of the Lord." Prov. 18:22.

STUDY HELPS: "The Ministry of Healing," pages 356-362; "The Adventist Home," pages 25-28; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To provide insight into God's purpose in establishing the family as the unit for successful living.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey.	☐
Sunday: Questions 1-3.	☐
Monday: Questions 4-6; begin reading study helps.	☐
Tuesday: Questions 7-9.	☐
Wednesday: Questions 10-13; read further from study helps.	☐
Thursday: Finish reading study helps.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. Divinely Ordained

1. For human companionship. Gen. 2:18.
2. In Garden of Eden. Gen. 2:21-24.
3. Approved by Jesus. John 2:1, 2.

II. To Bring Happiness

4. A joyful life. Prov. 5:18.
5. Bible example of a happy marriage. Gen. 24:67.
6. God's guidance and bride's wishes, two factors for happiness. Gen. 24: 50 (first part), 58.

III. A Sacred Relationship

7. Kindred beliefs essential. Gen. 27: 46; 28:1; 1 Cor. 7:39, last part; 2 Cor. 6:14.
8. An honorable relationship. Heb. 13: 4, first part.
9. To endure for life. Rom. 7:2; Matt. 19:6, last part.

IV. Foundation for Family Life

10. God's instruction to be fruitful. Gen. 1:28, first part.
11. The first loyalty. Gen. 2:24; Mark 10:6, 7.
12. Close relationship between husband and wife. Mark 10:8, 9.
13. Gratefulness and thankfulness enjoined. Prov. 18:22; 19:14.

THE LESSON

Introduction

We say it is "natural" for two young people in love to look forward to the time when they can unite their lives in marriage. The reason it is natural is that God ordained it so and implanted in each human personality the craving for affection and loyalty from someone of the other sex.

There are certain primary reasons why this divinely implanted desire for marriage and family life is for the best interest of human beings. First, God planned that marriage should bring happiness—deep, wholesome joy and satisfaction. Second, God designed that marriage, properly consummated and maintained in its intended sanctity, should contribute to the stability of the characters of the husband and wife. Third, God ordained that marriage, serving as the foundation of home life, should provide the proper environment for the birth, development, and training of the members of the next generation.

Divinely Ordained

1. What is the divine plan for meeting the human need for personal companionship? Gen. 2:18.

NOTE.—"The Lord was pleased with this last and noblest of all His creatures, and designed that he should be the perfect inhabitant of a perfect world. But it was not His purpose that man should live in solitude. . . .

"God Himself gave Adam a companion. He provided 'an help meet for him'—a helper corresponding to him—one who was fitted to be his companion, and who could be one with him in love and sympathy."—*The Adventist Home,* page 25.

2. By whom and when was the institution of marriage ordained? Gen. 2:21-24.

NOTE.—"Then [at creation] marriage and the Sabbath had their origin, twin institutions for the glory of God in the benefit of humanity. Then, as the Creator joined the hands of the holy pair in wedlock, saying, A man shall 'leave his father and his mother, and shall cleave unto his wife: and they shall be one,' He enunciated the law of marriage for all the children of Adam to the close of time. That which the eternal Father Himself had pronounced good was the law of highest blessing and development for man."—*The Adventist Home,* page 341.

"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."—*Ibid.,* p. 99.

3. Early in His earthly ministry how did Jesus indicate His approval of marriage and of the customary manner of instituting the marriage relationship? John 2:1, 2.

NOTE.—"There was to be a marriage in Cana of Galilee. The parties were relatives of Joseph and Mary. Christ knew of this family gathering, and that many influential persons would be brought together there, so, in company with His newly made disciples, He made His way to Cana. As soon as it was known that Jesus had come to the place, a special invitation was sent to Him and His friends."—Ellen G. White, *My Life Today,* page 186.

"[Christ] sanctioned marriage, recognizing it as an institution that He Himself had established."—*The Ministry of Healing,* page 356.

To Bring Happiness

4. What attitude should a husband (or wife) assume toward marriage? Prov. 5:18.

NOTE.—"If marriage remains a sharing, if there is always a mutual desire to please, the passing years will but deepen and strengthen the joys of companionship."—*S.D.A. Bible Commentary,* on Prov. 5:18.

"Human love can never bear its precious fruit until it is united with the divine nature and trained to grow heavenward. Jesus wants to see happy marriages, happy firesides."—*The Adventist Home,* page 99.

5. What is one classic Bible example of a happy marriage? Gen. 24:67.

NOTE.—"And the result of that marriage [Isaac and Rebekah's], as presented in the Scriptures, is a tender and beautiful picture of domestic happiness."—*Patriarchs and Prophets,* page 175.

6. What two factors that contribute to successful marriage were evident in the marriage arrangement of Isaac and Rebekah? Gen. 24:50 (first part), 58.

NOTE.—"What a contrast between the course of Isaac and that pursued by the youth of our time, even among professed Christians! Young people too often feel that the bestowal of their affections is a matter in which self alone should be consulted—a matter that neither God nor their parents should in any wise control. Long before they have reached manhood or womanhood they think themselves competent to make their own choice, without the aid of their parents. A few years of married life are usually sufficient to show them their error, but often too late to prevent its baleful results. For the same lack of wisdom and self-control that dictated the hasty choice is permitted to aggravate the evil, until the marriage relation becomes a galling yoke. Many have thus wrecked their happiness in this life and their hope of the life to come."—*Patriarchs and Prophets,* page 175.

A Sacred Relationship

7. What is a most important consideration when marriage is contemplated? Gen. 27:46; 28:1; 1 Cor. 7:39 (last part); 2 Cor. 6:14.

NOTE.—"A wife is bound to her husband as long as he lives. But if the husband die, she is free to marry whom she will, provided the marriage is within the Lord's fellowship." 1 Cor. 7:39, N.E.B.

Occasionally a Seventh-day Adventist engaged to marry a member of another denomination (Roman Catholic, Baptist, Lutheran, etc.) is heard to say, "I am not uniting with an unbeliever, with a person who is an infidel or an atheist. I am marrying one who believes in God, one who believes in Christ, the Bible, and in some other things that we accept." Thus is raised the question, Who is an unbeliever? In an inspired message given by Ellen G. White to a Seventh-day Adventist woman who was about to unite in wedlock with a man not of our faith, she was told:

"Though the companion of your choice

were in all other respects worthy (which he is not), yet he has not accepted the truth for this time; he is an unbeliever, and you are forbidden of Heaven to unite yourself with him. You cannot, without peril to your soul, disregard this divine injunction." —*Testimonies,* vol. 5, p. 364.

8. In contrast to worldly sentiments, what is the Christian appraisal of marriage? Heb. 13:4, first part.

NOTE.—The first part of Hebrews 13:4 may be translated either "marriage is honorable in all," or "let marriage be honorable in all." The fact that this clause stands in a series of exhortations tends to favor the latter translation. The counsel, "Let marriage be honorable in all," is certainly appropriate in an age of moral laxness and infidelity. Interestingly, the New English Bible gives both ideas in its translation of the one clause in the Greek: "Marriage is honorable; let us all keep it so."

9. Since marriage is ordained by God, how long should it endure? Rom. 7:2; Matt. 19:6, last part.

NOTE.—"For I detest divorce and cruelty to a wife, the Lord of hosts, the God of Israel, declares. Take heed then to yourselves, never be faithless." Mal. 2:16, Moffatt.

Foundation for Family Life

10. What command did God give to Adam and Eve in regard to the rearing of a family? Gen. 1:28, first part.

NOTE.—"[God] ordained that men and women should be united in holy wedlock, to rear families whose members, crowned with honor, should be recognized as members of the family above."—*The Adventist Home,* page 99.

11. Which takes priority, the relationship between husband and wife or the relationship between the married parties and their parents? Gen. 2:24; Mark 10:6, 7.

NOTE.—"The family tie is the closest, the most tender and sacred, of any on earth. It was designed to be a blessing to mankind. And it is a blessing wherever the marriage covenant is entered into intelligently, in the fear of God, and with due consideration for its responsibilities."—*The Ministry of Healing,* pages 356, 357.

12. How closely should the bond of marriage draw a husband and wife to each other? Mark 10:8, 9.

NOTE.—"Eve was created from a rib taken from the side of Adam, signifying that she was not to control him as the head, nor to be trampled under his feet as an inferior, but to stand by his side as an equal, to be loved and protected by him. A part of man, bone of his bone, and flesh of his flesh, she was his second self; showing the close union and the affectionate attachment that should exist in this relation." —*The Adventist Home,* page 25.

13. For whom should the happy husband be grateful? To whom should he give thanks? Prov. 18:22; 19:14.

NOTE.—"Your companionship in the marriage relation should be close and tender, holy and elevated, breathing a spiritual power into your lives, that you may be everything to each other that God's Word requires. When you reach the condition that the Lord desires you to reach, you will find heaven below and God in your life." —*The Adventist Home,* page 112.

Questions for Meditation

1. Recognizing that one of the goals of marriage is to bring happiness, where should the Christian draw the line between personal gratification and ministry to the welfare of the other family members?

2. How can modern Christian young people know the Lord's will in their selection of life partners as surely as Isaac and Rebekah recognized the Lord's leading in their marriage?

3. What are the conditions under which a Christian husband and wife can expect the Lord to bless their marriage and their home?

Lesson 2, for July 11, 1964

Comradeship at Home

MEMORY VERSE: "[Love] doth not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil." 1 Cor. 13:5.

STUDY HELPS: "The Adventist Home," pages 83-86, 105-120; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To discover the fundamentals by which Christian husbands and wives, parents and children, may enjoy the high degree of happiness in homelife that God intends.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey.	☐
Sunday: Questions 1-4.	☐
Monday: Questions 5-7; begin reading study helps.	☐
Tuesday: Questions 8-10.	☐
Wednesday: Questions 11, 12; Read further from study helps.	☐
Thursday: Finish reading study helps.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. Requisites for compatibility

1. Love, the prime requisite to happiness. Col. 3:19; Eph. 5:25.
2. Agreement, the basis for harmony. Amos 3:3.
3. Personal purity and morality. 1 Thess. 4:3-5; Prov. 31:10-12.
4. Skill in household arts. Prov. 31: 13-17; Titus 2:4, 5.

II. Deference to Each Other

5. Husbands to show honor to their wives. 1 Peter 3:7.
6. Love and esteem for others essential. Rom. 12:10; Phil. 2:3.
7. Characteristics of true love. 1 Cor. 13:4-6.

III. Preserving the Individuality

8. The husband, the head of the family. 1 Peter 3:1, 6.
9. Submission and love. Col. 3:18, 19.
10. Husband to regard wife's welfare as his own. Eph. 5:25, 28, 33.

IV. Christian Homemaking

11. The rearing of children. Eph. 6:4.
12. Unity in the joys and burdens of the home. 1 Cor. 13:7, 8, first part.

THE LESSON

Introduction

"God would have our families symbols of the family in heaven. Let parents and children bear this in mind every day, relating themselves to one another as members of the family of God. Then their lives will be of such a character as to give to the world an object lesson of what families who love God and keep His commandments

may be. Christ will be glorified; His peace and grace and love will pervade the family circle like a precious perfume. . . .

"Every home should be a place of love, a place where the angels of God abide, working with softening, subduing influence upon the hearts of parents and children." —*The Adventist Home,* pages 17-19.

Requisites for Compatibility

1. What emotion is the first requisite to happiness in marriage? Col. 3:19; Eph. 5:25. Compare Gen. 24:67.

NOTE.—"There are many who regard the expression of love as a weakness, and they maintain a reserve that repels others. This spirit checks the current of sympathy. As the social and generous impulses are repressed, they wither, and the heart becomes desolate and cold. We should beware of this error. 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.

"Let each give love rather than exact it. Cultivate that which is noblest in yourselves, and be quick to recognize the good qualities in each other. The consciousness of being appreciated is a wonderful stimulus and satisfaction. Sympathy and respect encourage the striving after excellence, and love itself increases as it stimulates to nobler aims."—*Ibid.,* p. 361.

2. What is the basis for harmony when two people "walk together"? Amos 3:3.

NOTE.—"No one who fears God can without danger connect himself with one who fears Him not. 'Can two walk together, except they be agreed?' Amos 3:3. The happiness and prosperity of the marriage relation depends upon the unity of the parties; but between the believer and the unbeliever there is a radical difference of tastes, inclinations, and purposes. They are serving two masters, between whom there can be no concord. However pure and correct one's principles may be, the influence of an unbelieving companion will have a tendency to lead away from God." —*Patriarchs and Prophets,* page 174.

3. What qualities of character are necessary to the success of a marriage? 1 Thess. 4:3-5; Prov. 31:10-12.

NOTE.—"In all the deportment of one who possesses true love, the grace of God will be shown. Modesty, simplicity, sincerity, morality, and religion will characterize every step toward an alliance in marriage."—*Messages to Young People,* page 459.

"Let a young woman accept as a life companion only one who possesses pure, manly traits of character, one who is diligent, aspiring, and honest, one who loves and fears God. Let a young man seek one to stand by his side who is fitted to bear her share of life's burdens, one whose influence will ennoble and refine him, and who will make him happy in her love."—*The Ministry of Healing,* page 359.

4. What qualities and skills contribute significantly to the success and happiness of marriage? Prov. 31:13-17; Titus 2:4, 5.

NOTE.—"Married life is not all romance; it has its real difficulties and its homely details. The wife must not consider herself a doll, to be tended, but a woman; one to put her shoulder under real, not imaginary, burdens, and live an understanding, thoughtful life, considering that there are other things to be thought of than herself." —*The Adventist Home,* pages 110, 111.

"In life's toilsome way let the husband and father 'lead on softly,' as the companion of his journey is able to endure. Amidst the world's eager rush for wealth and power, let him learn to stay his steps, to comfort and support the one who is called to walk by his side."—*The Ministry of Healing,* page 374.

Deference to Each Other

5. What attitude should the Christian husband maintain toward his wife? 1 Peter 3:7.

NOTE.—"Study to advance the happiness of each other. Let there be mutual love, mutual forbearance. Then marriage, instead of being the end of love, will be as it were the very beginning of love. The warmth of true friendship, the love that binds heart to heart, is a foretaste of the joys of heaven."—*The Ministry of Healing,* page 360.

6. What general Christian principle should husband and wife bear in mind in their relations with each other? Rom. 12:10; Phil. 2:3.

NOTE.—"Love is a plant of heavenly origin. It is not unreasonable; it is not blind. It is pure and holy. But the passion of the natural heart is another thing altogether. While pure love will take God into all its plans, and will be in perfect harmony with the Spirit of God, passion will be headstrong, rash, unreasonable, defiant of all restraint, and will make the object of its choice an idol."—*Messages to Young People,* page 459.

7. What are the characteristics of true love? 1 Cor. 13:4-6.

NOTE.—"Much may be gained by self-discipline in the home. . . . Let each make life as pleasant as possible for the other. Cultivate respect in the speech. Preserve unity and love. Satan will have no power over those who fully control themselves in the home.

"We must have the Spirit of God, or we can never have harmony in the home. . . . We cannot cherish home affection with too much care; for the home, if the Spirit of the Lord dwells there, is a type of heaven. . . . Everything that would tend to mar the peace and unity of the family circle must be repressed. Kindness and love, the spirit of tenderness and forbearance, will be cherished. If one errs, the other will exercise Christlike forbearance."—*My Life Today,* page 84.

Preserving the Individuality

8. Which one of the marital partners is to take the initiative in the affairs of the family? 1 Peter 3:1, 6.

NOTE.—"The Lord has constituted the husband the head of the wife to be her protector; he is the house-band of the family, binding the members together, even as Christ is the Head of the church and the Saviour of the mystical body. Let every husband who claims to love God carefully study the requirements of God in his position. Christ's authority is exercised in wisdom, in all kindness and gentleness; so let the husband exercise his power and imitate the great Head of the church."—*The Adventist Home,* page 215.

9. What balanced statements make it clear that a Christian husband should not take unfair advantage of his status as head of the house? Col. 3:18, 19.

NOTE.—"In your life union your affections are to be tributary to each other's happiness. Each is to minister to the happiness of the other. This is the will of God concerning you. But while you are to blend as one, neither of you is to lose his or her individuality in the other. God is the owner of your individuality. Of Him you are to ask: What is right? What is wrong? How may I best fulfill the purpose of my creation?"—*The Adventist Home,* page 103.

"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 forebearing, considerate, and courteous."—*The Ministry of Healing,* page 361.

10. What counsel indicates that the wife is not to be downtrodden by her husband? Eph. 5:25, 28, 33.

NOTE.—"Woman should fill the position which God originally designed for her, as her husband's equal."—*The Adventist Home,* page 231.

Christian Homemaking

11. How should the spirit of kindly consideration in the Christian home overflow to the children? Eph. 6:4.

NOTE.—"Fathers and mothers, you have a solemn work to do. The eternal salvation of your children depends upon your course of action. How will you successfully educate your children? Not by scolding, for it will do no good. Talk to your children as if you had confidence in their intelligence. Deal with them kindly, tenderly, lovingly. Tell them what God would have them do. Tell them that God would have them educated and trained to be laborers together with Him. When you act your part, you can trust the Lord to act His part."—*Child Guidance,* page 33.

12. What degree of compatibility is it possible for Christians to attain? 1 Cor. 13:7, 8, first part.

NOTE.—"The heart in which love rules will not be filled with passion or revenge, by injuries which pride and self-love would deem unbearable. Love is unsuspecting, ever placing the most favorable construction upon the motives and acts of others. Love will never needlessly expose the faults of others. It does not listen eagerly to unfavorable reports, but rather seeks to bring to mind some good qualities of the one defamed."—*Testmonies,* vol. 5, pp. 168, 169.

Questions for Meditation

1. Is "love" for each other, even though other requisites for compatibility may be lacking, a sufficient foundation on which to build a marriage?
2. How can a Christian husband and wife avoid unhappiness in their home when they have sincere convictions which do not harmonize?
3. To what extent should a Christian husband and wife be forgiving of each other's shortcomings?

Lesson 3, for July 18, 1964

The Privilege of Parenthood

MEMORY VERSE: "Lo, children are an heritage of the Lord: and the fruit of the womb is His reward." Ps. 127:3.

STUDY HELPS: "The Adventist Home," pages 159-161, 172-174; "The Ministry of Healing," pages 349-355, 371-378; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To help us become better acquainted with God's counsel to parents.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey.	☐
Sunday: Questions 1-4.	☐
Monday: Questions 5-8.	☐
Tuesday: Questions 9, 10; begin reading study helps.	☐
Wednesday: Questions 11-13; read further from study helps.	☐
Thursday: Finish reading study helps.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. Parenthood Is Divinely Ordained

1. The human race was to be perpetuated through parenthood. Gen. 1:28; 3:20.
2. The divine element in parenthood. Gen. 33:5, last part.
3. Isaac and Rebekah's childless years. Gen. 25:20 (first part), 26, last part.
4. Isaac's entreaty for a child. Gen. 25:21.

II. Parents Mold the Character

5. The mother's influence on her unborn child. Judges 13:2-4, 11-14.

6. Character training to begin at birth. Luke 1:15.
7. Timothy, a product of godly training. 2 Tim. 1:5.
8. The captive maid, an illustration of religious training at home. 2 Kings 5:1-3.

III. Parenthood Brings Spiritual Rewards

9. Enoch's experience. Gen. 5:21, 22.
10. Father-son relationship of Abraham and Isaac. Gen. 22:6-9.

IV. Parenthood Carries Responsibilities

11. Father to provide for his household. 1 Tim. 5:8.
12. Children, a heritage of the Lord. Ps. 127:3.
13. Parental responsibility to be respected. Ex. 20:12; Eph. 6:1, 2.

THE LESSON

Introduction

Just as a single person's happiness may be increased by marriage, so the happiness of a man and wife may be increased by sharing their blessings with children. A husband's love for his wife becomes broader and fuller as she becomes the mother of his children. A wife's appreciation of her husband is similarly expanded as he assumes the added responsibilities of being a father. Ideally, parenthood will help to emancipate a husband and wife from their personal self-centeredness. It provides a common interest—a united undertaking. Parenthood offers a worthy incentive for one's best personal efforts; for the mother to make a comfortable, pleasant home and to set an example of purity and nobility; for the father to be deserving of his children's honor and to provide a demonstration of personal loyalty. The birth of a child inspires a new appreciation of God's creative power. As the child grows, parenthood provides a new basis for knowing God and His dealings with His human children, a new understanding of such attributes as kindness, forebearance, and forgiveness. Parenthood sobers the parents' outlook with the recognition that they are responsible for bringing this child into the world; they are also responsible for the present and eternal welfare of this life which God has entrusted to them.

Parenthood Is Divinely Ordained

1. By what means did God plan to perpetuate the human race? Gen. 1:28; 3:20.

2. Whom did the patriarch Jacob recognize as the One who had given him children? Gen. 33:5, last part.

NOTE.—"Children derive life and being from their parents, and yet it is through the creative power of God that your children have life, for God is the Life-giver. Let it be remembered that children are not to be treated as though they were our own personal property. Children are the heritage of the Lord, and the plan of redemption includes their salvation as well as ours. They have been entrusted to parents in order that they might be brought up in the nurture and admonition of the Lord, that they might be qualified to do their work in time and eternity."—*The Adventist Home,* page 280.

3. How long after their marriage did Isaac and Rebekah remain childless? Gen. 25:20 (first part), 26, last part.

4. How earnest was Isaac in his desire that he and Rebekah might have children? Gen. 25:21.

Parents Mold the Character

5. In what divine revelation do we have evidence that an expectant mother's ways of living have an important influence on the child? Judges 13: 2-4, 11-14.

"Children are the heritage of the Lord, and we are answerable to Him for our management of His property."—*The Adventist Home,* page 159.

NOTE.—"Both parents transmit their own characteristics, mental and physical, their dispositions and appetites, to their children. As the result of parental intemperance children often lack physical strength and mental and moral power. Liquor drinkers and tobacco users may, and do, transmit their insatiable craving, their inflamed blood and irritable nerves, to their children. The licentious often bequeathe their unholy desires, and even loathsome diseases, as a legacy to their offspring. And as the children have less power to resist temptation than had the parents, the tendency is for each generation to fall lower and lower. To a great degree parents are responsible not only for the violent passions and perverted appetites of their children but for the infirmities of the thousands born deaf, blind, diseased, or idiotic."—*Patriarchs and Prophets,* page 561.

6. How early in the life of John the Baptist was the foundation laid for his future spiritual status? Luke 1:15.

NOTE.—"Even the babe in its mother's arms may dwell as under the shadow of the Almighty through the faith of the praying mother. John the Baptist was filled with the Holy Spirit from his birth. If we will live in communion with God, we too may expect the divine Spirit to mold our little ones, even from their earliest moments."—*The Desire of Ages,* page 512.

"Many whom God would use as His instruments have been disqualified at their birth by the previous wrong habits of their parents."—Ellen G. White Comments, *S.D.A Bible Commentary,* vol. 2, p. 1005.

7. What New Testament example do we find of the spiritual benefits a child may receive from a godly parent? 2 Tim. 1:5.

NOTE.—"The faith of his [Timothy's] mother and his grandmother in the sacred oracles was to him a constant reminder of the blessing in doing God's will. The Word of God was the rule by which these two godly women had guided Timothy. The spiritual power of the lessons that he had received from them kept him pure in speech and unsullied by the evil influences with which he was surrounded. Thus his home instructors had cooperated with God in preparing him to bear burdens."—*The Acts of the Apostles,* page 203.

8. From what may we infer that the parents of the captive maid had given their daughter religious training? 2 Kings 5:1-3.

NOTE.—"The conduct of the captive maid, the way that she bore herself in that heathen home, is a strong witness to the power of early home training. There is no higher trust than that committed to fathers and mothers in the care and training of their children. Parents have to do with the very foundations of habit and character. By their example and teaching, the future of their children is largely decided."—*Prophets and Kings,* page 245.

Parenthood Brings Spiritual Rewards

9. After the birth of his first child, what experience came to Enoch? Gen. 5:21, 22.

NOTE.—"After the birth of his first son, Enoch reached a higher experience; he was drawn into a closer relationship with God. He realized more fully his own obligations and responsibility as a son of God. And as he saw the child's love for its father, its simple trust in his protection; as he felt the deep, yearning tenderness of his own heart for that first-born son, he learned a precious lesson of the wonderful love of God to men in the gift of His Son, and the confidence which the children of God may repose in their heavenly Father."—*The Adventist Home,* page 160.

10. What great test involving father-son relationships came to Abraham? Gen. 22:6-9.

NOTE.—"Isaac had been trained from childhood to ready, trusting obedience, and as the purpose of God was opened before him, he yielded a willing submission. He was a sharer in Abraham's faith, and he felt that he was honored in being called to give his life as an offering to God. He tenderly seeks to lighten the father's grief, and encourages his nerveless hands to bind the cords that confine him to the altar."—*Patriarchs and Prophets,* page 152.

"The agony which he [Abraham] endured during the dark days of that fearful trial was permitted that he might understand from his own experience something of the greatness of the sacrifice made by the infinite God for man's redemption."—*Ibid.,* p. 154.

Parenthood Carries Responsibilities

11. What is a parent's responsibility for the material welfare of his family? 1 Tim. 5:8.

NOTE.—"He [God] did not intend that your powers should rust by inaction, but that they should strengthen by use.

"The religion you profess makes it as much your duty to employ your time during the six working days as to attend church on the Sabbath."—*Testimonies,* vol. 5, p. 179.

12. According to the psalmist, what are children declared to be? Ps. 127:3.

NOTE.—"Children are the heritage of the Lord, and we are answerable to Him for our management of His property. . . . In love, faith, and prayer let parents work for their households, until with joy they can come to God saying, 'Behold, I and the children whom the Lord hath given me.' " —*The Adventist Home,* page 159.

13. What is enjoined upon children in the fifth commandment? Ex. 20:12; Eph. 6:1, 2.

NOTE.—"Parents are entitled to a degree of love and respect which is due to no other person. God Himself, who has placed upon them a responsibility for the souls committed to their charge, has ordained that during the earlier years of life, parents shall stand in the place of God to their children."—*Patriarchs and Prophets,* page 308.

Questions for Meditation

1. How much, if any, of a child's eventual desire to serve God is inherited?

2. How do father and mother share the responsibility in the training of children?

3. What can be done for the spiritual development of a child born into a home where one parent is an unbeliever?

Lesson 4, for July 25, 1964

The Training of Children

MEMORY VERSE: "Train up a child in the way he should go: and when he is old, he will not depart from it." Prov. 22:6.

STUDY HELPS: "The Adventist Home," pages 305-316; "Child Guidance," pages 26-28, 79-96; "The Ministry of Healing," pages 379, 380, 388-394; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To help parents to know how to guide their children in character building.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey.	☐
Sunday: Questions 1-4.	☐
Monday: Questions 5-8.	☐
Tuesday: Questions 9-11; begin reading study helps.	☐
Wednesday: Questions 12, 13; read further from study helps.	☐
Thursday: Finish reading study helps.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. Examples, Child Training Pays

1. Joseph. Gen. 39:9, last part.
2. Moses. Ex. 2:8-10; Heb. 11:24-27.
3. Samuel, circumstances of his birth and early childhood. 1 Sam. 1:1, 2, 6, 24, 25; 2:11, 12.
4. Samuel triumphed over hindering circumstances. 1 Sam. 1:22, 24, 25; 2:18, 19, 26.

II. Children to Learn God's Word

5. Abraham commended for training of his children. Gen. 18:19.
6. Israel instructed to teach religion in the home. Deut. 6:4-7.
7. God's own Son entrusted to a human family. Luke 1:26, 27, 30-33.
8. Evidence of Jesus' having learned the Scriptures in His youth. Luke 2:40, 46, 47, 51, 52; Matt. 4:4, 7, 10.

III. Fundamentals of Child Training

9. Solomon recommends punishment as preferable to indulgence. Prov. 13:24; 19:18; 22:15.
10. Fathers cautioned not to provoke their children. Col. 3:21.
11. Children to be brought up in nurture and admonition of the Lord. Eph. 6:4.

IV. Rewards of Parenthood

12. A faithful mother's reward. Prov. 31:28.
13. Promise to faithful parents. Prov. 22:6.

THE LESSON

Introduction

A child enters life as a helpless babe. His powers of discretion are undeveloped. He is unable to exercise judgment. He cannot profit by experience, for as yet he has had no experience.

It is the duty of parents, therefore, to transfer to the child the benefits of their experience and to coach him patiently in the exercise of judgment and the making of wise decisions.

The success of government within a home depends on the greater wisdom of the parents as compared with the children. When parent have a realization of their responsibility to God, then God, who is all-wise, becomes the highest authority in the home. The established line of authority, then, is from God, through the parents, to the children. Individual liberties can be exercised so long as they are in harmony with the regulations: first, divine law; and second, the rules of the home.

Examples, Child Training Pays

1. What clear recognition of right and wrong did Joseph manifest when faced with a great temptation? Gen. 39:9, last part.

NOTE.—"[Joseph] listened to his father's instructions, and loved to obey God."—*Patriarchs and Prophets*, page 209.

"In his childhood, Joseph had been taught the love and fear of God. Often in his fa-

ther's tent, under the Syrian stars, he had been told the story of the night vision at Bethel, of the ladder from heaven to earth, and the descending and ascending angels, and of Him who from the throne above revealed Himself to Jacob. He had been told the story of the conflict beside the Jabbok, when, renouncing cherished sins, Jacob stood conqueror, and received the title of a prince with God."—*Education,* page 52.

2. Who gave Moses his early training, and what decision did he make "when he was come to years"? Ex. 2:8-10; Heb. 11:24-27.

NOTE.—"Younger than Joseph or Daniel was Moses when removed from the sheltering care of his childhood home; yet already the same agencies that shaped their lives had molded his. *Only twelve years did he spend with his Hebrew kindred;* but during these years was laid the foundation of his greatness; it was laid by the hand of one little known to fame. Jochebed was a woman and a slave. Her lot in life was humble, her burden heavy. But through no other woman, save Mary of Nazareth, has the world received greater blessing. Knowing that her child must soon pass beyond her care, . . . she sought to implant in his heart love and loyalty to God. And faithfully was the work accomplished."—*Education,* page 61, italics supplied.

3. What were some of the unfavorable circumstances of Samuel's childhood? 1 Sam. 1:1, 2, 6, 24, 25; 2:11, 12.

NOTE.—Samuel's father had two wives; these wives disagreed. When he was still a mere child Samuel's mother took him to live at the tabernacle. And the influences at the tabernacle were wicked.

4. Even though Hannah was able to mold the character of her son for only a few years, how successful was she in helping Samuel to rise above the evils of his surroundings? 1 Sam. 1:22, 24, 25; 2:18, 19, 26.

NOTE.—In spite of having to leave home at a tender age, and in spite of living under the influence of Eli's wicked sons, Samuel came into "favor both with the Lord, and also with men."

"When Samuel shall receive the crown of glory, he will wave it in honor before the throne and gladly acknowledge that the faithful lessons of his mother, through the merits of Christ, have crowned him with immortal glory."—*The Adventist Home,* page 536.

Children to Learn God's Word

5. What is said of Abraham's management of his home? Gen. 18:19.

NOTE.—"I have chosen him, that he may charge his children and his household after him to keep the way of the Lord by doing righteousness and justice." R.S.V.

"Abraham's affection for his children and his household led him to guard their religious faith, to impart to them a knowledge of the divine statutes, as the most precious legacy he could transmit to them, and through them to the world. All were taught that they were under the rule of the God of heaven. There was to be no oppression on the part of parents and no disobedience on the part of children. God's law had appointed to each his duties, and only in obedience to it could any secure happiness or prosperity."—*Patriarchs and Prophets,* page 142.

6. What command did Israel receive regarding religious instruction in the home? Deut 6:4-7.

NOTE.—"God had commanded the Hebrews to teach their children His requirements and to make them acquainted with all His dealings with their fathers. This was one of the special duties of every parent—one that was not to be delegated to another. In the place of stranger lips the loving hearts of the father and mother were to give instruction to their children. Thoughts of God were to be associated with all the events of daily life."—*Patriarchs and Prophets,* page 592.

7. To whom did God entrust the childhood influences of His Son, the world's Redeemer? Luke 1:26, 27, 30-33.

8. What brief insight do we have that Jesus early gained a familiarity with the Scriptures which later enabled Him to withstand Satan's temptations? Luke 2:40, 46, 47, 51, 52; Matt. 4:4, 7, 10.

NOTE.—"His [Jesus'] mother was His first human teacher. From her lips and from the scrolls of the prophets, He learned of heavenly things. The very words which He Himself had spoken to Moses for Israel He was now taught at His mother's knee." —*The Desire of Ages,* page 70.

Fundamentals of Child Training

9. What is Solomon's counsel to parents in regard to correcting their children? Prov. 13:24; 19:18; 22:15.

NOTE.—"Prompt and continual obedience to wise parental rule will promote the happiness of the children themselves as well as the honor of God and the good of society. Children should learn that in submission to the laws of the household is their perfect liberty. Christians will learn the same lesson—that in their obedience to God's law is their perfect freedom."—Ellen G. White, *My Life Today,* page 164.

"Whipping may be necessary when other resorts fail; yet she [the mother] should not use the rod if it is possible to avoid doing so. But if milder measures prove insufficient, punishment that will bring the child to its senses should in love be administered. Frequently one such correction will be enough for a lifetime, to show the child that he does not hold the lines of control."—*Counsels to Parents, Teachers, and Students,* page 116.

10. What caution are parents to use in dealing with their children? Col. 3:21.

NOTE.—"Children have rights, they have preferences, and when these preferences are reasonable they should be respected."—*The Ministry of Healing,* page 384.

11. In still another verse which warns against antagonizing children, what counsel does Paul give on the Christian method of child training? Eph. 6:4.

NOTE.—"Give them the instruction, and the correction, which belong to a Christian upbringing."—Eph. 6:4, last part, N.E.B.

"We want a spirit of gentleness. We cannot live right in the family circle without it. In order to have the proper control of our children, we must manifest a spirit of gentleness and of meekness and of long-suffering. We do not want to have a fault-finding, fretful, scolding spirit. If we teach them to have a spirit of gentleness, we must have a spirit of gentleness ourselves; . . . if we would have them manifest a spirit of love toward us, we must manifest a gentle, loving spirit toward them. But at the same time there need be no weakness or unwise indulgence on the part of parents."—*My Life Today,* page 53.

Rewards of Parenthood

12. How will children reward a faithful mother? Prov. 31:28.

NOTE.—"The greatest evidence of the power of Christianity than 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."—*The Adventist Home,* page 32.

13. What divine assurance of favorable outcome in the lives of their children is given to the parents who are diligent in training them? Prov. 22:6.

NOTE.—"Children, when they become of age, will prize the parent who labored

faithfully, and would not permit them to cherish wrong feelings or indulge in evil habits."—*The Adventist Home,* page 292.

"With joy unutterable, parents see the crown, the robe, the harp, given to their children. The days of hope and fear are ended. The seed sown with tears and prayers may have seemed to be sown in vain, but their harvest is reaped with joy at last. Their children have been redeemed. Fathers, mothers, shall the voices of your children swell the song of gladness in that day?"—*Child Guidance,* page 569.

Questions for Meditation

1. How early in the child's life should the parents begin to exercise discipline?
2. How much is a child's character development handicapped as a result of differences between his father and mother in their policies of child training?
3. What are the criteria by which a child's growing ability to act wisely may be judged?
4. Is a parent responsible for the mistakes made by his grown child?

Lesson 5, for August 1, 1964

Guiding Our Young People

MEMORY VERSE: "Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them." Eccl. 12:1.

STUDY HELPS: "The Adventist Home," pages 455-458, 466-471, 512-520, 526-530; "The Ministry of Healing," pages 395-406; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To enable parents to guide their adolescent youth into a mature Christian experience.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here		Check Here
Sabbath afternoon: General survey.	☐	Tuesday: Questions 6-9.	☐
Sunday: Questions 1-3; begin reading study helps.	☐	Wednesday: Questions 10-12.	☐
Monday: Questions 4, 5; read further from study helps.	☐	Thursday: Finish reading study helps.	☐
		Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. Moral Responsibilities Begin Early

1. "None of us liveth to himself." Rom. 14:7, first part.
2. Solomon warns the youth to "put away evil." Eccl. 11:9, 10.
3. Solomon recommends religious experience for youth. Eccl. 12:1.

II. Examples of Youthful Waywardness

4. Eli held responsible for waywardness of his sons. 1 Sam. 2:12, 29, 34; 3:12, 13.
5. The prodigal remembered his father's love. Luke 15:17-20.

III. Genuine Pleasure

6. Defense against evil. Ps. 119:11; 1:1-3.
7. Youth should not be enticed by sinners to sin. Prov. 1:10, 15.
8. The delightful way of life. Ps. 1:1, 2.
9. Basis for choosing companions. Ps. 119:63.

IV. Respect for Authority

10. Obedience to parents, civil authority, and God. Eph. 6:1; Matt. 22:21; Rom. 13:1-7; Acts 5:29.
11. Disobedience to parents one of the signs of last days. 2 Tim. 3:1-5.

V. Choice of a Life Partner

12. Responsibility of parents for right marriage of their children. Deut. 6:6, 7; 7:3, 4; 8:19.

THE LESSON

Introduction

"Our homes should be a place of refuge for the tempted youth. Many there are who stand at the parting of the ways. Every influence, every impression, is determining the choice that shapes their destiny both here and hereafter. Evil invites them. Its resorts are made bright and attractive. They have a welcome for every comer. All about us are youth who have no home, and many whose homes have no helpful, uplifting power, and the youth drift into evil. They are going down to ruin within the very shadow of our own doors.

"These youth need a hand stretched out to them in sympathy. Kind words simply spoken, little attentions simply bestowed, will sweep away the clouds of temptation which gather over the soul. The true expression of heaven-born sympathy has power to open the door of hearts that need the fragrance of Christlike words, and the simple, delicate touch of the spirit of Christ's love."—*The Ministry of Healing,* page 354.

Moral Responsibilities Begin Early

1. What statement by the apostle Paul may be used to help our youth to recognize the dangers of worldly pleasures? Rom. 14:7, first part.

NOTE.—"Worldly pleasures are infatuating; and for their momentary enjoyment many sacrifice the friendship of Heaven, with the peace, love, and joy that it affords."—*My Life Today,* page 212.

2. What warning and counsel did Solomon give to the youth who feels that he is justified in walking in his own ways while he is young? Eccl. 11:9, 10.

NOTE.—"Read the history of Abraham, Jacob, and Joseph, of Moses, David, and Elisha. Study the lives of men of later times who have most worthily filled positions of trust and responsibility, the men whose influence has been most effective for the world's uplifting. . . .

"They did not spend their youth in amusement. . . . They learned the lessons of self-reliance and self-control. . . . They were governed by principle, and they grew up pure and strong and true. When called to their lifework, they brought to it physical and mental power, buoyancy of spirit, ability to plan and execute, and steadfastness in resistng evil, that made them a positive power for good in the world."—*The Minstry of Healing,* page 366.

3. What reason is offered the young for dedicating themselves to God early in life? Eccl. 12:1.

NOTE.—"The young should be controlled by firm principle, that they may rightly improve the powers which God has given them. . . . Since they cannot always have the guidance and protection of parents and guardians they need to be trained to self-reliance and self-control. They must be taught to think and act from conscientious principle."—*Testimonies,* vol. 4, pp. 651, 652.

> "Success in any line demands a definite aim. He who would achieve true success in life must keep steadily in view the aim worthy of his endeavor."—*Education,* page 262.

Examples of Youthful Waywardness

4. Whom did God hold responsible for the waywardness of the young men Hophni and Phinehas? 1 Sam. 2:12, 29, 34; 3:12, 13.

NOTE.—"In this age of the world, children should have strict watchcare. They should be advised and restrained. Eli was cursed of God because he did not promptly and decidedly restrain his wicked sons. . . .

"Every son and daughter should be called to account if absent from home at night. Parents should know what company their children are in and at whose house they spend their evenings."—*Testimonies,* vol. 4, p. 651.

5. What influence prompted the prodigal son to abandon his godless way of life? Luke 15:17-20.

Genuine Pleasure

6. What constitutes part of the defense against evil? Ps. 119:11; 1:1-3.

7. What precaution must God-fearing youth take in selecting their recreation? Prov. 1:10, 15.

NOTE.—"You will be invited to attend places of amusement. . . . If you are true to Christ then, you will not try to form excuses for your nonattendance, but will plainly and modestly declare that you are a child of God, and your principles would not allow you to be in a place, even for one occasion, where you could not invite the presence of your Lord."—*My Life Today,* page 215.

"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 dissappoint, and leave a sad afterinfluence 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."—*Ibid.,* p. 212.

8. What way of life is followed by a godly person? Ps. 1:1, 2.

NOTE.—"We believe that it is our privilege every day of our lives to glorify God upon the earth; that we are not to live in this world merely for our own amusement, merely to please ourselves. We are here to benefit humanity, to be a blessing to society."—*Testimonies,* vol. 2, p. 587.

9. What is the proper basis on which to select companions? Ps. 119:63.

NOTE.—"Those who truly love God will not cultivate the society of those who do not love Jesus. They will find that Christian society and conversation is food to the soul, that in the society of those who love God they breathe in the atmosphere of heaven. Christians will exercise love and sympathy one for another. The encouragement given one to another, the esteem manifested one for another, the helps, the instruction, the reproofs, warnings, the Christian counsel that should be found among the followers of Christ will further them in the spiritual life; for Christian fellowshp is according to God's plan."—*My Life Today,* page 216.

Respect for Authority

10. How does the Bible encourage respect for authority? Eph. 6:1; Matt. 22:21; Rom. 13:1-7; Acts 5:29.

NOTE.—"There is no greater curse upon households than to allow the youth to have their own way. When parents regard every wish of their children and indulge them in what they know is not for their

good, the children soon lose all respect for their parents, all regard for the authority of God or man, and are led captive at the will of Satan. The influence of an ill-regulated family is widespread and disastrous to all society. It accumulates in a tide of evil that affects families, communities, and governments."—*Patriarchs and Prophets,* page 579.

11. What practices in modern times are to be avoided? 2 Tim. 3:1-5.

NOTE.—"It is by the youth and children of today that the future of society is to be determined, and what these youth and children shall be depends upon the home. To the lack of right home training may be traced the larger share of the disease and misery and crime that curse humanity. If the home life were pure and true, if the children who went forth from its care were prepared to meet life's responsibilities and dangers, what a change would be seen in the world!"—*The Ministry of Healing,* page 351.

Choice of a Life Partner

12. What general principle should parents follow in counseling their children about marriage? Deut. 6: 6, 7; 7:3, 4; 8:19.

NOTE.—"If there is any subject which should be carefully considered and in which the counsel of older and more experienced persons should be sought, it is the subject of marriage; if ever the Bible was needed as a counselor, if ever divine guidance should be sought in prayer, it is before taking a step that binds persons together for life. . . .

"Fathers and mothers should feel that a duty devolves upon them to guide the affections of the youth, that they may be placed upon those who will be suitable companions. They should feel it a duty, by their own teaching and example, with the assisting grace of God, to so mold the character of the children from their earliest years that they will be pure and noble and will be attracted to the good and true. Like attracts like; like appreciates like. Let the love for truth and purity and goodness be early implanted in the soul, and the youth will seek the society of those who possess these characteristics."—*Patriarchs and Prophets,* pages 175, 176.

Questions for Meditation

1. What do you think of the practice of dedicating a child to some specific lifework, and then insisting that he follow this plan irrespective of his own preferences?
2. To what extent can a parent properly govern his teen-ager's choice of companions?
3. How can parents help their young people prepare to be good husbands and wives?

Lesson 6, for August 8, 1964

Factors Involved in Making Homes Happy or Unhappy

MEMORY VERSE: "Be kindly affectioned one to another with brotherly love; in honor preferring one another." Rom. 12:10.

STUDY HELPS: "The Adventist Home," pages 15-20, 177-180, 190-194, 317-325, 421-429; "The Ministry of Healing," pages 388-394; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To study the factors that tend to make or break a home.

DAILY STUDY ASSIGNMENT AND RECORD

Check Here

Sabbath afternoon: General survey. ☐
Sunday: Questions 1-5. ☐
Monday: Questions 6-8; begin reading study helps. ☐
Tuesday: Questions 9-11; read further from study helps. ☐
Wednesday: Questions 12, 13; read further from study helps. ☐
Thursday: Finish reading study helps. ☐
Friday: Review entire lesson. ☐

Lesson Outline:

Introduction

I. Characteristics of a Godly Home

1. The blessing and protection of God rest upon it. Prov. 3:33, last part; 12:7, last part.
2. Members seek perfection of character. Psalm 101:2.
3. The members of the family love one another. John 13:35.
4. Members serve one another humbly. Rom. 12:10.
5. God is not forgotten in days of prosperity. Deut. 8:10-14.

II. A Place for Devotion, Hospitality, and Rest

6. Abraham and the family altar. Gen. 12:7, 8; 13:3, 4.
7. Abraham and hospitality. Gen. 18:1-15.
8. Home to be a place of rest. Ruth 1:9.

III. Characteristics of an Unhappy Home

9. Envy and strife prevail. James 3:16.
10. Selfish ambition and jealousy manifested. James 3:13-18.
11. Lack of unity is fatal. Mark 3:25.

IV. Good Homemaking

12. The role of the mother. Titus 2: 4, 5.
13. The role of the father. 1 Tim. 5:8.
14. Make first things first. Luke 10: 38-42.

THE LESSON

Introduction

"Home should be made all that the word implies. It should be a little heaven upon earth, a place where the affections are cultivated instead of being studiously repressed. Our happiness depends upon this cultivation of love, sympathy, and true courtesy to one another."—*The Adventist Home,* page 15.

Characteristics of a Godly Home

1. What does God promise to do for the homes of the righteous? Prov. 3:33, last part; 12:7, last part.

NOTE.—"Men and women, children and youth, are measured in the scales of heaven in accordance with that which they reveal in their homelife. A Christian in the home is a Christian everywhere. Religion brought into the home exerts an influence that cannot be measured."—Ellen G. White, *Sons and Daughters of God,* page 255.

2. What high standard did the psalmist seek to reach in his home? Ps. 101:2.

NOTE.—"Affection cannot be lasting, even in the home circle, unless there is a conformity of the will and disposition to the

will of God. All the faculties and passions are to be brought into harmony with the attributes of Jesus Christ. If the father and mother in the love and fear of God unite their interests to have authority in the home, they will see the necessity of much prayer, much sober reflection. And as they seek God, their eyes will be opened to see heavenly messengers present to protect them in answer to the prayer of faith. They will overcome the weaknesses of their character and go on unto perfection."—*The Adventist Home,* pages 315, 316.

3. What identifying trait will be seen in the lives of members of a Christian home? John 13:35.

NOTE.—"Love's agencies have wonderful power, for they are divine. The soft answer that 'turneth away wrath,' the love that 'suffereth long, and is kind,' the charity that 'covereth a multitude of sins'—would we learn the lesson, with what power for healing would our lives be gifted! How life would be transformed and the earth become a very likeness and foretaste of heaven! . . .

"Home is to be the center of the purest and most elevated affection. Peace, harmony, affection, and happiness should be perseveringly cherished every day, until these precious things abide in the hearts of those who compose the family."—*The Adventist Home,* page 195.

4. What should be the attitude of the members of the home to one another? Rom. 12:10.

NOTE.—"In many families there is a great lack of expressing affection one for another. While there is no need of sentimentalism, there is need of expressing love and tenderness in a chaste, pure, dignified way. Many absolutely cultivate hardness of heart and in word and action reveal the satanic side of the character. Tender affection should ever be cherished between husband and wife, parents and children, brothers and sisters. . . .

"Cultivate tenderness, affection, and love that have expression in little courtesies, in speech, in thoughtful attentions."—*The Adventist Home,* page 198.

5. When are God's children most often in danger of forgetting Him? Deut. 8:10-14.

NOTE.—"In the midst of prosperity lurks danger. Throughout the ages, riches and honor have ever been attended with peril to humility and spirituality. It is not the empty cup that we have difficulty in carrying; it is the cup full to the brim that must be carefully balanced. Affliction and adversity may cause sorrow, but it is prosperity that is most dangerous to spiritual life. Unless the human subject is in constant submission to the will of God, unless he is sanctified by the truth, prosperity will surely arouse the natural inclination to presumption."—*Prophets and Kings,* pages 59, 60.

A Place for Devotion, Hospitality, and Rest

6. What did Abraham always establish close by his camp, no matter where he wandered? Gen. 12:7, 8; 13:3, 4.

NOTE.—"The life of Abraham, the friend of God, was a life of prayer. Wherever he pitched his tent, close beside it was built an altar, upon which was offered the morning and evening sacrifice. . . .

"So the homes of Christians should be lights in the world. . . . Fathers and mothers, each morning and evening gather your children around you, and in humble supplication lift your hearts to God for help."—*My Life Today,* page 35.

7. What Bible story illustrates the fact that hospitality was practiced in Abraham's home? Gen. 18:1-15. Compare Heb. 13:2.

NOTE.—"God conferred great honor upon Abraham. Angels of heaven walked and talked with him as friend with friend.

"Hearts that are filled with the love of Christ can never get very far apart. Religion is love, and a Christian home is one where love reigns and finds expression in words and acts of thoughtful kindness and gentle courtesy."—*The Adventist Home,* page 94.

When judgments were about to be visited upon Sodom, the fact was not hidden from him, and he became an intercessor with God for sinners. His interview with the angels presents also a beautiful example of hospitality."—*Patriarchs and Prophets,* page 138.

8. What quality of an ideal home did Naomi mention when speaking to her daughters-in-law? Ruth 1:9.

NOTE.—"There are two institutions that come down to us from Eden: (1) the Sabbath, a *time* of 'rest,' when, in a special way, we dwell upon the evidences of God's love for us and study how we may more perfectly express our love toward Him; and (2) the home, a *place* of 'rest,' where love for one another should find its truest and most complete expression. And where love abides, there is peace."—*S.D.A. Bible Commentary,* on Ruth 3:1.

Characteristics of an Unhappy Home

9. What traits are responsible for much of the misery existing in unhappy homes? James 3:16.

NOTE.—"By speaking kindly to their children and praising them when they try to do right, parents may encourage their efforts, make them very happy, and throw around the family circle a charm which will chase away every dark shadow and bring cheerful sunlight in. Mutual kindness and forbearance will make home a paradise and attract holy angels into the family circle; but they will flee from a house where there are unpleasant words, fretfulness, and strife. Unkindness, complaining, and anger shut Jesus from the dwelling."—*The Adventist Home,* pages 421, 422.

10. What lies at the root of strife in the home? James 3:13-18.

NOTE.—"If Christ indeed is formed within, the hope of glory, there will be union and love in the home. Christ abiding in the heart of the wife will be at agreement with Christ abiding in the heart of the husband. They will be striving together for the mansions Christ has gone to prepare for those who love Him. . . . Tender affection should ever be cherished between husband and wife, parents and children, brothers and sisters. . . . It is the duty of everyone in the family to be pleasant, to speak kindly."—*My Life Today,* page 84.

11. What fatal weakness brings ruin to many homes? Mark 3:25.

NOTE.—"Parents should be careful not to allow the spirit of dissension to creep into the home; for this is one of Satan's agents to make his impression on the character. If parents will strive for unity in the home by inculcating the principles that governed the life of Christ, dissension will be driven out, and unity and love will abide there."—*The Adventist Home,* page 178.

Good Homemaking

12. What part will the mother play in making home a desirable place? Titus 2:4, 5.

NOTE.—"The king upon his throne has no higher work than has the mother. The mother is queen of her household. She has

in her power the molding of her children's characters, that they may be fitted for the higher, immortal life. An angel could not ask for a higher mission; for in doing this work she is doing service for God."—*The Adventist Home,* pages 231, 232.

13. What responsibility rests on the father in regard to the needs of the home? 1 Tim. 5:8.

NOTE.—The following counsel was given to a father regarding his responsibilities to provide for his family:

"The religion you profess makes it as much your duty to employ your time during the six working days, as to attend church on the Sabbath. You are not diligent in business. You let hours, days, and even weeks pass without accomplishing anything. The very best sermon you could preach to the world would be to show a decided reformation in your life, and provide for your own family."—*Testimonies,* vol. 5, p. 179.

14. How did Jesus gently point out the importance of making first things first in the home? Luke 10:38-42.

NOTE.—"The 'one thing' that Martha needed was a calm, devotional spirit, a deeper anxiety for knowledge concerning the future, immortal life, and the graces necessary for spiritual advancement. She needed less anxiety for the things which pass away, and more for those things which endure forever."—*The Desire of Ages,* page 525.

Questions for Meditation

1. In what ways can "one well-ordered, well-disciplined family" tell "more in behalf of Christianity than all the sermons that can be preached"?—*The Adventist Home,* page 32.
2. In what ways do parents lay the foundation for the future happiness or unhappiness of their children?
3. In what ways do parents help to determine whether religion will be attractive or repulsive to their children?

Lesson 7, for August 15, 1964

Fidelity in Marriage

MEMORY VERSE: "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Phil. 4:8.

STUDY HELPS: "The Adventist Home," pages 326-347, 401-409; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To remind Seventh-day Adventist husbands and wives that God's standard of fidelity in marriage remains unchanged despite the deteriorating morals of this final generation.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey.	☐
Sunday: Questions 1, 2; begin reading study helps.	☐
Monday: Questions 3-7.	☐
Tuesday: Questions 8-10.	☐
Wednesday: Questions 11-14.	☐
Thursday: Finish reading study helps.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. Moral Laxness, a Sign of Our Times

1. Condition of society in last generation. 2 Tim. 3:1-5.
2. Cause of immoral conditions in the world. James 1:14, 15.

II. God's Standard

3. The seventh commandment. Ex. 20:14, 17.
4. Sins of licentiousness bar admittance into God's kingdom. 1 Cor. 5:1, 7-10; 6:9-11; Gal. 5:19-21.
5. Marriage for life. Matt. 19:6.
6. Fornication the only grounds for divorce and remarriage. Matt. 5: 31, 32.
7. Both parties responsible for sanctity of marriage. Prov. 31:10, 11.

III. Guarding the Avenues to the Soul

8. Job's covenant with his eyes. Job 31:1.
9. Relationship between conversation and character. Luke 6:45.
10. Relationship between the thought and the deed. Matt. 5:27, 28; Phil. 4:8.

IV. Self-Discipline

11. Immorality is to be shunned by resolute self-discipline. 1 Cor. 6:18.
12. Guard well your heart. Prov. 4:23.
13. "Keep under" the body. 1 Cor. 9:27.

V. Reassurance

14. Hope in Christ, an anchor of the soul. Heb. 6:18, 19.

THE LESSON

Introduction

"Around every family there is a sacred circle that should be kept unbroken. Within this circle no other person has a right to come. Let not the husband or the wife permit another to share the confidences that belong solely to themselves."—*The Ministry of Healing,* page 361.

Moral Laxness, a Sign of Our Times

1. What conditions of worldly society did Paul say were to characterize the generation living just before the second advent? 2 Tim. 3:1-5. Compare Matt. 24:37-39.

2. What is the basic cause of the immoral conditions in the world? James 1:14, 15. Compare 1 John 2:16.

NOTE.—"As soon as Satan can separate the soul from God, the only Source of strength, he will seek to arouse the unholy desires of man's carnal nature."—*Patriarchs and Prophets,* pages 717, 718.

"The liberties taken in this age of corruption should be no criterion for Christ's followers. These fashionable exhibitions of familiarity should not exist among Christians fitting for immortality. . . . How important that by their chastity and virtue they stand in marked contrast to that class who are controlled by brute passions!"—*The Adventist Home,* page 329.

God's Standard

3. What principle is emphasized in the seventh commandment? Ex. 20: 14, 17.

NOTE.—"This commandment [the seventh] forbids not only act of impurity, but sensual thoughts and desires, or any practice that tends to excite them. Purity is demanded not only in the outward life but in the secret intents and emotions of the heart. Christ, who taught the far-reaching obligation of the law of God, declared the evil thought or look to be as truly sin as is the unlawful deed."—*Patriarchs and Prophets,* page 308.

4. What did the apostle Paul say would be denied to those who practice licentious sins? 1 Cor. 5:1, 7-10; 6:9-11; Gal. 5:19-21.

NOTE.—Adultery is not the only sin of licentiousness that bars the way into the kingdom of God. Death is the fate that awaits all who do not repent of and forsake such sins. See Hebrews 13:4; Romans 1:26, 27, 32.

"As those who practice these defiling sins are steadily increasing in the world and would intrude themselves into our churches, I warn you to give no place to them. Turn from the seducer. Though a professed follower of Christ, he is Satan in the form of man; he has borrowed the livery of heaven that he may the better serve his master. You should not for one moment give place to an impure, covert suggestion; for even this will stain the soul, as impure water defiles the channel through which it passes.

"Choose poverty, reproach, separation from friends, or any suffering rather than to defile the soul with sin. Death before dishonor or the transgression of God's law should be the motto of every Christian."—*Testimonies,* vol. 5, pp. 146, 147.

5. What comment made by the Master indicates that marriage is intended to be for life? Matt. 19:6.

6. What is the only circumstance recognized in the Bible under which divorce and remarriage is not condemned? Matt. 5:31, 32.

NOTE.—"A woman may be legally divorced from her husband by the laws of the land and yet not divorced in the sight of God and according to the higher law. There is only one sin, which is adultery, which can place the husband or wife in a position where they can be free from the marriage vow in the sight of God. Although the laws of the land may grant a divorce, yet they are husband and wife still in the Bible light, according to the laws of God."—*The Adventist Home,* page 344.

7. What qualification of the true wife indicates that she shares with her husband the responsibility for preserving the sanctity of their marriage? Prov. 31:10, 11.

NOTE.—"Shall not the women professing the truth keep strict guard over themselves, lest the least encouragement be given to unwarrantable familiarity? They may close many a door of temptation if they will observe at all times strict reserve and propriety of deportment."—*The Adventist Home,* page 331.

Guarding the Avenues to the Soul

8. How does Job indicate his recognition that the sight of the eyes has its influence on the carnal desires? Job 31:1.

NOTE.—David (2 Sam. 11:2) fell into sin by failing to guard well the avenues of his soul. Unlike Joseph, he failed to repel temptation at its onset, but let his eyes and mind dwell on that which was not proper.

"The heart must be garrisoned as was that of Joseph. Then temptations to depart from integrity will be met with decision."—*The Adventist Home,* page 331.

"We have a work to do to resist temptation. Those who would not fall a prey to Satan's devices must guard well the avenues of the soul; they must avoid reading, seeing, or hearing that which will suggest impure thoughts. The mind should not be left to wander at random upon every subject that the adversary of souls may suggest."—*Patriarchs and Prophets,* page 460.

9. What is the relationship between conversation and character? Luke 6:45.

NOTE.—"As Christ's ambassador, I entreat you who profess present truth to promptly resent any approach to impurity and forsake the society of those who breathe an impure suggestion. Loathe these defiling sins with the most intense hatred. Flee from those who would, even in con-

versation, let the mind run in such a channel, 'for out of the abundance of the heart the mouth speaketh.' "—*The Adventist Home,* page 333.

10. Since the cherished lustful thought is sin, upon what is the Christian urged to meditate? Matt. 5:27, 28; Phil. 4:8.

Self-Discipline

11. What principle binds the God-fearing person to maintain God's standard of purity in personal relations? 1 Cor. 6:18. Compare Gen. 39:7-12.

NOTE.—"Joseph's answer reveals the power of religious principle. He would not betray the confidence of his master on earth, and, whatever the consequences, he would be true to his Master in heaven. Under the inspecting eye of God and holy angels, many take liberties of which they would not be guilty in the presence of their fellowmen; but Joseph's first thought was of God. 'How can I do this great wickedness, and sin against God?' he said. . . .

"Let the young ever remember that wherever they are, and whatever they do, they are in the presence of God. No part of our conduct escapes observation. We cannot hide our ways from the Most High."—*Patriarchs and Prophets,* page 217.

12. Why is it important to guard well the heart? Prov. 4:23.

NOTE.—"There should not be one departure from reserve. One act of familiarity, one indiscretion, may jeopardize the soul, by opening the door to temptation and thus weakening the power of resistance."—*Counsels on Health,* page 295.

13. What insight did the apostle Paul give indicating his own constant need for self-discipline? 1 Cor. 9:27.

NOTE.—"Let those in whose hands God has placed the light of truth, depart from all iniquity. Let them walk in the paths of rectitude, mastering every passion and habit that would in any way mar the work of God, or leave a spot upon its sacredness. . . . By watchfulness and prayer, . . . [one] may so guard his weakest points that they will become his strongest points."—*Gospel Workers,* page 126.

Reassurance

14. What assurance of stability of character is held out to the Christian who lays "hold upon the hope set before us"? Heb. 6:18, 19.

NOTE.—"It is fellowship with Christ, personal contact with a living Saviour, that enables the mind and heart and soul to triumph over the lower nature."—*Christ's Object Lessons,* page 388.

Questions for Meditation

1. What precaution would have spared King David from his sin of adultery?
2. What may be the influence on one's soul of watching dramatized entertainment depicting infidelity in marriage?
3. What can be done to improve the situation of the husband and wife who are "incompatible"?
4. In view of the Christian's responsibility to maintain and guard the purity of the relationships between men and women, what standards should be held on the modesty of dress?

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Lesson 8, for August 22, 1964

The Causes of Disease

MEMORY VERSE: "For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord." Rom. 6:23.

STUDY HELPS: "Patriarchs and Prophets," pages 52-62; "The Desire of Ages," pages 470, 471; "Testimonies," vol. 3, pp. 138-141; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To discover (1) why the human race became susceptible to disease, (2) whether disease is a specific punishment for sin, and (3) how the individual can rise above the susceptibility to disease.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey.	☐
Sunday: Questions 1-5.	☐
Monday: Questions 6-9.	☐
Tuesday: Questions 10-12.	☐
Wednesday: Questions 13, 14; begin reading study helps.	☐
Thursday: Finish reading study helps.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. The Introduction of Disease

1. The primeval condition of man. Gen. 1:27, 31.
2. Cause of physical and mental decline. Gen. 3:11, 19, 22-24.
3. Man's disregard of physical laws. Gen. 6:5.
4. Effects of sin shown on life-span. Gen. 5:5; 25:7; 47:28; 50:26; Deut. 34:7; Ps. 90:10.
5. Satan responsible for disease and suffering. Luke 13:11-16; Acts 10:38.

II. Job's Experience

6. His character. Job 1:1.
7. His discouragement. Job 3:2, 3.
8. The reason for his affliction. Job 1:8-12; 2:3-6.
9. His repentance for doubting God's goodness. Job 42:5, 6.

III. The Relation Between Sin and Disease

10. Illustrated in the healing of the man by the pool of Bethesda. John 5:5-9, 14.
11. Disease not to be considered a direct punishment for personal sin. John 9:1-3.
12. Disregard of the laws of health increases susceptibility to disease. Gal. 6:7.

IV. The Blessing of Health

13. Promised to obedient Israel. Ex. 23:25.
14. To be bestowed in the ultimate in the new earth. Rev. 21:4; Isa. 33:24.

THE LESSON

Introduction

The first seven lessons for the quarter have dealt with various aspects of Christian homelife. For the remaining six lessons of the series we shall study the principles of healthful living. Successful homelife and healthful living are closely related;

a home cannot reach its ultimate of service and happiness unless the members are healthy persons. Furthermore, the home is the place where the laws of health may be taught best by both precept and example.

The Christian should be relatively free from disease. He abstains from those grossly sinful practices which leave misery and disease in their wake. He has a faith in God's watchcare that spares him from the worries and anxieties that rob faithless persons of their store of vital force and thus make them susceptible to disease. Health is a God-given blessing, but a blessing which is conditional on compliance with the principles of healthful living.

The Introduction of Disease

1. What was God's verdict as He looked over the newly created earth? Gen. 1:27, 31.

NOTE.—"As man came forth from the hand of His Creator, he was of lofty stature and perfect symmetry. His countenance bore the ruddy tint of health and glowed with the light of life and joy."—*Patriarchs and Prophets,* page 45.

2. What caused Adam and Eve's physical and mental decline? Gen. 3: 11, 19, 22-24.

NOTE.—"Contrary to His [God's] command, they had eaten of the forbidden tree. . . . From that time the race would be afflicted by Satan's temptations. Instead of the happy labor heretofore appointed them, anxiety and toil were to be their lot. They would be subject to disappointment, grief, and pain, and finally to death. . . .

"In order to possess an endless existence, man must continue to partake of the tree of life. Deprived of this, his vitality would gradually diminish until life should become extinct."—*Patriarchs and Prophets,* pages 59, 60.

3. What has been the prevailing attitude of most of the members of the human race ever since Adam and Eve's expulsion from the Garden of Eden? Gen. 6:5.

> "Religion tends directly to promote health, to lengthen life, and to heighten our enjoyment of all its blessings." —*Patriarchs and Prophets,* page 600.

4. How marked was the effect of sin on the vitality of the human race as measured by length of life? Gen. 5:5; 25:7; 47:28; 50:26; Deut. 34:7; Ps. 90:10.

NOTE.—Early members of the human race lived to be more than 900 years old.

"God did not create the race in its present feeble condition. This state of things is not the work of Providence, but the work of man; it has been brought about by wrong habits and abuses, by violating the laws that God has made to govern man's existence. . . .

"Man came from the hand of his Creator perfect and beautiful in form, and so filled with vital force that it was more than a thousand years before his corrupt appetite and passions, and general violations of physical law, were sensibly felt upon the race. More recent generations have felt the pressure of infirmity and disease still more rapidly and heavily with every generation. The vital forces have been greatly weakened by the indulgence of appetite and lustful passion."—*Testimonies,* vol. 3, p. 139.

5. In the ultimate, who is responsible for disease and suffering? Luke 13:11-16; Acts 10:38.

NOTE.—"Satan is the originator of disease."—*Counsels on Health,* page 324.

"Our heavenly Father does not willingly afflict or grieve the children of men. He is not the author of sickness and death; He is the source of life."—*Gospel Workers,* page 239.

Job's Experience

6. What was Job's personal record of character? Job 1:1.

7. During his illness, how deeply discouraged did Job become? Job 3:2, 3.

NOTE.—Job's discouragement obviously stemmed from his thinking that his righteous life should have earned him freedom from sorrow and suffering. As long as he held this belief, he was at a loss to explain his personal misfortunes.

8. When sorely afflicted, what did Job fail to understand about the cause of his troubles? Job 1:8-12; 2:3-6.

NOTE.—"The history of Job had shown that suffering is inflicted by Satan, and is overruled by God for purposes of mercy."—*The Desire of Ages,* page 471.

9. How did Job ultimately confess his error in questioning God's justice? Job. 42:5, 6.

NOTE.—"For those who love God, those who are 'the called according to His purpose' (Romans 8:28), Bible biography has a yet higher lesson of the ministry of sorrow. 'Ye are My witnesses, saith the Lord, that I am God' (Isaiah 43:12)—witnesses that He is good, and that goodness is supreme. 'We are made a theater unto the world, both (R.V., margin) to angels, and to men.' "—*Education,* page 154.

The Relation Between Sin and Disease

10. By what miracle and comment did Jesus teach that there is a relation between sin and disease? John 5:5-9, 14.

NOTE.—"But the Saviour saw one case of supreme wretchedness. It was that of a man who had been a helpless cripple for thirty-eight years. His disease was in a great degree the result of his own sin."—*The Desire of Ages,* page 202.

"Sin and disease bear to each other the relationship of cause and effect."—*Counsels on Health,* page 325.

11. By what answer to the disciples' question did Jesus seek to help them overcome the traditional belief that disease is always a direct punishment for personal sins? John 9:1-3.

NOTE.—"It was generally believed by the Jews that sin is punished in this life. Every affliction was regarded as the penalty of some wrongdoing, either of the sufferer himself or of his parents. It is true that all suffering results from the transgression of God's law, but this truth had become perverted. . . . The belief of the Jews in regard to the relation of sin and suffering was held by Christ's disciples. While Jesus corrected their error, He did not explain the cause of the man's affliction, but told them what would be the result. Because of it the works of God would be made manifest." —*The Desire of Ages,* page 471.

12. What will be the logical consequence of a disregard of God's laws (including the laws of health)? Gal. 6:7.

NOTE.—"Intellectual power, physical strength, and longevity depend upon immutable laws. There is no happen-so, no chance, about this matter. Nature's God will not interfere to preserve men from the consequences of violating nature's laws. There is much sterling truth in the adage, 'Every man is the architect of his own fortune.' "—*Counsels on Diet and Foods,* page 29.

"When men take any course which needlessly expends their vitality or beclouds their intellect, they sin against God; they do not glorify Him in their body and spirit, which are His. Yet despite the insult which man has offered Him, God's love is still extended to the race, and He

permits light to shine, enabling man to see that in order to live a perfect life he must obey the natural laws which govern his being. How important, then, that man should walk in this light, exercising all his powers, both of body and mind, to the glory of God!"—*Counsels on Health,* page 20.

The Blessing of Health

13. What conditional promise did God make to the Israelites? Ex. 23:25.

14. What is the permanent remedy for disease? Rev. 21:4; Isa. 33:24.

NOTE.—"Pain cannot exist in the atmosphere of heaven. In the home of the redeemed there will be no tears, no funeral trains, no badges of mourning. 'The inhabitant shall not say, I am sick: the people that dwell therein shall be forgiven their iniquity.' Isaiah 33:24. One rich tide of happiness will flow and deepen as eternity rolls on."—*Testimonies,* vol. 9, p. 286.

Questions for Meditation

1. What assurance do we have that the saved will have access to the tree of life? See *Early Writings,* page 289; Rev. 22:14.

2. Why do some persons who have lived unselfish Christian lives have to bear a heavy share of disease and suffering?

3. Why do some irreligious persons who live carelessly seem to be quite free from disease?

4. Do repentance and forgiveness relieve a person of the consequences of his previous violations of the laws of health?

Lesson 9, for August 29, 1964

Temperance in All Things

MEMORY VERSE: "And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible." 1 Cor. 9:25.

STUDY HELPS: "The Adventist Home," pages 493-511; "Counsels on Health," pages 49-51; "Medical Ministry," pages 291-297; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To review the teachings of the Bible on temperance in all things as a vital part of the way of life which God desires His people to follow.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey.	☐
Sunday: Questions 1-4.	☐
Monday: Questions 5-7.	☐
Tuesday: Questions 8-10; begin reading study helps.	☐
Wednesday: Questions 11-13; Read further from study helps.	☐
Thursday: Finish reading study helps.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. Temperance: A Code for the Christian

1. The body is the "temple of the Holy Ghost." Ps. 139:14; 1 Cor. 6:19.
2. We are to glorify God in our body. 1 Cor. 6:20; 10:31; Rom. 12:1.
3. We are to be temperate in all things. 1 Cor. 9:25.
4. The third step in "Peter's ladder." 2 Peter 1:4-8.

II. Temperance in Human Desires

5. Paul's exhortations to temperance and sobriety. Titus 2:2, 6, 12.
6. The Christian's victory over lust. Rom. 6:12.
7. Victory over physical desires. 1 Cor. 9:27.

III. Temperance Even in Permissible Activities

8. In eating. Prov. 25:16.
9. In sleep and work. Ps. 127:2.
10. In study. Eccl. 12:12.

IV. Need for Periodic Relaxation

11. Example of the children of Israel. Deut. 16:16.
12. The Sabbath a time for rest. Gen. 2:2.
13. Example of Jesus and His disciples. Mark 6:31.

THE LESSON

Introduction

"We are constantly tempted to excess. Those who would preserve their powers unimpaired for the service of God, must observe strict temperance in the use of His bounties, as well as total abstinence from every injurious or debasing indulgence. . . .

"Especially in our large cities, every form of indulgence is made easy and inviting. Those who, like Daniel, refuse to defile themselves, will reap the reward of their temperate habits. With their greater physical stamina and increased power of endurance, they have a bank of deposit upon which to draw in case of emergency."—*Counsels on Diet and Foods,* page 29.

Temperance: A Code for the Christian

1. For what reason is the human body to be considered as a sacred trust? Ps. 139:14; 1 Cor. 6:19.

NOTE.—"The Creator of man has arranged the living machinery of our bodies. Every function is wonderfully and wisely made., And God has pledged Himself to keep this human machinery in healthful action if the human agent will obey His laws and cooperate with God. Every law governing the human machinery is to be considered just as truly divine in orgin, in character, and in importance as the Word of God. Every careless, inattentive action, any abuse put upon the Lord's wonderful mechanism, by disregarding His specified laws in the human habitation, is a violation of God's law. We may behold and admire the work of God in the natural world, but the human habitation is the most wonderful."—*Medical Ministry,* page 221.

2. In addition to the desire to receive personal benefits, what motive should prompt the Christian to care well for his body? 1 Cor. 6:20; 10:31; Rom. 12:1.

NOTE.—"The better you observe the laws of health, the more clearly can you discern temptations, and resist them, and the more clearly can you discern the value of eternal things. May the Lord help you to make the most of your present opportunities and privileges, that you may daily gain new victories, and finally enter the City of God, as those who have overcome by the blood of the Lamb and the word of their testimony."—*My Life Today,* page 141.

3. In striving for victory, what is one important rule to which the Christian must conform? 1 Cor. 9:25. Compare Heb. 12:1.

4. What is the third step listed by the apostle Peter in the growth toward Christian perfection? 2 Peter 1:4-8.

NOTE.—" 'And to knowledge, temperance.' This is the third step in the path toward perfection of character. On every side there is indulgence and dissipation, and the result is degeneration and corruption. The inhabitants of our earth are depreciating in mental, moral, and physical power, because of the intemperate habits of society. Appetite, passion, and love of display are carrying the multitudes into the greatest excesses and extravagance. . . . The people of God must take an opposite course from the world. They must take up the warfare against these sinful practices, deny appetite, and keep the lower nature in subjection."—*My Life Today,* page 97.

Temperance in Human Desires

5. What references did Paul make to the need for temperance—that is, self-control? Titus 2:2, 6, 12.

6. What victory must the Christian gain? Rom. 6:12.

NOTE.—"Every true Christian will have control of his appetites and passions. Unless he is free from the bondage of appetite, he cannot be a true, obedient servant of Christ. The indulgence of appetite and passion blunts the effect of truth upon the heart. It is impossible for the spirit and power of the truth to sanctify a man, soul, body, and spirit, when he is controlled by sensual desires."—*Fundamentals of Christian Education,* page 144.

7. How important is this matter of temperance with respect to one's physical desires? 1 Cor. 9:27.

Temperance Even in Permissible Activities

8. What caution is given against overeating even of that which is good? Prov. 25:16.

9. What admonitions indicate that intemperance even in permissible activities should not be permitted to rob a person of his needed rest? Ps. 127:2.

NOTE.—"Those who make great exertions to accomplish just so much work in a given time, and continue to labor when their judgment tells them they should rest, are never gainers. They are living on borrowed capital. They are expending the vital force which they will need at a future time. And when the energy they have so recklessly used is demanded, they fail for want of it. . . . Their time of need has come, but their physical resources are exhausted. Everyone who violates the laws of health must sometime be a sufferer to a greater or less degree."—*Counsels on Health,* page 99.

However, observe the following: "It is displeasing to God for Sabbath keepers to sleep during much of the Sabbath. They dishonor their Creator in so doing, and, by their example, say that six days are too precious for them to spend in resting. They must make money, although it be by robbing themselves of needed sleep, which they make up by sleeping away holy time. They then excuse themselves by saying: 'The Sabbath was given for a day of rest. I will not deprive myself of rest to attend meeting, for I need rest.' Such make a wrong use of the sanctified day."—*Testimonies,* vol. 2, p. 704.

10. What effect does too much study have upon the body? Eccl. 12:12.

NOTE.—"Moral, intellectual, and physical culture should be combined in order to have well-developed, well-balanced men and women. Some are qualified to exercise great intellectual strength, while others are inclined to love and enjoy physical labor.

Both of these classes should seek to improve where they are deficient, that they may present to God their entire being, a living sacrifice, holy and acceptable to Him, which is their reasonable service."—*My Life Today,* page 144.

Need for Periodic Relaxation

11. How many times a year did the children of Israel break their usual routine in order to attend religious gatherings? Deut. 16:16.

12. What was one of the important purposes for which God instituted the Sabbath? Gen. 2:2.

NOTE.—"God reserved the seventh day as a period of rest for man, for the good of man as well as for His own glory. He saw that the wants of man required a day of rest from toil and care, that his health and life would be endangered without a period of relaxation from the labor and anxiety of the six days."—*Testimonies,* vol. 1, pp. 532, 533.

13. What evidence do we have that Jesus recognized the need for occasional periods of relaxation? Mark 6:31.

NOTE.—"When the disciples related all their experience to Jesus, He understood their need. . . . He knew that a season of rest and recreation, apart from the multitude and the scene of their labors, would invigorate them, and he sought to withdraw them from the busy cities to a quiet resort where they might have a season of precious fellowship with Him and with each other." —*My Life Today,* page 133.

Questions for Meditation

1. Am I avoiding extremes even in such matters as sleep, exercise, outdoor living, and abstemiousness?
2. Is it possible for a person to replenish the reserves of "vital force" which he has previously depleted through intemperance? See *Fundamentals of Christian Education,* pages 153, 154.
3. How much more than following a simple diet is included in the term "health reform"?

Lesson 10, for September 5, 1964

Our Food and Drink

MEMORY VERSE: "Blessed art thou, O land, when . . . thy princes eat in due season, for strength, and not for drunkenness!" Eccl. 10:17.

STUDY HELPS: "Counsels on Diet and Foods," pages 43-65, 402-405; "Medical Ministry," pages 273-289; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To restudy the diet which God has recommended for human beings, to determine the relationship between diet and health, to review the inspired teachings on intoxicants, and to understand the relationship between diet and spirituality.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey.	☐
Sunday: Questions 1-4.	☐
Monday: Questions 5-7; begin reading study helps.	☐
Tuesday: Questions 8-10.	☐
Wednesday: Questions 11-13; read further from study helps.	☐
Thursday: Finish reading study helps.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. The Divinely Approved Dietary

1. God's bestowal of every good thing. Ps. 84:11.
2. Man's original diet. Gen. 1:29.
3. Eating of flesh foods permitted. Gen. 9:1-3.
4. Clean and unclean meats. Lev. 11:2-31.

II. The Temptation to Indulge Appetite

5. Daniel resisted. Dan. 1:8-15, 19-21.
6. Jesus' first temptation. Matt. 4:3, 4.
7. Israel's experience cited by Paul. 1 Cor. 10:5-7.

III. Intoxicants

8. Warnings against intoxicating beverages. Prov. 20:1; 23:29-32.
9. New Testament warnings against drunkenness. Eph. 5:18.
10. Woe to the drunkards. Prov. 23:20, 21; Isa. 5:11, 12; 28:7, 8.

IV. Guiding Principles

11. "Eat . . . for strength, and not for drunkenness." Eccl. 10:17.
12. "Eat . . . that which is good." Isa. 55:2.
13. "Do all to the glory of God." 1 Cor. 10:31.

THE LESSON

Introduction

"To keep the body in a healthy condition, in order that all parts of the living machinery may act harmoniously, should be a study of our life. The children of God cannot glorify Him with sickly bodies or dwarfed minds. Those who indulge in any species of intemperance, either in eating or drinking, waste their physical energies and weaken moral power."—*Counsels on Diet and Foods,* page 18.

The Divinely Approved Dietary

1. Of what may we be confident with respect to God's restrictions? Ps. 84:11.

2. Of what did man's diet consist before the entrance of sin? Gen. 1:29.

NOTE.—"We learn from the divine record that man was to eat of the products of both field and tree, in other words of grain, nuts, and fruit."—*S.D.A. Bible Commentary,* on Gen. 1:29.

"If ever there was a time when the diet should be of the most simple kind, it is now. Meat should not be placed before our children. Its influence is to excite and strengthen the lower passions, and has a tendency to deaden the moral powers. Grains and fruits prepared free from grease, and in as natural a condition as possible, should be the food for the tables of all who claim to be preparing for translation to heaven. The less feverish the diet, the more easily can the passions be controlled. Gratification of taste should not be consulted irrespective of physical, intellectual, or moral health."—*Counsels on Health,* page 42.

3. When did God give sanction to the use of animal flesh as food? Gen. 9:1-3.

NOTE.—"Before this time [of the Flood] God had given man no permission to eat animal food; He intended that the race should subsist wholly upon the productions of the earth; but now that every green thing had been destroyed, He allowed them to eat the flesh of the clean beasts that had been preserved in the ark."—*Patriarchs and Prophets,* page 107.

"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. . . . If meat eating were ever healthful, it is not safe now. Cancers, tumors, and pulmonary diseases are largely caused by meat eating."—*Counsels on Diet and Foods,* page 404.

"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. We should ever keep this end in view, and endeavor to work steadily toward it. I cannot think that in the practice of flesh eating we are in harmony with the light which God has been pleased to give us."—*Ibid.*, pp. 380, 381.

"It has been clearly presented to me that God's people are to take a firm stand against meat eating."—*Ibid.*, p. 383.

4. What precise distinction do we find in the Bible between meats which may be eaten and those which positively may not be eaten? Lev. 11:2-31. Compare Judges 13:4.

NOTE.—"The angel's prohibition included 'every unclean thing.' The distinction between articles of food as clean and unclean was not a merely ceremonial and arbitrary regulation, but was based upon sanitary principles. To the observance of this distinction may be traced, in a great degree, the marvelous vitality which for thousands of years has distinguished the Jewish people. . . . There are few who realize as they should how much their habits of diet have to do with their health, their character, their usefulness in this world, and their eternal destiny. The appetite should ever be in subjection to the moral and intellectual powers. The body should be servant to the mind, and not the mind to the body." —*Patriarchs and Prophets,* page 562.

The Temptation to Indulge Appetite

5. What outstanding example does the Bible give of steadfastness to principle in eating and drinking and the attendant results? Dan. 1:8-15, 19-21.

NOTE.—"Daniel's clearness of mind and firmness of purpose, his power in acquiring knowledge and in resisting temptation, were due in a great degree to the plainness of his diet, in connection with his life of prayer. . . .

"Stand forth in your God-given manhood and womanhood. . . . God will reward you with calm nerves, a clear brain, and unimpaired judgment, keen perceptions. The youth of today whose principles are firm and unwavering will be blessed with health of body, mind, and soul."—*My Life Today,* page 147.

6. What was the nature of Jesus' first temptation when He was "tempted of the devil" in the wilderness? Matt. 4:3, 4.

7. To what examples of indulged appetite does Paul refer as he admonishes Christians not to yield to the promptings of unsanctified desire? 1 Cor. 10:5-7.

NOTE.—"Satan sees that he cannot have so great power over minds when the appetite is kept under control as when it is indulged, and he is constantly working to lead men to indulgence. Under the influence of unhealthful food, the conscience becomes stupefied, the mind is darkened, and its susceptibility to impressions is impaired. But the guilt of the transgressor is not lessened because the conscience has been violated till it has become insensible."—*Fundamentals of Christian Education,* pages 143, 144.

Intoxicants

8. What warning does Solomon give against intoxicants and their subtle effects? Prov. 20:1; 23:29-32.

9. What solemn admonition is given in the New Testament? Eph. 5:18.

NOTE.—"Paul advised Timothy to take a little wine for his stomach's sake and oft infirmities, but he meant the unfermented juice of the grape. He did not advise Timothy to take what the Lord had prohibited."

—Ellen G. White, "The Marriage in Cana of Galilee," *Signs of the Times,* Sept. 6, 1899, p. 6.

10. What warning and condemnation is directed to those who engage in worldly revelry? Prov. 23:20, 21; Isa. 5:11, 12; 28:7, 8.

Guiding Principles

11. What policy in eating and drinking may safely be followed? Eccl. 10:17.

NOTE.—"The only safe course is to touch not, taste not, handle not, tea, coffee, wines, tobacco, opium, and alcoholic drinks. The necessity for the men of this generation to call to their aid the power of the will strengthened by the grace of God, in order to withstand the temptations of Satan, and resist the least indulgence of perverted appetite, is twice as great as it was several generations ago."—*Counsels on Health,* page 125.

12. In addition to its figurative, spiritual meaning, what practical application can properly be made of Isaiah's counsel on the choice of food? Isa. 55:2.

NOTE.—"Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted."—*The Ministry of Healing,* page 295.

"God has furnished man with abundant means for the gratification of an unperverted appetite. He has spread before him the products of the earth—a bountiful variety of food that is palatable to the taste and nutritious to the system. Of these our benevolent heavenly Father says we may freely eat. Fruits, grains, and vegetables, prepared in a simple way, free from spice and grease of all kinds, make, with milk or cream, the most healthful diet. They impart nourishment to the body and give a power of endurance and a vigor of intellect that are not produced by a stimulating diet."—*Counsels on Health,* pages 114, 115.

13. What general principle should guide Christians in matters of diet? 1 Cor. 10:31.

Questions for Meditation

1. Is the simple diet advocated in the writings of Ellen G. White a scientifically adequate diet? (See the series of three articles by Clive M. McCay, Ph.D., Professor of Nutrition, Cornell University, which appeared in the *Review and Herald,* Feb. 12, 19, 26, 1959.
2. Granted that appetite is not a safe guide to the choice of food, and recognizing, furthermore, that appetite may become perverted by habit and custom, how can one know what plan of diet is best to follow?
3. To what extent are the sinful ways of our present generation traceable to the use of liquor?
4. What is the relation between the habits of diet and the desire for stimulants and intoxicants?

Lesson 11, for September 12, 1964

The Power of Habit

MEMORY VERSE: "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." Gal. 6:7.

STUDY HELPS: "Child Guidance," pages 199-203; "Counsels on Health," pages 36, 41, 42, 64-70; "Messages to Young People," pages 134-136; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To foster a recognition that habits are amenable to control by the intellect. The intelligent Christian improves his health and promotes his eternal welfare by building desirable habits of living and of thinking.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here
Sabbath afternoon: General survey.	☐
Sunday: Questions 1-3.	☐
Monday: Questions 4-7.	☐
Tuesday: Questions 8-10.	☐
Wednesday: Questions 11-13; begin reading study helps.	☐
Thursday: Finish reading study helps.	☐
Friday: Review entire lesson.	☐

Lesson Outline:

Introduction

I. Habits Have Eternal Consequences

1. Seed sown determines the harvest. Gal. 6:7.
2. Habits bind like cords. Prov. 5:22.
3. Habits, the basis of judgment. Ezek. 7:3.

II. Examples of Desirable Habits

4. Daniel's habits of wholesome living and frequent prayer. Dan. 1:8; 6:10.
5. The psalmist's habits. Ps. 39:1; 25:4; 55:17.
6. Cornelius's habits of liberality and prayer. Acts 10:1, 2.
7. Jesus' habit of attending religious services. Luke 4:16.

III. Treacherous Habits

8. Establishing one's own standard of righteousness. Prov. 16:2; 21:2; Isa. 5:20, 21.
9. Evil habits a hindrance to right living. Jer. 13:23.
10. The habit of indolence. Prov. 6:9-11.

IV. Victory Over Bad Habits

11. A searching of our ways should turn us to the Lord. Lam. 3:40.
12. Paul's experience in changing his habit pattern. Gal. 1:15-17.
13. Assurance of divine cooperation in controlling habits. Prov. 3:6.

THE LESSON

Introduction

"Remember . . . that each day, each hour, each moment, you are weaving the web of your own destiny. Each time the shuttle is thrown, there is drawn into the web a thread which either mars or beautifies the pattern. If you are careless and indolent, you spoil the life which God designed should be bright and beautiful. If you choose to follow your own inclinations, un-Christlike habits will bind you with bands of steel. And as you walk away from Christ, your example will be followed by many who, because of your wrong course, will never enjoy the glories of heaven. But if you make brave efforts to overcome selfishness, allowing no opportunity to pass for helping those around you, the light of your example will guide others to the cross." —*Messages to Young People,* page 212.

Habits Have Eternal Consequences

1. What is the relationship between one's pattern of living (consisting largely of his habits) and the final outcome of his life? Gal. 6:7.

NOTE.—"In the laws of God in nature, effect follows cause with unerring certainty. The reaping will testify as to what the sowing has been. . . .

"In our relation to others, this law holds true. Every act, every word, is a seed that

will bear fruit. Every deed of thoughtful kindness, of obedience, or of self-denial, will reproduce itself in others, and through them in still others. So every act of envy, malice, or dissension is a seed that will spring up in a 'root of bitterness' (Heb. 12:15), whereby many shall be defiled. And how much larger number will the 'many' poison. Thus the sowing of good and evil goes on for time and for eternity."—*Christ's Object Lessons,* pages 84, 85.

2. What effect do habits have in the experience of a sinner who desires to reform? Prov. 5:22.

3. On what will God's final judgment of a person's life be based? Ezek. 7:3.

NOTE.—"Some psychologists have claimed that man is not responsible for his actions. They assert that he is the victim of glandular disorders, or an unstable nervous system, or a bad environment. The religion of the Bible affirms and demonstrates that the power of the gospel is greater than every hereditary and cultivated tendency to evil." —*S.D.A. Bible Commentary,* on Ezek. 7:3.

Examples of Desirable Habits

4. What two habits possessed by Daniel account in large part for his fulfillment of God's plan for his life? Dan. 1:8; 6:10.

NOTE.—"During their three years of training, Daniel and his associates maintained their abstemious habits, their allegiance to God, and their constant dependance upon His power. When the time came for their abilities and acquirements to be tested by the king, they were examined with other candidates for the service of the kingdom. . . . Their keen apprehension, their choice and exact language, their extensive knowledge, testified to the unimpaired strength and vigor of their mental power. . . .

"Amid the seductive influences of the luxurious courts of Babylon they stood firm. The youth of today are surrounded with allurements to self-indulgence. Especially in our large cities, every form of sensual gratification is made easy and inviting. Those who, like Daniel, refuse to defile themselves will reap the reward of temperate habits."—*My Life Today,* page 147.

5. What kind of habits ("ways") did the psalmist earnestly seek to develop? Ps. 39:1; 25:4; 55:17.

6. For what habits was Cornelius commended? Acts 10:1, 2.

7. What worthy habit is recorded as being in the life of Jesus? Luke 4:16.

Treacherous Habits

8. What dangerous habit of thinking may deprive a person of spiritual progress? Prov. 16:2; 21:2; Isa. 5: 20, 21.

9. What grave danger attends the person who allows the development of evildoing in his life? Jer. 13:23. Compare Gen. 19:14.

NOTE.—"We shall be individually, for time and eternity, what our habits make us. The lives of those who form right habits, and are faithful in the performance of every duty, will be as shining lights, shedding bright beams upon the pathway of others; but if habits of unfaithfulness are indulged, if lax, indolent, neglectful habits are allowed to strengthen, a cloud darker than midnight will settle on the prospects in this life and forever debar the individual from the future life.

"One selfish thought indulged, one duty neglected, prepares the way for another. What we venture to do once, we are more apt to do again. Habits of sobriety, of

self-control, of economy, of close application, of sound, sensible conversation, of patience and true courtesy, are not gained without diligent, close watching over self. It is much easier to become demoralized and depraved than to conquer defects, keeping self in control and cherishing true virtues. Persevering efforts will be required if the Christian graces are ever perfected in our lives."—*Testimonies,* vol. 4, p. 452.

10. What question by Solomon indicates that he recognized the importance of habits relating to our physical welfare? Prov. 6:9-11.

NOTE.—"How prevalent is the habit of turning day into night and night into day. Many youth sleep soundly in the morning, when they should be up with the early singing birds, and be stirring when all nature is awake. Let youth practice regularity in the hours for going to bed and for rising. . . . Let them purpose in their hearts that they will bring themselves under discipline, and practice orderly rules. God is a God of order, and it is the duty of the youth to observe strict rules, for such practices will work for their advantage."—*My Life Today,* page 143.

Victory Over Bad Habits

11. What should a searching of our ways lead us to do? Lam. 3:40.

NOTE.—"There is a science of Christianity to be mastered,—science as much deeper, broader, higher than any human science as the heavens are higher than the earth. The mind is to be disciplined, educated, trained; for we are to do service for God in ways that are not in harmony with inborn inclination. There are hereditary and cultivated tendencies to evil that must be overcome. Often the training and education of a lifetime must be discarded, that one may become a learner in the school of Christ. Our hearts must be educated to become steadfast in God. We are to form habits of thought that will enable us to resist temptation. We must learn to look upward. The principles of the Word of God—principles that are as high as heaven, and that compass eternity—we are to understand in their bearing upon our daily life. Every act, every word, every thought, is to be in accord with these principles."—*Testimonies,* vol. 8, p. 314.

12. Through what experience of rebuilding the habit patterns of his life did the apostle Paul pass after his miraculous conversion? Gal. 1:15-17.

NOTE.—"A messenger from heaven bade him leave for a time, and he 'went into Arabia' (Galatians 1:17), where he found a safe retreat.

"Here, in the solitude of the desert, Paul had ample opportunity for quiet study and meditation. . . . He emptied his soul of the prejudices and traditions that had hitherto shaped his life, and received instruction from the Source of truth. Jesus communed with him and established him in the faith, bestowing upon him a rich measure of wisdom and grace."—*The Acts of the Apostles,* pages 125, 126.

13. What assurance do we have of divine cooperation in controlling our habits? Prov. 3:6.

NOTE.—"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.' Ephesians 2:1. He will set free the captive that is held by weakness and misfortune and the chains of sin."—*The Ministry of Healing,* page 85.

Questions for Meditation

1. Will the experience of conversion remove such cravings as those for tobacco and alcohol?
2. Is the desire to eat between meals a habit, or a hunger prompted by the body's need for food?
3. In the light of the present study of "The Power of Habit," how may healthful living be defined?

Lesson 12, for September 19, 1964

Mental Health

MEMORY VERSE: "Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27.

STUDY HELPS: "Counsels on Health," pages 94-97, 563-566; "Counsels to Parents, Teachers, and Students," pages 32-38, 294-301; "The Ministry of Healing," pages 241-259; "S.D.A. Bible Commentary;" "S.D.A. Bible Dictionary."

AIM: To discover what the Bible teaches concerning the relationship between physical well-being, and mental peace and happiness.

DAILY STUDY ASSIGNMENT AND RECORD

	Check Here		Check Here
Sabbath afternoon: General survey.	☐	Wednesday: Questions 10-13.	☐
Sunday: Questions 1, 2; begin reading study helps.	☐	Thursday: Finish reading study helps.	☐
Monday: Questions 3-6.	☐	Friday: Review entire lesson.	☐
Tuesday: Questions 7-9.	☐		

Lesson Outline:

Introduction

I. Controlling the Thoughts

1. "Gird up the loins of your mind." 1 Peter 1:13, first part.
2. Bring every thought into obedience to Christ. 2 Cor. 10:5.

II. The Value of Happiness

3. God desires joy for His people. Ps. 36:7-9; Prov. 29:18, last part; John 15:11.
4. Happiness results from the acceptance of God as Saviour and King. Ps. 144:15.
5. A clear conscience promotes happiness. Rom. 14:22, last part; 1 John 3:21.
6. Service to needy, an important source of happiness. Prov. 14:21, last part.

III. Unfavorable Influences

7. Causes of personal conflicts. Matt. 6:24; Gal. 5:17.
8. Relationship between happiness and wealth. Eccl. 4:7, 8.
9. King Saul's disobedience and rejection by God led to spirit possession. 1 Sam. 16:14, 15.

IV. Mental Stability

10. Trust and obedience brings fulfillment of desires. Ps. 37:3-5, 18, 19; Phil. 4:19.
11. Christ's peace eliminates worry. John 14:27; Ps. 119:165; 127:2.
12. No need to be anxious. Ps. 4:8; 1 Tim. 6:6-8; 2 Tim. 1:7; Heb. 13:5.
13. Assurance of divine aid. Phil. 4:13; Ps. 9:9, 10; Rom. 8:35-39.

THE LESSON

Introduction

"Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life forces. Remorse for sin sometimes undermines the constitution and unbalances the mind. There are erroneous

doctrines also, as that of an eternally burning hell and the endless torment of the wicked, that, by giving exaggerated and distorted views of the character of God, have produced the same result upon sensitive minds. Infidels have made the most of these unfortunate cases, attributing insanity to religion; but this is a gross libel and one which they will not be pleased to meet by and by. The religion of Christ, so far from being the cause of insanity, is one of its most effectual remedies; for it is a potent soother of the nerves."—*Testimonies,* vol. 5, p. 444.

Controlling the Thoughts

1. What comment by the apostle Peter indicates the need for discipline of one's mind? 1 Peter 1:13, first part.

NOTE.—"We have each of us an individual work to do, to gird up the loins of our minds, to be sober, to watch unto prayer. The mind must be firmly controlled to dwell upon subjects that will strengthen the moral powers. . . . The thoughts must be pure, the meditations of the heart must be clean, if the words of the mouth are to be words acceptable to Heaven and helpful to your associates."—*My life Today,* page 83.

2. What counsel does the apostle Paul give the Christian regarding the control of his thoughts? 2 Cor. 10:5.

NOTE.—"God wishes us to have the mastery over ourselves. . . . Of ourselves, we are not able to bring the purposes and desires and inclinations into harmony with the will of God; but if we are 'willing to be made willing,' the Saviour will accomplish this for us, 'casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.' "—*The Acts of the Apostles,* pages 482, 483.

The Value of Happiness

3. What is God's desire regarding the happiness of His children? Ps. 36:7-9; Prov. 29:18, last part; John 15:11.

NOTE.—"Those who are connected with Christ have happiness at their command." —*Messages to Young People,* page 415.

4. What is the most important condition of happiness? Ps. 144:15.

5. What is the relationship between happiness and conscience? Rom. 14: 22, last part; 1 John 3:21.

NOTE.—"Happiness is to be achieved by the right action of the soul toward God." —*Selected Messages,* b. 1, p. 56.

"If the mind is free and happy, from a consciousness of rightdoing and a sense of satisfaction in causing happiness to others, it creates a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body."—*My Life Today,* page 150.

6. What is another important source of happiness for the child of God? Prov. 14:21, last part.

NOTE.—"Seize every opportunity to contribute to the happiness of those around you, sharing with them your affection. Words of kindness, looks of sympathy, expressions of appreciation, would to many a struggling, lonely one be as a cup of cold water to a thirsty soul. A word of cheer, an act of kindness, would go far to lighten the burdens that are resting heavily upon weary shoulders. It is in unselfish ministry that true happiness is found."—*My Life Today,* page 165.

Unfavorable Influences

7. What is an important cause of personal conflict and thus of poor mental health? Matt. 6:24; Gal. 5:17.

"He who opens the Scriptures, and feeds upon the heavenly manna, becomes a partaker of the divine nature."—Ellen G. White, *Review and Herald,* June 28, 1892.

8. What is the acquiring of wealth unable to bring us? Eccl. 4:7, 8.

NOTE.—"I saw another futile thing under the sun—a lone man, kinless, without son or brother, and yet toiling on to make money; he cannot satisfy himself with what he gains, and he never asks for whose sake he is toiling and stinting himself of pleasure. This too is vain, a sorry business." Eccl. 4:7, 8, Moffatt.

9. What happened after King Saul, because of disobedience, was rejected by the Lord? 1 Sam. 16:14, 15.

NOTE.—"[Saul] did not accept with meekness the chastisement of God; but his haughty spirit became desperate, until he was on the verge of losing his reason."—*Patriarchs and Prophets,* page 643.

Mental Stability

10. What assurance does the child of God have that his basic personal needs can be met? Ps. 37:3-5, 18, 19; Phil. 4:19.

11. Why should the Christian not worry? John 14:27; Ps. 119:165; 127:2.

NOTE.—"The consciousness of rightdoing is the best medicine for diseased bodies and minds. The special blessing of God resting upon the receiver is health and strength. . . .

"A person whose mind is quiet and satisfied in God is in the pathway to health."—*My Life Today,* page 150.

12. To what freedom from health-destroying worry is the Christian entitled? Ps. 4:8; 1 Tim. 6:6-8; 2 Tim. 1:7; Heb. 13:5.

NOTE.—"All who are under the training of God need the quiet hour for communion with their own hearts, with nature, and with God. . . . We must individually hear Him speaking to the heart. When every other voice is hushed, and in quietness we wait before Him, the silence of the soul makes more distinct the voice of God. He bids us, 'Be still, and know that I am God.' This is the effectual preparation for all labor for God. Amidst the hurrying throng and the strain of life's intense activities, he who is thus refreshed will be surrounded with an atmosphere of light and peace. He will receive a new endowment of both physical and mental strength."—*Counsels on Health,* page 163.

13. As he faces life's stresses and strains, what advantage does the Christian have? Phil. 4:13; Ps. 9:9, 10; Rom. 8:35-39.

NOTE.—"Let the self-distrustful, whose lack of self-reliance leads them to shrink from care and responsibility, be taught reliance upon God. Thus many a one who otherwise would be but a cipher in the world, perhaps only a helpless burden, will be able to say with the apostle Paul, 'I can do all things through Christ which strengtheneth me.' "—*Education,* page 256.

Questions for Meditation

1. Is resort to worry a denial of faith?
2. Is mental depression a judgment from God?
3. What is the best remedy for a troubled conscience?
4. Where is the proper dividing line between self-confidence and trust in God?

Religion and Health

MEMORY VERSE: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2.

STUDY HELPS: "Counsels on Health," pages 29-31; "Medical Ministry," pages 7-17; "The Ministry of Healing," chapter, "Prayer for the Sick" (pages 225-233); "S.D.A. Bible Commentary."

AIM: To determine what relationship exists between one's spiritual and physical welfare and to examine the teaching of the Bible on divine healing.

DAILY STUDY ASSIGNMENT AND RECORD

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

Lesson Outline:

Introduction

I. Relationship of Spiritual and Physical Health

1. Forgiveness of sin and healing of disease. Ps. 103:2, 3.
2. A happy heart and a broken spirit. Prov. 17:22.
3. Health in proportion to Christian experience. 3 John 2.

II. Righteous Living Promotes Health

4. Departing from evil and doing good promotes health. Prov. 3:7, 8; 1 Peter 3:10-12.
5. Faith in God conducive to long life. Ps. 42:11; Prov. 10:27.
6. God promises strength proportionate to our need. 1 Cor. 10:13; Heb. 13:6.

III. Divine Healing

7. Prayer for healing. James 5:16, last part.
8. Elders to anoint the sick and pray for them. James 5:14, 15.
9. Submission to God's will. Matt. 26:39.
10. Paul's "thorn in the flesh" not removed. 2 Cor. 12:7-9.

IV. Christians Should Be Healthy

11. Love to God and man promotes health of body and mind. Matt. 22:35-40; John 15:12.
12. Rest in labor with Christ. Matt. 11:28-30.
13. Health promised to God's witnesses. Isa. 58:6-8.

THE LESSON

Introduction

"The special blessing of God resting upon the receiver is health and strength. A person whose mind is quiet and satisfied in God is in the pathway to health. To have a consciousness that the eyes of the Lord are upon us and His ears open to our prayers is a satisfaction indeed. To know that we have a never-failing Friend in whom we can confide all the secrets of the soul is a privilege which words can never express.

Those whose moral faculties are beclouded by disease are not the ones to rightly represent the Christian life or the beauties of holiness. They are too often in the fire of fanaticism or the water of cold indifference or stolid gloom."—*Testimonies,* vol. 1, p. 502.

Relationship of Spiritual and Physical Health

1. In what words does the psalmist indicate the relationship between spiritual and physical health? Ps. 103:2, 3.

2. In what figurative language does Solomon emphasize the important relationship between mental attitudes and the state of health? Prov. 17:22.

NOTE.—"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.

"Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. . . . Many die from disease the cause of which is wholly imaginary."—*The Ministry of Healing,* page 241.

3. What ideal for health is expressed by the apostle John? 3 John 2.

NOTE.—"We should cooperate with God in the care of our bodies. Love for God is essential for life and health. Faith in God is essential for health. In order to have perfect health, our hearts must be filled with love and hope and joy in the Lord." —*My Life Today,* page 149.

Righteous Living Promotes Health

4. What counsels from both the Old and New Testaments indicate that good health is promoted by living righteously? Prov. 3:7, 8; 1 Peter 3:10-12.

NOTE.—"The love of God in the soul will have a direct influence upon the life and will call the intellect and the affections into active, healthful exercise. The child of God will not rest satisfied until he is clothed with the righteousness of Christ and sustained by His life-giving power. When he sees a weakness in his character, it is not enough to confess it again and again; he must go to work with determination and energy to overcome his defects by building up opposite traits of character. He will not shun this work because it is difficult. Untiring energy is required of the Christian; but he is not obliged to work in his own strength; divine power awaits his demand. Everyone who is sincerely striving for the victory over self will appropriate the promise, 'My grace is sufficient for thee.' "—*My Life Today,* page 99.

5. What physical benefits result from faith in God? Ps. 42:11; Prov. 10:27.

NOTE.—"Godliness does not conflict with the laws of health, but is in harmony with them. The fear of the Lord is the foundation of all real prosperity."—*My Life Today,* page 149.

6. What limit does God place upon the stresses that He allows to come to His children? 1 Cor. 10:13; Heb. 13:6.

NOTE.—"So far you have faced no trial beyond what man can bear. God keeps faith, and He will not allow you to be tested above your powers, but when the test comes He will at the same time provide a way out, by enabling you to sustain it." 1 Cor. 10:13, N.E.B.

Divine Healing

7. What divinely appointed remedy for human needs is available to the child of God? James 5:16, last part.

NOTE.—"Prayer and faith are closely allied, and they need to be studied together. In the prayer of faith there is a divine science; it is a science that everyone who would make his lifework a success must understand. Christ says, 'What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.' Mark 11:24. He makes it plain that our asking must be according to God's will; we must ask for the things that He has promised, and whatever we receive must be used in doing His will. The conditions met, the promise is unequivocal."—*Education,* pages 257, 258.

8. What privilege do Christians have in time of illness? James 5: 14, 15.

NOTE.—"When human help fails, God will be the helper of His people."—*Counsels on Health,* page 457.

"To those who desire prayer for their restoration to health, it should be made plain that the violation of God's law, either natural or spiritual, is sin, and that in order for them to receive His blessing, sin must be confessed and forsaken."—*The Ministry of Healing,* page 228.

"There are cases where God works decidedly by His divine power in the restoration of health. But not all the sick are healed. Many are laid away to sleep in Jesus. John on the Isle of Patmos was bidden to write: 'Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labors; and their works do follow them.' Revelation 14:13. From this we see that if persons are not raised to health, they should not on this account be judged as wanting in faith."—*Ibid.,* p. 230.

9. What example did the Master set by which we understand that our prayers should indicate a willingness to accept God's will in preference to our own desires? Matt. 26:39.

10. What experience of the apostle Paul indicates that miraculous healing is not always for the best? 2 Cor. 12:7-9.

NOTE.—"The way in which Christ worked was to preach the Word, and to relieve suffering by miraculous works of healing. But I am instructed that we cannot now work in this way, for Satan will exercise his power by working miracles. God's servants today could not work by means of miracles, because spurious works of healing, claiming to be divine, will be wrought.

"For this reason the Lord has marked out a way in which His people are to carry forward a work of physical healing, combined with the teaching of the Word. Sanitariums are to be established, and with these institutions are to be connected workers who will carry forward genuine medical missionary work. Thus a guarding influence is thrown around those who come to the sanitariums for treatment."—*Selected Messages,* b. 2, p. 54.

Christians Should Be Healthy

11. What fundamental principle of God's government should assure us of that personal security which promotes confidence and good health? Matt. 22:35-40; John 15:12.

12. What words of the Master offer relief from the evils of present-day strenuous living? Matt. 11:28-30.

NOTE.—"When in our daily experience we learn His meekness and lowliness, we find rest. There is then no necessity to search for some mysterious science to soothe the sick. We already have the science which gives them real rest—the science of salvation, the science of restoration, the science of a living faith in a living Saviour."—*Medical Ministry,* page 117.

13. **What way to health is set forth by the prophet Isaiah? Isa. 58:6-8.**

NOTE.—"The life of Christ is before us as a pattern, and it is when ministering, like angels of mercy, to the wants of others that man is closely allied to God. It is the nature of Christianity to make happy families and happy members of society."—*Sons and Daughters of God,* page 258.

Questions for Meditation

1. Is sickness a retribution for sin?
2. May an awareness of guilt undermine a person's resistance to disease?
3. Was Hezekiah's prayer for healing a prayer of presumption? See 2 Kings 20: 1-19.

THIRTEENTH SABBATH OFFERING

September 26, 1964

Far Eastern Division

The Far Eastern Division has almost 10 percent of the world's population, 10 percent of the world membership of the Seventh-day Adventist Church, and more than 13 percent of the world Sabbath school membership. However, the percentages fall lower when we speak of per capita wealth. For this reason, the Far Eastern Division is unable to build churches and institutions to meet the needs of the growing membership without outside help.

With 300,000,000 people in this territory, the medical needs and opportunities are tremendous. This means hospitals and clinics. Of the eight publishing houses throughout the field, only one has ever received assistance from a Thirteenth Sabbath Offering overflow.

The fourfold increase in membership since World War II has increased the need for training schools.

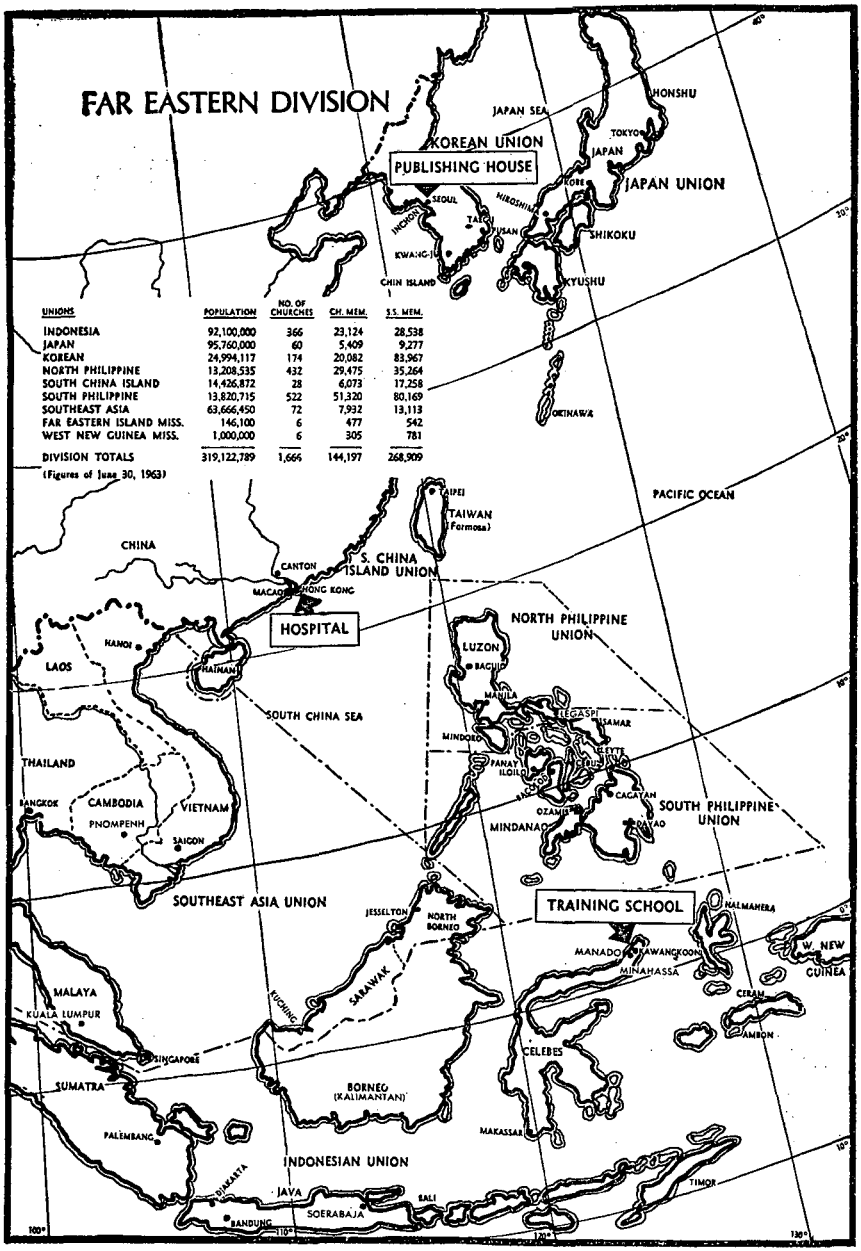
From the many needs in this great division, the following three projects have been selected to benefit from the overflow on September 26: The North Celebes Training School; the Korean publishing house; and the Hong Kong hospital.

Lessons for the Fourth Quarter, 1964

Sabbath school members who have failed to receive a senior *Lesson Quarterly* for the fourth quarter of 1964 will be helped by the following outline in studying the first lesson. The title of the lessons for the quarter is "The Epistle to the Galatians." The title of the first lesson is "Historical Background of the Epistle." The memory verse is Acts 20:32. The texts to be studied are as follows:

Ques. 1. Acts 9:15.
Ques. 2. Acts 9:19, 20, 22.
Ques. 3. Acts 9:26-30; Gal. 1:15-21; Acts 11:25, 26.
Ques. 4. Acts 13; 14.
Ques. 5. Acts 13:42-48.
Ques. 6. Acts 15:1, 5.
Ques. 7. Acts 15: 6, 10, 11, 19, 20.
Ques. 8. Acts 15:30, 35.
Ques. 9. Acts 15:36.
Ques. 10. Acts 15:41; 16:1, 6-8.
Ques. 11. Acts 17:1, 5, 10, 13; 18:1, 4, 6.
Ques. 12. Acts 18:22, 23.
Ques. 13. Acts 20:29, 30.
Ques. 14. Acts 20:28, 31, 32.

FAR EASTERN DIVISION



UNIONS	POPULATION	NO. OF CHURCHES	CH. MEM.	S.S. MEM.
INDONESIA	92,100,000	366	23,124	28,538
JAPAN	95,760,000	60	5,409	9,277
KOREAN	24,994,117	174	20,082	83,967
NORTH PHILIPPINE	13,208,535	432	29,475	35,264
SOUTH CHINA ISLAND	14,426,872	28	6,073	17,258
SOUTH PHILIPPINE	13,820,715	522	51,320	80,169
SOUTHEAST ASIA	63,666,450	72	7,932	13,113
FAR EASTERN ISLAND MISS.	146,100	6	477	542
WEST NEW GUINEA MISS.	1,000,000	6	305	781
DIVISION TOTALS	319,122,789	1,666	144,197	268,909

(Figures of June 30, 1963)