

FIRST QUARTER

THE SPIRIT
VERSUS
The Flesh



SABBATH SCHOOL LESSONS | FIRST HALF 2023

SECOND QUARTER

THE ANTEDILUVIAN WORLD
AND
Modern Health



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SABBATH SCHOOL LESSONS

for the First Half 2023

The Spirit versus the Flesh
The Antediluvian World and Modern Health

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INTRODUCTION

The Christian life is a constant struggle between the spiritual and carnal natures of the human being. These two sides cannot exist in peace. The desires of the flesh battle against the desires of the Holy Spirit, who works to transform the character of the repentant sinner. The desires of the flesh are naturally evil, while the desires of the Spirit are holy. In this struggle that is common to all, the spiritual nature must defeat the carnal nature of man if he is to enter the pearly gates of the hereafter.

The apostle Paul wrote: "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would." Galatians 5:16, 17.

This conflict is seen in the lives of people in the Bible, both male and female. In this quarter's Sabbath School Lessons, we will review the lives of some protagonists and antagonists in the Scriptures. We will see that some were victorious, while others were defeated as they yielded to their inherited and cultivated tendencies to sin. In every heart was the struggle between the two opposing powers.

"The history of truth has ever been the record of a struggle between right and wrong."—*The Acts of the Apostles*, p. 84.

"Not only intellectual but spiritual power, a perception of right, a desire for goodness, exists in every heart. But against these principles there is struggling an antagonistic power. The result of the eating of the tree of knowledge of good and evil is manifest in every man's experience. There is in his nature a bent to evil, a force which, unaided, he cannot resist."—*Education*, p. 29.

Down through the ages, the overcomers' secret to victory was their union with Jesus Christ as they yielded to the influence of His Spirit and saving grace. If we wish to have the same success, we also must be born again and have the Spirit of Christ within us, yielding to His grace, which works in us according to His good pleasure. We will then be the sons and daughters of God—conquerors of evil and promoters of good in our homes, workplaces, churches, and communities.

Therefore, it is essential that we study how to deal with evil through the only power that is capable of overcoming it in every situation, time, and place.

"To withstand this force, to attain that ideal which in his inmost soul he accepts as alone worthy, he can find help in but one power. That power is Christ. Cooperation with that power is man's greatest need. In all educational effort should not this cooperation be the highest aim?"—*Education*, p. 29.

The apostle Paul taught that such victory is possible only through the Spirit of God and by having the carnal desires of the soul be firmly resisted. Then, as God's children, we will live with Christ eternally.

"Therefore, brethren, we are debtors, not to the flesh, to live after the flesh. For if ye live after the flesh, ye shall die: but if ye through the Spirit do mortify the deeds of the body, ye shall live. For as many as are led by the Spirit of God, they are the sons of God." Romans 8:12-14.

There is great danger in rejecting God's call to change one's thoughts, attitudes, words, actions, and habits. The servant of the Lord relates how, upon hearing the message to abstain from unhealthful food and worldly practices, some individuals opposed God's command and ended their lives in rebellion. She recounts the conflict between conviction of the truth and one's innate desire for self-gratification. By continuing in indecision, such people failed and erected a wall of separation between themselves and those who desired to be cleansed from all filthiness of the flesh and spirit. And not only that! They acted contrary to present truth and became rebellious.

“The testimonies borne against hurtful indulgences, as tea, coffee, snuff, and tobacco, have irritated a certain class, because it would destroy their idols. Many for a while were undecided whether to make an entire sacrifice of all these hurtful things, or reject the plain testimonies borne, and yield to the clamors of appetite. They occupied an unsettled position. There was a conflict between their convictions of truth and their self-indulgences. Their state of indecision made them weak, and with many, appetite prevailed. Their sense of sacred things was perverted by the use of these slow poisons; and they at length fully decided, let the consequence be what it might, they would not deny self. This fearful decision at once raised a wall of separation between them and those who were cleansing themselves, as God has commanded, from all filthiness of the flesh and of the spirit, and were perfecting holiness in the fear of the Lord. The straight testimonies borne were in their way, and caused them great uneasiness, and they found relief in warring against them, and striving to make themselves and others believe that they were untrue. They said the people were all right, but it was reproof testimonies which made the trouble. And when the rebellious unfurl their banner, all the disaffected rally around the standard, and all the spiritually defective, the lame, the halt, and the blind, unite their influence to scatter and sow discord.” —*Counsels on Diet and Foods*, p. 428.

Let us be humble and willing to be admonished by the Spirit of God and His holy word so that we may achieve God’s original goal for us—to be called, chosen, and faithful through Jesus Christ. Although the battle is fierce, as seen in the Biblical accounts, victory is certain in Christ.

“The warfare between good and evil has not grown less fierce than it was in the days of the Saviour. The path to heaven is no smoother now than it was then. All our sins must be put away. Every darling indulgence that hinders our spiritual progress must be cut off. The right eye or the right hand must be sacrificed, if it causes us to offend. Are we willing to renounce our own wisdom, and to receive the kingdom of heaven as a little child? Are we willing to part with our self-righteousness? Are we willing to sacrifice the approbation of men? The prize of eternal life is of infinite value. Are we willing to welcome the Holy Spirit’s aid, and cooperate with it, putting forth efforts and making sacrifices proportionate to the value of the object to be obtained?” —(Review and Herald, February 10, 1903) *Messages to Young People*, p. 56.

—*The brethren of the Ministerial Research Institute
and the General Conference*

SPECIAL SABBATH SCHOOL OFFERING for the SOLOMON ISLANDS

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1

Sabbath, January 7, 2023

The Spirit vs. the Flesh

“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.”
Galatians 5:22, 23.

SUNDAY

FRUIT OF THE SPIRIT

1. **What fruit of the Spirit was found in Abel’s life? By contrast, what fruit of the flesh was notable in the life of Adam and Eve’s firstborn son?**

Genesis 4:1, 2 *And Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the Lord. ²And she again bare his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground.*

Jude 1:11 *Woe unto them! for they have gone in the way of Cain, and ran greedily after the error of Balaam for reward, and perished in the gainsaying of Core.*

Proverbs 8:13 *The fear of the Lord is to hate evil: pride, and arrogancy, and the evil way, and the froward mouth, do I hate.*

“Cain and Abel, the sons of Adam, were very unlike in character. Abel feared God. Cain cherished rebellious feelings and murmured against God because of the curse pronounced upon Adam and because the ground was cursed for his sin.” —*The Story of Redemption*, p. 52.

MONDAY

2. **What was the difference between the offerings of Cain and Abel? What did these offerings reveal?**

Genesis 4:3, 4 *And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the Lord. ⁴And Abel, he also brought of the firstlings of his flock and of the fat thereof.*

Proverbs 12:1, 2 *Whoso loveth instruction loveth knowledge; but he that hateth reproof is brutish. ²A good man obtaineth favour of the Lord: but a man of wicked devices will he condemn.*

“Without the shedding of blood there could be no remission of sin; and they were to show their faith in the blood of Christ as the promised

atonement by offering the firstlings of the flock in sacrifice. Besides this, the first fruits of the earth were to be presented before the Lord as a thank offering.” —*Patriarchs and Prophets*, p. 71.

“Cain brought his offering unto the Lord with murmuring and infidelity in his heart in regard to the promised Sacrifice. He was unwilling to strictly follow the plan of obedience and procure a lamb and offer it with the fruit of the ground. He merely took of the ground and disregarded the requirement of God. God had made known to Adam that without shedding of blood there could be no remission of sin. Cain was not particular to bring even the best of the fruits. Abel advised his brother not to come before the Lord without the blood of sacrifice. Cain, being the eldest, would not listen to his brother. He despised his counsel, and with doubt and murmuring in regard to the necessity of the ceremonial offerings, he presented his offering. But God did not accept it. Abel brought of the firstlings of his flock and of the fat, as God had commanded; and in full faith of the Messiah to come, and with humble reverence, he presented the offering.” —*The Story of Redemption*, pp. 52, 53.

TUESDAY

3. Why can God not accept partial obedience? What happened to Cain when he saw that Abel’s offering was accepted while his was not?

Genesis 4:4, 5 *And the Lord had respect unto Abel and to his offering: But unto Cain and to his offering he had not respect. ⁵And Cain was very wroth, and his countenance fell.*

Philippians 2:14, 15 *Do all things without murmurings and disputings: ¹⁵That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world.*

James 2:10 *For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all.*

“God had respect unto his offering. A light flashes from heaven and consumes the offering of Abel. Cain sees no manifestation that his is accepted. He is angry with the Lord and with his brother. God condescends to send an angel to Cain to converse with him.” —*The Story of Redemption*, p. 53.

“Cain came before God with murmuring and infidelity in his heart in regard to the promised sacrifice and the necessity of the sacrificial offerings. His gift expressed no penitence for sin. He felt, as many now feel, that it would be an acknowledgment of weakness to follow the exact plan marked out by God, of trusting his salvation wholly to the atonement of the promised Saviour. He chose the course of self-dependence. He would come in his own merits. He would not bring the lamb, and mingle its blood with his offering, but would present his fruits, the products of his labor. He presented his offering as a favor done to God, through which he expected to secure the divine approval. Cain obeyed in building an altar, obeyed in bringing a sacrifice; but he rendered only a partial obedience. The essential part, the recognition of the need of a Redeemer, was left out.... But instead of acknowledging his sin, Cain continued to complain of the injustice of God and to cherish jealousy and hatred of Abel. He angrily reproached his brother, and attempted to draw him into controversy concerning God’s dealings with them. In meekness, yet fearlessly and firmly, Abel defended the justice and goodness of God.” —*Patriarchs and Prophets*, pp. 72, 74.

CONTRASTING CHARACTERS**4. What was Cain's view of this situation? Against whom did he vent his anger, and how far did this go?**

Genesis 4:6-8 *And the Lord said unto Cain, Why art thou wroth? and why is thy countenance fallen? ⁷If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him. ⁸And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him.*

1 John 3:12 *Not as Cain, who was of that wicked one, and slew his brother. And wherefore slew he him? Because his own works were evil, and his brother's righteous.*

"But even after being thus faithfully instructed, Cain did not repent. Instead of censuring and abhorring himself for his unbelief, he still complains of the injustice and partiality of God. And in his jealousy and hatred he contends with Abel and reproaches him. Abel meekly points out his brother's error and shows him that the wrong is in himself. But Cain hates his brother from the moment that God manifests to him the tokens of His acceptance. His brother Abel seeks to appease his wrath by contending for the compassion of God in saving the lives of their parents when He might have brought upon them immediate death. He tells Cain that God loves them, or He would not have given His Son, innocent and holy, to suffer the wrath which man, by his disobedience, deserves to suffer." —*The Story of Redemption*, p. 53.

"The class of worshipers who follow the example of Cain includes by far the greater portion of the world; for nearly every false religion has been based on the same principle—that man can depend upon his own efforts for salvation. It is claimed by some that the human race is in need, not of redemption, but of development—that it can refine, elevate, and regenerate itself. As Cain thought to secure the divine favor by an offering that lacked the blood of a sacrifice, so do these expect to exalt humanity to the divine standard, independent of the atonement.... The murder of Abel was the first example of the enmity that God had declared would exist between the serpent and the seed of the woman—between Satan and his subjects and Christ and His followers. Through man's sin, Satan had gained control of the human race, but Christ would enable them to cast off his yoke. Whenever, through faith in the Lamb of God, a soul renounces the service of sin, Satan's wrath is kindled. The holy life of Abel testified against Satan's claim that it is impossible for man to keep God's law." —*Patriarchs and Prophets*, pp. 73, 77.

THURSDAY

5. What does it mean to be our brothers' keepers? What noble example did Abel set for all future generations?

Genesis 4:9, 10 *And the Lord said unto Cain, Where is Abel thy brother? And he said, I know not: Am I my brother's keeper? ¹⁰And he said, What hast thou done? the voice of thy brother's blood crieth unto me from the ground.*

Hebrews 11:4 *By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous, God testifying of his gifts: and by it he being dead yet speaketh.*

“Brethren and sisters in the faith, does the question arise in your hearts, ‘Am I my brother’s keeper?’ If you claim to be children of God, you are your brother’s keeper. The Lord holds the church responsible for the souls of those whom they might be the means of saving.” —*Historical Sketches of the Foreign Missions of the Seventh-day Adventists*, p. 291.

“Again the Lord said to Cain, ‘What hast thou done? The voice of thy brother’s blood crieth unto Me from the ground.’ God had given Cain an opportunity to confess his sin. He had had time to reflect. He knew the enormity of the deed he had done, and of the falsehood he had uttered to conceal it; but he was rebellious still, and sentence was no longer deferred.” —*Patriarchs and Prophets*, p. 77.

FRIDAY

6. Why did God not destroy Cain immediately? How did Cain consider God’s decision?

Genesis 4:11-16 *And now art thou cursed from the earth, which hath opened her mouth to receive thy brother’s blood from thy hand; ¹²When thou tillest the ground, it shall not henceforth yield unto thee her strength; a fugitive and a vagabond shalt thou be in the earth. ¹³And Cain said unto the Lord, My punishment is greater than I can bear. ¹⁴Behold, thou hast driven me out this day from the face of the earth; and from thy face shall I be hid; and I shall be a fugitive and a vagabond in the earth; and it shall come to pass, that every one that findeth me shall slay me. ¹⁵And the Lord said unto him, Therefore whosoever slayeth Cain, vengeance shall be taken on him sevenfold. And the Lord set a mark upon Cain, lest any finding him should kill him. ¹⁶And Cain went out from the presence of the Lord, and dwelt in the land of Nod, on the east of Eden.*

Proverbs 8:13 *The fear of the Lord is to hate evil: pride, and arrogancy, and the evil way, and the froward mouth, do I hate.*

“The divine voice that had been heard in entreaty and admonition pronounced the terrible words: ‘And now art thou cursed from the earth, which hath opened her mouth to receive thy brother’s blood from thy hand. When thou tillest the ground, it shall not henceforth yield unto thee her strength; a fugitive and a vagabond shalt thou be in the earth.’

“Notwithstanding that Cain had by his crimes merited the sentence of death, a merciful Creator still spared his life, and granted him opportunity for repentance. But Cain lived only to harden his heart, to encourage rebellion against the divine authority, and to become the head of a line of bold, abandoned sinners. This one apostate, led on by Satan, became a tempter to others; and his example and influence exerted their demoralizing power, until the earth became so corrupt and filled with violence as to call for its destruction.

“In sparing the life of the first murderer, God presented before the whole universe a lesson bearing upon the great controversy. The dark history of Cain and his descendants was an illustration of what would have been the result of permitting the sinner to live on forever, to carry out his rebellion against God. The forbearance of God only rendered the wicked more bold and defiant in their iniquity.” —*Patriarchs and Prophets*, pp. 77, 78.

7. At present, who and what impels men to commit evil against the children of God?

Revelation 12:11, 9 *And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.... ⁹And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world: he was cast out into the earth, and his angels were cast out with him.*

Romans 7:5 *For when we were in the flesh, the motions of sins, which were by the law, did work in our members to bring forth fruit unto death.*

“So in all ages the wicked have hated those who were better than themselves. Abel’s life of obedience and unswerving faith was to Cain a perpetual reproof.... The brighter the heavenly light that is reflected from the character of God’s faithful servants, the more clearly the sins of the ungodly are revealed, and the more determined will be their efforts to destroy those who disturb their peace.” —*Patriarchs and Prophets*, p. 74.

“When Cain, moved by the spirit of the wicked one, saw that he could not control Abel, he was so enraged that he destroyed his life. And wherever there are any who will stand in vindication of the righteousness of the law of God, the same spirit will be manifested against them. It is the spirit that through all the ages has set up the stake and kindled the burning pile for the disciples of Christ. But the cruelties heaped upon the follower of Jesus are instigated by Satan and his hosts because they cannot force him to submit to their control. It is the rage of a vanquished foe. Every martyr of Jesus has died a conqueror. Says the prophet, ‘They overcame him [“that old serpent, called the devil, and Satan”] by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.’ Revelation 12:11, 9.” —*Patriarchs and Prophets*, p. 77.

FOR ADDITIONAL STUDY

“God invites us to come to Him with our burden of guilt and our heart sorrows. Sin fills us with fear of God. When we have sinned we try to hide ourselves from Him. But whatever our sin, God bids us come unto Him through Jesus Christ. It is only by taking our sins to God that we can be freed from them. Cain, under the rebuke of God, acknowledged his guilt in killing Abel, but he fled away from God, as if he could thus escape from his sin. Had he fled to God with his burden of guilt he would have been forgiven. The prodigal son, realizing his guilt and wretchedness, said, ‘I will arise and go to my father.’ Luke 15:18. He confessed his sin and was taken back to his father’s heart.” —*That I May Know Him*, p. 260.

* * *

Love vs. Infatuation

“Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, doth not behave itself unseemly.” 1 Corinthians 13:4, 5.

“Love ... 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.” —*The Adventist Home*, p. 50.

SUNDAY

LOVE IS TOTALLY DIFFERENT FROM INFATUATION

1. What thoughts did Amnon have regarding his sister Tamar? How unwisely does passion behave?

2 Samuel 13:1, *2 And it came to pass after this, that Absalom the son of David had a fair sister, whose name was Tamar; and Amnon the son of David loved her. ²And Amnon was so vexed, that he fell sick for his sister Tamar; for she was a virgin; and Amnon thought it hard for him to do any thing to her.*

1 Chronicles 3:1, 9 *Now these were the sons of David, which were born unto him in Hebron; the firstborn Amnon, of Ahinoam the Jezreelitess; the second Daniel, of Abigail the Carmelitess.... ⁹These were all the sons of David, beside the sons of the concubines, and Tamar their sister.*

Song of Solomon 2:5; 5:8 *Stay me with flagons, comfort me with apples: for I am sick of love.... ^{5:8}I charge you, O daughters of Jerusalem, if ye find my beloved, that ye tell him, that I am sick of love.*

“There is but little real, genuine, devoted, pure love. This precious article is very rare. Passion is termed love.” —*The Adventist Home*, p. 50.

“That love which has no better foundation than mere sensual gratification will be headstrong, blind, and uncontrollable. Honor, truth, and every noble, elevated power of the mind are brought under the slavery of passions. The man who is bound in the chains of this infatuation is too often deaf to the voice of reason and conscience; neither argument nor entreaty can lead him to see the folly of his course.” —*The Adventist Home*, p. 51.

MONDAY

2. What horrible advice did a “friend” give to Amnon? When is it very unwise to follow the advice of friends?

2 Samuel 13:3-5 *But Amnon had a friend, whose name was Jonadab, the son of Shimeah David's brother: and Jonadab was a very subtil man. ⁴And he said unto him, Why art thou, being the king's son, lean from day to day? wilt thou not tell me? And Amnon said unto him, I love Tamar, my brother Absalom's sister. ⁵And Jonadab said unto him, Lay thee down on*

thy bed, and make thyself sick: and when thy father cometh to see thee, say unto him, I pray thee, let my sister Tamar come, and give me meat, and dress the meat in my sight, that I may see it, and eat it at her hand.

1 Corinthians 15:33 *Be not deceived: evil communications corrupt good manners.*

Psalms 1:1 *Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.*

“Our great adversary has agents that are constantly hunting for an opportunity to destroy souls, as a lion hunts his prey. Shun them, young man; for, while they appear to be your friends, they will slyly introduce evil ways and practices. They flatter you with their lips, and offer to help and guide you; but their steps take hold on hell. If you listen to their counsel, it may be the turning point in your life.” —*Colporteur Ministry*, p. 52.

“Satan tempts children to be reserved with their parents and to choose as their confidants their young and inexperienced companions, such as cannot help them, but will give them bad advice.” —*Testimonies for the Church*, vol. 1, p. 391.

TUESDAY

3. Through Amnon's perfidy, what took place in the house of David's firstborn son?

2 Samuel 13:6-10 *So Amnon lay down, and made himself sick: and when the king was come to see him, Amnon said unto the king, I pray thee, let Tamar my sister come, and make me a couple of cakes in my sight, that I may eat at her hand. Then David sent home to Tamar, saying, Go now to thy brother Amnon's house, and dress him meat. So Tamar went to her brother Amnon's house; and he was laid down. And she took flour, and kneaded it, and made cakes in his sight, and did bake the cakes. And she took a pan, and poured them out before him; but he refused to eat. And Amnon said, Have out all men from me. And they went out every man from him. And Amnon said unto Tamar, Bring the meat into the chamber, that I may eat of thine hand. And Tamar took the cakes which she had made, and brought them into the chamber to Amnon her brother.*

Romans 12:9 *Let love be without dissimulation. Abhor that which is evil; cleave to that which is good.*

“Parents are asleep and know not that Satan has planted his hellish banner right in their households. What, I was led to inquire, will become of the youth in this corrupt age? I repeat, Parents are asleep. The children are infatuated with a lovesick sentimentalism, and the truth has no power to correct the wrong. What can be done to stay the tide of evil? Parents can do much if they will.” —*Child Guidance*, p. 455.

WEDNESDAY

4. What reprehensible action did the wicked Amnon commit against his sister? What does the law of Moses command in such a case?

Genesis 34:7 *And the sons of Jacob came out of the field when they heard it: and the men were grieved, and they were very wroth, because he had wrought folly in Israel in lying with Jacob's daughter; which thing ought not to be done.*

Deuteronomy 22:28, 29 *If a man find a damsel that is a virgin, which is not betrothed, and lay hold on her, and lie with her, and they be found;*

²⁹Then the man that lay with her shall give unto the damsel's father fifty shekels of silver, and she shall be his wife; because he hath humbled her, he may not put her away all his days.

Leviticus 18:9 *The nakedness of thy sister, the daughter of thy father, or daughter of thy mother, whether she be born at home, or born abroad, even their nakedness thou shalt not uncover.*

“Those who seek as their chief good the indulgence of appetite and passion, are never good or truly great men. However high they may stand in the opinion of the world, they are low, vile, and corrupt in God's estimation. Heaven has ordered that the mark of their depravity shall be written upon their very countenance. Their thoughts are of the earth, earthly. Their words reveal the low level of the mind. They have filled the heart with vileness, and well-nigh effaced there from the image of God. The voice of reason is drowned, and judgment is perverted. Oh, how is man's entire nature debased by sensual indulgence! When the will is surrendered to Satan, to what depths of vice and folly will not men descend! In vain does truth appeal to the intellect; for the heart is opposed to its pure principles.”—(Signs of the Times, December 1, 1881) *Messages to Young People*, p. 66.

THURSDAY

HATRED

5. How did the love that Amnon claimed to have for his sister change? What did her garments and actions indicate?

2 Samuel 13:15-19 *Then Amnon hated her exceedingly; so that the hatred wherewith he hated her was greater than the love wherewith he had loved her. And Amnon said unto her, Arise, be gone. ¹⁶And she said unto him, There is no cause: this evil in sending me away is greater than the other that thou didst unto me. But he would not hearken unto her. ¹⁷Then he called his servant that ministered unto him, and said, Put now this woman out from me, and bolt the door after her. ¹⁸And she had a garment of divers colours upon her: for with such robes were the king's daughters that were virgins apparelled. Then his servant brought her out, and bolted the door after her. ¹⁹And Tamar put ashes on her head, and rent her garment of divers colours that was on her, and laid her hand on her head, and went on crying.*

Ephesians 5:27 *That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.*

“True love is a high and holy principle, altogether different in character from that love which is awakened by impulse, and which suddenly dies when severely tested.”—*The Adventist Home*, p. 50.

FRIDAY

6. How did Absalom feel about his brother when he heard what had been done to his sister? And what about King David? How did he respond to the terrible injury of his daughter?

2 Samuel 13:20-22 *And Absalom her brother said unto her, Hath Amnon thy brother been with thee? but hold now thy peace, my sister: he is thy brother; regard not this thing. So Tamar remained desolate in her brother Absalom's house. ²¹But when king David heard of all these things,*

he was very wroth. ²²And Absalom spake unto his brother Amnon neither good nor bad: for Absalom hated Amnon, because he had forced his sister Tamar.

“The shameful crime of Amnon, the firstborn, was permitted by David to pass unpunished and unrebuked. The law pronounced death upon the adulterer, and the unnatural crime of Amnon made him doubly guilty. But David, self-condemned for his own sin, failed to bring the offender to justice.”—*Patriarchs and Prophets*, p. 727.

SABBATH

7. How did Absalom take vengeance against his brother? When does God take certain things into His own hands?

2 Samuel 13:23, 26, 27, 32, 33 *And it came to pass after two full years, that Absalom had sheepshearers in Baalhazor, which is beside Ephraim: and Absalom invited all the king's sons.... ²⁶Then said Absalom, If not, I pray thee, let my brother Amnon go with us. And the king said unto him, Why should he go with thee? ²⁷But Absalom pressed him, that he let Amnon and all the king's sons go with him.... ³²And Jonadab, the son of Shimeah David's brother, answered and said, Let not my lord suppose that they have slain all the young men the king's sons; for Amnon only is dead: for by the appointment of Absalom this hath been determined from the day that he forced his sister Tamar. ³³Now therefore let not my lord the king take the thing to his heart, to think that all the king's sons are dead: for Amnon only is dead.*

Proverbs 15:3 *The eyes of the Lord are in every place, beholding the evil and the good.*

Ecclesiastes 12:14 *For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil.*

“For two full years Absalom, the natural protector of the sister so foully wronged, concealed his purpose of revenge, but only to strike more surely at the last. At a feast of the king's sons the drunken, incestuous Amnon was slain by his brother's command....

“David had neglected the duty of punishing the crime of Amnon, and because of the unfaithfulness of the king and father and the impenitence of the son, the Lord permitted events to take their natural course, and did not restrain Absalom. When parents or rulers neglect the duty of punishing iniquity, God Himself will take the case in hand. His restraining power will be in a measure removed from the agencies of evil, so that a train of circumstances will arise which will punish sin with sin.

“The evil results of David's unjust indulgence toward Amnon were not ended, for it was here that Absalom's alienation from his father began.”—*Patriarchs and Prophets*, pp. 727, 728.

FOR ADDITIONAL STUDY

“Imagination, lovesick sentimentalism, should be guarded against as would be the leprosy. Very many of the young men and women in this age of the world are lacking in virtue; therefore great caution is needed.... Those who have preserved a virtuous character, although they may lack in other desirable qualities, may be of real moral worth.”—*The Adventist Home*, p. 51.

* * *

Joy vs. Sorrow

“Rejoice in the Lord alway: and again I say, Rejoice.” Philippians 4:4.

“If Jesus had not died our sacrifice and risen again, we should never have known peace, never have felt joy, but only experienced the horrors of darkness and the miseries of despair. Then let only praise and gratitude be the language of our hearts. All our lives we have been partakers of His heavenly benefits, recipients of the blessings of His priceless atonement. Therefore it is impossible for us to conceive the low and helpless state ... from which Christ has raised us.” *—In Heavenly Places*, p. 36.

SUNDAY

GREAT GRIEF

1. Who was Hannah? What situation existed in her family?

1 Samuel 1:1-3 *Now there was a certain man of Ramathaimzophim, of mount Ephraim, and his name was Elkanah, the son of Jeroham, the son of Elihu, the son of Tohu, the son of Zuph, an Ephrathite: ²And he had two wives; the name of the one was Hannah, and the name of the other Peninnah: and Peninnah had children, but Hannah had no children. ³And this man went up out of his city yearly to worship and to sacrifice unto the Lord of hosts in Shiloh. And the two sons of Eli, Hophni and Phinehas, the priests of the Lord, were there.*

“Elkanah, a Levite of Mount Ephraim, was a man of wealth and influence, and one who loved and feared the Lord. His wife, Hannah, was a woman of fervent piety. Gentle and unassuming, her character was marked with deep earnestness and a lofty faith.

“The blessing so earnestly sought by every Hebrew was denied this godly pair; their home was not gladdened by the voice of childhood; and the desire to perpetuate his name led the husband—as it had led many others—to contract a second marriage. But this step, prompted by a lack of faith in God, did not bring happiness. Sons and daughters were added to the household; but the joy and beauty of God’s sacred institution had been marred and the peace of the family was broken. Peninnah, the new wife, was jealous and narrow-minded, and she bore herself with pride and insolence. To Hannah, hope seemed crushed and life a weary burden; yet she met the trial with uncomplaining meekness.

“Elkanah faithfully observed the ordinances of God. The worship at Shiloh was still maintained, but on account of irregularities in the ministration his services were not required at the sanctuary, to which, being a Levite, he was to give attendance. Yet he went up with his family to worship and sacrifice at the appointed gatherings.” *—Patriarchs and Prophets*, p. 569.

MONDAY

2. What did Elkanah do to keep his beloved wife happy? What was the attitude of his second wife, Peninnah?

1 Samuel 1:4-8 *And when the time was that Elkanah offered, he gave to Peninnah his wife, and to all her sons and her daughters, portions: ⁵But unto Hannah he gave a worthy portion; for he loved Hannah: but the Lord had shut up her womb. ⁶And her adversary also provoked her sore, for to make her fret, because the Lord had shut up her womb. ⁷And as he did so year by year, when she went up to the house of the Lord, so she provoked her; therefore she wept, and did not eat. ⁸Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart grieved? am not I better to thee than ten sons?*

“Even amid the sacred festivities connected with the service of God the evil spirit that had cursed his home intruded. After presenting the thank offerings, all the family, according to the established custom, united in a solemn yet joyous feast. Upon these occasions Elkanah gave the mother of his children a portion for herself and for each of her sons and daughters; and in token of regard for Hannah, he gave her a double portion, signifying that his affection for her was the same as if she had had a son. Then the second wife, fired with jealousy, claimed the precedence as one highly favored of God, and taunted Hannah with her childless state as evidence of the Lord’s displeasure. This was repeated from year to year, until Hannah could endure it no longer. Unable to hide her grief, she wept without restraint, and withdrew from the feast. Her husband vainly sought to comfort her. ‘Why weepest thou? and why eatest thou not? and why is thy heart grieved?’ he said; ‘am I not better to thee than ten sons?’” —*Patriarchs and Prophets*, p. 569.

TUESDAY

3. Where did Hannah go to pray? What did she solemnly vow to the Lord?

1 Samuel 1:9-11 *So Hannah rose up after they had eaten in Shiloh, and after they had drunk. Now Eli the priest sat upon a seat by a post of the temple of the Lord. ¹⁰And she was in bitterness of soul, and prayed unto the Lord, and wept sore. ¹¹And she vowed a vow, and said, O Lord of hosts, if thou wilt indeed look on the affliction of thine handmaid, and remember me, and not forget thine handmaid, but wilt give unto thine handmaid a man child, then I will give him unto the Lord all the days of his life, and there shall no razor come upon his head.*

“Hannah uttered no reproach. The burden which she could share with no earthly friend she cast upon God. Earnestly she pleaded that He would take away her reproach and grant her the precious gift of a son to nurture and train for Him. And she made a solemn vow that if her request were granted, she would dedicate her child to God, even from its birth. Hannah had drawn near to the entrance of the tabernacle, and in the anguish of her spirit she ‘prayed,... and wept sore.’” —*Patriarchs and Prophets*, p. 570.

WEDNESDAY

4. How did the priest misjudge the woman who was pouring out her soul to the Lord? What did Hannah reply to the priest’s rebuke?

1 Samuel 1:12-16 *And it came to pass, as she continued praying before the Lord, that Eli marked her mouth. ¹³Now Hannah, she spake in*

her heart; only her lips moved, but her voice was not heard: therefore Eli thought she had been drunken. ¹⁴And Eli said unto her, How long wilt thou be drunken? put away thy wine from thee. ¹⁵And Hannah answered and said, No, my lord, I am a woman of a sorrowful spirit: I have drunk neither wine nor strong drink, but have poured out my soul before the Lord. ¹⁶Count not thine handmaid for a daughter of Belial: for out of the abundance of my complaint and grief have I spoken hitherto.

“Yet she communed with God in silence, uttering no sound. In those evil times such scenes of worship were rarely witnessed. Irreverent feasting and even drunkenness were not uncommon, even at the religious festivals; and Eli the high priest, observing Hannah, supposed that she was overcome with wine. Thinking to administer a deserved rebuke, he said sternly, ‘How long wilt thou be drunken? put away thy wine from thee.’

“Pained and startled, Hannah answered gently, ‘No, my lord, I am a woman of a sorrowful spirit: I have drunk neither wine nor strong drink, but have poured out my soul before the Lord. Count not thine handmaid for a daughter of Belial: for out of the abundance of my complaint and grief have I spoken hitherto.’” —*Patriarchs and Prophets*, p. 570.

THURSDAY

Joy

5. What shows that the priest changed his view of this godly woman? What was the meaning of the name that Hannah gave to her child?

1 Samuel 1:17-21 *Then Eli answered and said, Go in peace; and the God of Israel grant thee thy petition that thou hast asked of him. ¹⁸And she said, Let thine handmaid find grace in thy sight. So the woman went her way, and did eat, and her countenance was no more sad. ¹⁹And they rose up in the morning early, and worshipped before the Lord, and returned, and came to their house to Ramah: and Elkanah knew Hannah his wife; and the Lord remembered her. ²⁰Wherefore it came to pass, when the time was come about after Hannah had conceived, that she bare a son, and called his name Samuel, saying, Because I have asked him of the Lord. ²¹And the man Elkanah, and all his house, went up to offer unto the Lord the yearly sacrifice, and his vow.*

“The high priest was deeply moved, for he was a man of God; and in place of rebuke he uttered a blessing: ‘Go in peace: and the God of Israel grant thee thy petition that thou hast asked of Him.’

“Hannah’s prayer was granted; she received the gift for which she had so earnestly entreated. As she looked upon the child, she called him Samuel—‘asked of God.’ As soon as the little one was old enough to be separated from his mother, she fulfilled her vow. She loved her child with all the devotion of a mother’s heart; day by day, as she watched his expanding powers and listened to his childish prattle, her affections entwined about him more closely. He was her only son, the special gift of Heaven; but she had received him as a treasure consecrated to God, and she would not withhold from the Giver His own.” —*Patriarchs and Prophets*, p. 570.

6. What decision did she make regarding her child? How are promises made to the Lord to be carried out?

1 Samuel 1:22-28 *But Hannah went not up; for she said unto her husband, I will not go up until the child be weaned, and then I will bring him, that he may appear before the Lord, and there abide for ever. ²³And Elkanah her husband said unto her, Do what seemeth thee good; tarry until thou have weaned him; only the Lord establish his word. So the woman abode, and gave her son suck until she weaned him. ²⁴And when she had weaned him, she took him up with her, with three bullocks, and one ephah of flour, and a bottle of wine, and brought him unto the house of the Lord in Shiloh: and the child was young. ²⁵And they slew a bullock, and brought the child to Eli. And she said, ²⁶Oh my lord, as thy soul liveth, my lord, I am the woman that stood by thee here, praying unto the Lord. ²⁷For this child I prayed; and the Lord hath given me my petition which I asked of him: ²⁸Therefore also I have lent him to the Lord; as long as he liveth he shall be lent to the Lord. And he worshipped the Lord there.*

Ecclesiastes 5:5, 6 *Better is it that thou shouldest not vow, than that thou shouldest vow and not pay. ⁶Suffer not thy mouth to cause thy flesh to sin; neither say thou before the angel, that it was an error: wherefore should God be angry at thy voice, and destroy the work of thine hands?*

“Once more Hannah journeyed with her husband to Shiloh and presented to the priest, in the name of God, her precious gift, saying, ‘For this child I prayed; and the Lord hath given me my petition which I asked of Him: therefore also I have lent him to the Lord; as long as he liveth he shall be lent to the Lord.’ Eli was deeply impressed by the faith and devotion of this woman of Israel. Himself an overindulgent father, he was awed and humbled as he beheld this mother’s great sacrifice in parting with her only child, that she might devote him to the service of God.”
—*Patriarchs and Prophets*, p. 571.

SABBATH

7. What was the theme of Hannah’s prayer? How far did her praises extend?

1 Samuel 2:1-10 *And Hannah prayed, and said, My heart rejoiceth in the Lord, mine horn is exalted in the Lord: my mouth is enlarged over mine enemies; because I rejoice in thy salvation. ²There is none holy as the Lord: for there is none beside thee: neither is there any rock like our God. ³Talk no more so exceeding proudly; let not arrogancy come out of your mouth: for the Lord is a God of knowledge, and by him actions are weighed. ⁴The bows of the mighty men are broken, and they that stumbled are girded with strength. ⁵They that were full have hired out themselves for bread; and they that were hungry ceased: so that the barren hath born seven; and she that hath many children is waxed feeble. ⁶The Lord killeth, and maketh alive: he bringeth down to the grave, and bringeth up. ⁷The Lord maketh poor, and maketh rich: he bringeth low, and lifteth up. ⁸He raiseth up the poor out of the dust, and lifteth up the beggar from the dunghill, to set them among princes, and to make them inherit the throne of glory: for the pillars of the earth are the Lord’s, and he hath set the world upon them. ⁹He will keep the feet of his saints, and the wicked shall be silent in darkness; for by strength shall no man prevail. ¹⁰The adversaries of the Lord shall be*

broken to pieces; out of heaven shall he thunder upon them: the Lord shall judge the ends of the earth; and he shall give strength unto his king, and exalt the horn of his anointed.

“Hannah’s words were prophetic, both of David, who should reign as king of Israel, and of the Messiah, the Lord’s Anointed. Referring first to the boasting of an insolent and contentious woman, the song points to the destruction of the enemies of God and the final triumph of His redeemed people.” —*Patriarchs and Prophets*, p. 572.

FOR ADDITIONAL STUDY

“Once more Hannah journeyed with her husband to Shiloh and presented to the priest, in the name of God, her precious gift, saying, ‘For this child I prayed; and the Lord hath given me my petition which I asked of Him: therefore also I have lent him to the Lord; as long as he liveth he shall be lent to the Lord.’ Eli was deeply impressed by the faith and devotion of this woman of Israel. Himself an overindulgent father, he was awed and humbled as he beheld this mother’s great sacrifice in parting with her only child, that she might devote him to the service of God. He felt reproved for his own selfish love, and in humiliation and reverence he bowed before the Lord and worshiped. The mother’s heart was filled with joy and praise, and she longed to pour forth her gratitude to God.” —*Patriarchs and Prophets*, p. 571.

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4

Sabbath, January 28, 2023

Peace vs. Anger

“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.

“The peace that Christ calls His peace, and which He bequeathed to His disciples, is not a peace which prevents all divisions; but it is a peace which is given and enjoyed in the midst of divisions. The peace that the faithful defender of the cause of Christ has is the consciousness that he is doing the will of God and reflecting His glory in good works. It is an internal rather than an external peace. Without are wars and fightings through the opposition of avowed enemies, and the coldness and suspicion of those even who claim to be friends.” —*The Upward Look*, p. 220.

SUNDAY

ANGER

- 1. What does the Bible relate concerning the characters of Abigail and her husband Nabal?**

1 Samuel 25:2, 3 *And there was a man in Maon, whose possessions were in Carmel; and the man was very great, and he had three thousand sheep, and a thousand goats: and he was shearing his sheep in Carmel. Now the*

name of the man was Nabal; and the name of his wife Abigail: and she was a woman of good understanding, and of a beautiful countenance: but the man was churlish and evil in his doings; and he was of the house of Caleb.

MONDAY

2. With what request did David send his men to the rich man whom they had blessed?

1 Samuel 25:4-8 *And David heard in the wilderness that Nabal did shear his sheep. ⁵And David sent out ten young men, and David said unto the young men, Get you up to Carmel, and go to Nabal, and greet him in my name: ⁶And thus shall ye say to him that liveth in prosperity, Peace be both to thee, and peace be to thine house, and peace be unto all that thou hast. ⁷And now I have heard that thou hast shearers: now thy shepherds which were with us, we hurt them not, neither was there ought missing unto them, all the while they were in Carmel. ⁸Ask thy young men, and they will shew thee. Wherefore let the young men find favour in thine eyes: for we come in a good day: give, I pray thee, whatsoever cometh to thine hand unto thy servants, and to thy son David.*

Matthew 7:7 *Ask, and it shall be given you....*

Psalms 107:5 *Hungry and thirsty, their soul fainted in them.*

“It was the time of sheepshearing, a season of hospitality. David and his men were in sore need of provisions; and in accordance with the custom of the times, the son of Jesse sent ten young men to Nabal, bidding them greet him in their master’s name; and he added: ‘Thus shall ye say to him that liveth in prosperity, Peace be both to thee, and peace be to thine house, and peace be unto all that thou hast. And now I have heard that thou hast shearers: now thy shepherds which were with us, we hurt them not, neither was there ought missing unto them, all the while they were in Carmel. [Not Mount Carmel, but a place in the territory of Judah, near the hill town of Maon.] Ask thy young men, and they will show thee. Wherefore let the young men find favor in thine eyes; for we come in a good day: give, I pray thee, whatsoever cometh to thine hand unto thy servants, and to thy son David.’” —*Patriarchs and Prophets*, p. 664.

TUESDAY

3. What did Nabal say about the benefits provided to his workers by David and his men? How did David react to the man’s refusal and surly response?

1 Samuel 25:10, 11, 13 *And Nabal answered David’s servants, and said, Who is David? and who is the son of Jesse? there be many servants now a days that break away every man from his master. ¹¹Shall I then take my bread, and my water, and my flesh that I have killed for my shearers, and give it unto men, whom I know not whence they be?... ¹³And David said unto his men, Gird ye on every man his sword. And they girded on every man his sword; and David also girded on his sword: and there went up after David about four hundred men; and two hundred abode by the stuff.*

Proverbs 29:11 *A fool uttereth all his mind: but a wise man keepeth it in till afterwards.*

Ephesians 4:31 *Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice.*

“David and his men had been like a wall of protection to the shepherds and flocks of Nabal; and now this rich man was asked to furnish from his abundance some relief to the necessities of those who had done him such valuable service. David and his men might have helped themselves from the flocks and herds, but they did not. They behaved themselves in an honest way. Their kindness, however, was lost upon Nabal. The answer he returned to David was indicative of his character: ‘Who is David? and who is the son of Jesse? There be many servants nowadays that break away every man from his master. Shall I then take my bread, any my water, and my flesh that I have killed for my shearers, and give it unto men, whom I know not whence they be?’

“When the young men returned empty-handed and related the affair to David, he was filled with indignation. He commanded his men to equip themselves for an encounter; for he had determined to punish the man who had denied him what was his right, and had added insult to injury. This impulsive movement was more in harmony with the character of Saul than with that of David, but the son of Jesse had yet to learn of patience in the school of affliction.” —*Patriarchs and Prophets*, p. 665.

WEDNESDAY

PEACE

4. What did Nabal’s wife do when she heard about the cruel manner in which her husband had replied to David’s request?

1 Samuel 25:14-20 *But one of the young men told Abigail, Nabal’s wife, saying, Behold, David sent messengers out of the wilderness to salute our master; and he railed on them. ¹⁵But the men were very good unto us, and we were not hurt, neither missed we any thing, as long as we were conversant with them, when we were in the fields: ¹⁶They were a wall unto us both by night and day, all the while we were with them keeping the sheep. ¹⁷Now therefore know and consider what thou wilt do; for evil is determined against our master, and against all his household: for he is such a son of Belial, that a man cannot speak to him. ¹⁸Then Abigail made haste, and took two hundred loaves, and two bottles of wine, and five sheep ready dressed, and five measures of parched corn, and an hundred clusters of raisins, and two hundred cakes of figs, and laid them on asses. ¹⁹And she said unto her servants, Go on before me; behold, I come after you. But she told not her husband Nabal. ²⁰And it was so, as she rode on the ass, that she came down by the covert of the hill, and, behold, David and his men came down against her; and she met them.*

“One of Nabal’s servants hastened to Abigail, the wife of Nabal, after he had dismissed David’s young men, and told her what had happened.” —*Patriarchs and Prophets*, p. 665.

“Abigail saw that something must be done to avert the result of Nabal’s fault, and that she must take the responsibility of acting immediately without the counsel of her husband. She knew that it would be useless to speak to him, for he would only receive her proposition with abuse and contempt. He would remind her that he was the lord of his household, that she was his wife, and therefore in subjection to him, and must do as he should dictate. Without his consent, she gathered together such stores as she thought best to conciliate the wrath of David; for she knew he was

determined to avenge himself for the insult he had received.... Abigail's course in this matter was one that God approved, and the circumstance revealed in her a noble spirit and character." —*Conflict and Courage*, p. 168.

THURSDAY

5. How did she present herself to the offended David? How should we act when faced with similar conflicts?

1 Samuel 25:21-31 *Now David had said, Surely in vain have I kept all that this fellow hath in the wilderness, so that nothing was missed of all that pertained unto him: and he hath requited me evil for good. ²²So and more also do God unto the enemies of David, if I leave of all that pertain to him by the morning light any that pisseth against the wall. ²³And when Abigail saw David, she hasted, and lighted off the ass, and fell before David on her face, and bowed herself to the ground, ²⁴And fell at his feet, and said, Upon me, my lord, upon me let this iniquity be: and let thine handmaid, I pray thee, speak in thine audience, and hear the words of thine handmaid. ²⁵Let not my lord, I pray thee, regard this man of Belial, even Nabal: for as his name is, so is he; Nabal is his name, and folly is with him: but I thine handmaid saw not the young men of my lord, whom thou didst send. ²⁶Now therefore, my lord, as the Lord liveth, and as thy soul liveth, seeing the Lord hath withholden thee from coming to shed blood, and from avenging thyself with thine own hand, now let thine enemies, and they that seek evil to my lord, be as Nabal. ²⁷And now this blessing which thine handmaid hath brought unto my lord, let it even be given unto the young men that follow my lord. ²⁸I pray thee, forgive the trespass of thine handmaid: for the Lord will certainly make my lord a sure house; because my lord fighteth the battles of the Lord, and evil hath not been found in thee all thy days. ²⁹Yet a man is risen to pursue thee, and to seek thy soul: but the soul of my lord shall be bound in the bundle of life with the Lord thy God; and the souls of thine enemies, them shall he sling out, as out of the middle of a sling. ³⁰And it shall come to pass, when the Lord shall have done to my lord according to all the good that he hath spoken concerning thee, and shall have appointed thee ruler over Israel; ³¹That this shall be no grief unto thee, nor offence of heart unto my lord, either that thou hast shed blood causeless, or that my lord hath avenged himself: but when the Lord shall have dealt well with my lord, then remember thine handmaid.*

Proverbs 15:1 *A soft answer turneth away wrath: but grievous words stir up anger.*

"Abigail addressed David with as much reverence as though speaking to a crowned monarch. Nabal had scornfully exclaimed, 'Who is David?' but Abigail called him, 'my lord.' With kind words she sought to soothe his irritated feelings, and she pleaded with him in behalf of her husband. With nothing of ostentation or pride, but full of the wisdom and love of God, Abigail revealed the strength of her devotion to her household; and she made it plain to David that the unkind course of her husband was in no wise premeditated against him as a personal affront, but was simply the outburst of an unhappy and selfish nature.

"Now therefore, my lord, as the Lord liveth, and as thy soul liveth, seeing the Lord hath withholden thee from coming to shed blood, and from avenging thyself with thine own hand, now let thine enemies, and they that seek evil to my lord, be as Nabal.' Abigail did not take to herself the credit of this reasoning to turn David from his hasty purpose, but gave

to God the honor and the praise. She then offered her rich provision as a peace offering to the men of David, and still pleaded as if she herself were the one who had so excited the resentment of the chief.” —*Patriarchs and Prophets*, p. 666.

FRIDAY

6. How did David receive her counsel? What are people who act like this wise woman called?

1 Samuel 25:32-35 *And David said to Abigail, Blessed be the Lord God of Israel, which sent thee this day to meet me: ³³And blessed be thy advice, and blessed be thou, which hast kept me this day from coming to shed blood, and from avenging myself with mine own hand. ³⁴For in very deed, as the Lord God of Israel liveth, which hath kept me back from hurting thee, except thou hadst hastened and come to meet me, surely there had not been left unto Nabal by the morning light any that pisseth against the wall. ³⁵So David received of her hand that which she had brought him, and said unto her, Go up in peace to thine house; see, I have hearkened to thy voice, and have accepted thy person.*

Matthew 5:9 *Blessed are the peacemakers: for they shall be called the children of God.*

“These words could have come only from the lips of one who had partaken of the wisdom from above. The piety of Abigail, like the fragrance of a flower, breathed out all unconsciously in face and word and action. The Spirit of the Son of God was abiding in her soul. Her speech, seasoned with grace, and full of kindness and peace, shed a heavenly influence. Better impulses came to David, and he trembled as he thought what might have been the consequences of his rash purpose. ‘Blessed are the peacemakers: for they shall be called the children of God.’ Matthew 5:9. Would that there were many more like this woman of Israel, who would soothe the irritated feelings, prevent rash impulses, and quell great evils by words of calm and well-directed wisdom.

“Abigail was a wise reprover and counselor. David’s passion died away under the power of her influence and reasoning. He was convinced that he had taken an unwise course and had lost control of his own spirit. With a humble heart he received the rebuke, in harmony with his own words, ‘Let the righteous smite me; it shall be a kindness: and let him reprove me; it shall be an excellent oil.’ Psalm 141:5. He gave thanks and blessings because she advised him righteously. There are many who, when they are reproved, think it praiseworthy if they receive the rebuke without becoming impatient; but how few take reproof with gratitude of heart and bless those who seek to save them from pursuing an evil course.” —*Patriarchs and Prophets*, p. 667.

SABBATH

FINAL RESULT

7. What was the end of the angry, cowardly Nabal? What does the poison of alcohol cause?

1 Samuel 25:36-38 *And Abigail came to Nabal; and, behold, he held a feast in his house, like the feast of a king; and Nabal’s heart was merry within him, for he was very drunken: wherefore she told him nothing, less or more, until the morning light. ³⁷But it came to pass in the morning, when the wine was gone out of Nabal, and his wife had told him these things,*

that his heart died within him, and he became as a stone. ³⁸And it came to pass about ten days after, that the Lord smote Nabal, that he died.

Proverbs 23:29, 30 Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? ³⁰They that tarry long at the wine; they that go to seek mixed wine.

“When Abigail returned home she found Nabal and his guests in the enjoyment of a great feast, which they had converted into a scene of drunken revelry. Not until the next morning did she relate to her husband what had occurred in her interview with David. Nabal was a coward at heart; and when he realized how near his folly had brought him to a sudden death, he seemed smitten with paralysis. Fearful that David would still pursue his purpose of revenge, he was filled with horror, and sank down in a condition of helpless insensibility. After ten days he died. The life that God had given him had been only a curse to the world. In the midst of his rejoicing and making merry, God had said to him, as He said to the rich man of the parable, ‘This night thy soul shall be required of thee.’ Luke 12:20.” —*Patriarchs and Prophets*, p. 667.

FOR ADDITIONAL STUDY

“No one else can lessen our influence as we ourselves can lessen it through the indulgence of uncontrollable temper. A naturally petulant man does not know true happiness and is seldom content. He is ever hoping to get into a more favorable position or to so change his surroundings that he will have peace and rest of mind. His life seems to be burdened with heavy crosses and trials, when, had he controlled his temper and bridled his tongue, many of these annoyances might have been avoided. It is the ‘soft answer’ which ‘turneth away wrath.’ Revenge has never conquered a foe. A well-regulated temper exerts a good influence on all around; but ‘he that hath no rule over his own spirit is like a city that is broken down, and without walls.’” —(Testimonies for the Church, vol. 4, pp. 367, 368 [1879]) *Mind, Character, and Personality*, vol. 2, p. 520.

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5

Sabbath, February 4, 2023

Patience vs. Impatience

“But the fruit of the Spirit is love, joy, peace, longsuffering, . . .” Galatians 5:22.

“We are to have love, and connected with this are joy, peace, longsuffering, patience. We see the restlessness of the world, their dissatisfied condition. They want something they have not. They want something to keep up an excitement or something for amusement. But for the Christian there is joy, there is peace, there is longsuffering, gentleness, meekness, forbearance, and patience; and to these things we want to open the door of our heart, cherishing the heavenly graces of the Spirit of God.” —*In Heavenly Places*, p. 244.

DAVID'S PATIENCE

1. **What did David do after being anointed by Samuel the prophet? What effect did the knowledge that he would one day be the king of Israel have on his daily activities?**

1 Samuel 16:11-13 *And Samuel said unto Jesse, Are here all thy children? And he said, There remaineth yet the youngest, and, behold, he keepeth the sheep. And Samuel said unto Jesse, Send and fetch him: for we will not sit down till he come hither. ¹²And he sent, and brought him in. Now he was ruddy, and withal of a beautiful countenance, and goodly to look to. And the Lord said, Arise, anoint him: for this is he. ¹³Then Samuel took the horn of oil, and anointed him in the midst of his brethren: and the Spirit of the Lord came upon David from that day forward. So Samuel rose up, and went to Ramah.*

“Samuel had not made known his errand, even to the family of Jesse, and the ceremony of anointing David had been performed in secret. It was an intimation to the youth of the high destiny awaiting him, that amid all the varied experiences and perils of his coming years, this knowledge might inspire him to be true to the purpose of God to be accomplished by his life.

“The great honor conferred upon David did not serve to elate him. Notwithstanding the high position which he was to occupy, he quietly continued his employment, content to await the development of the Lord's plans in His own time and way. As humble and modest as before his anointing, the shepherd boy returned to the hills and watched and guarded his flocks as tenderly as ever.”—*Patriarchs and Prophets*, p. 641.

MONDAY

2. **Even though Saul wanted to kill David and knew that the young man would be the next king in Israel, what kept him from carrying out his evil plan?**

1 Samuel 24:4-6 *And the men of David said unto him, Behold the day of which the Lord said unto thee, Behold, I will deliver thine enemy into thine hand, that thou mayest do to him as it shall seem good unto thee. Then David arose, and cut off the skirt of Saul's robe privily. ⁵And it came to pass afterward, that David's heart smote him, because he had cut off Saul's skirt. ⁶And he said unto his men, The Lord forbid that I should do this thing unto my master, the Lord's anointed, to stretch forth mine hand against him, seeing he is the anointed of the Lord.*

“In a secluded cave the son of Jesse and his men waited for the guidance of God as to what should be done. As Saul was pressing his way up the mountains, he turned aside, and entered, alone, the very cavern in which David and his band were hidden. When David's men saw this they urged their leader to kill Saul. The fact that the king was now in their power was interpreted by them as certain evidence that God Himself had delivered the enemy into their hand, that they might destroy him. David was tempted to take this view of the matter; but the voice of conscience spoke to him, saying, ‘Touch not the anointed of the Lord.’ David's men were still unwilling to leave Saul in peace, and they reminded their commander of

the words of God, 'Behold, I will deliver thine enemy into thine hand, that thou mayest do to him as it shall seem good unto thee. Then David arose, and cut off the skirt of Saul's robe privily.' But his conscience smote him afterward, because he had even marred the garment of the king.

"Saul rose up and went out of the cave to continue his search, when a voice fell upon his startled ears, saying, 'My lord the king.' He turned to see who was addressing him, and lo! it was the son of Jesse, the man whom he had so long desired to have in his power that he might kill him. David bowed himself to the king, acknowledging him as his master. Then he addressed Saul in these words: 'Wherefore hearest thou men's words, saying, Behold, David seeketh thy hurt? Behold, this day thine eyes have seen how that the Lord hath delivered thee today into mine hand in the cave: and some bade me kill thee; but mine eye spared thee; and I said, I will not put forth mine hand against my lord; for he is the Lord's anointed. Moreover, my father, see, yea, see the skirt of thy robe in my hand: for in that I cut off the skirt of thy robe, and killed thee not, know thou and see that there is neither evil nor transgression in mine hand, and I have not sinned against thee; yet thou huntest my soul to take it.'" —*Patriarchs and Prophets*, pp. 661, 662.

TUESDAY

3. Some months later, what happened in the desert of Zif? What did David do?

1 Samuel 26:7-15 *So David and Abishai came to the people by night: and, behold, Saul lay sleeping within the trench, and his spear stuck in the ground at his bolster: but Abner and the people lay round about him. ⁸Then said Abishai to David, God hath delivered thine enemy into thine hand this day: now therefore let me smite him, I pray thee, with the spear even to the earth at once, and I will not smite him the second time. ⁹And David said to Abishai, Destroy him not: for who can stretch forth his hand against the Lord's anointed, and be guiltless? ¹⁰David said furthermore, As the Lord liveth, the Lord shall smite him; or his day shall come to die; or he shall descend into battle, and perish. ¹¹The Lord forbid that I should stretch forth mine hand against the Lord's anointed: but, I pray thee, take thou now the spear that is at his bolster, and the cruse of water, and let us go. ¹²So David took the spear and the cruse of water from Saul's bolster; and they gat them away, and no man saw it, nor knew it, neither awaked: for they were all asleep; because a deep sleep from the Lord was fallen upon them. ¹³Then David went over to the other side, and stood on the top of an hill afar off; a great space being between them: ¹⁴And David cried to the people, and to Abner the son of Ner, saying, Answerest thou not, Abner? Then Abner answered and said, Who art thou that criest to the king? ¹⁵And David said to Abner, Art not thou a valiant man? and who is like to thee in Israel? wherefore then hast thou not kept thy lord the king? for there came one of the people in to destroy the king thy lord.*

"The second instance of David's respect for his sovereign's life made a still deeper impression upon the mind of Saul and brought from him a more humble acknowledgment of his fault. He was astonished and subdued at the manifestation of such kindness. In parting from David, Saul exclaimed, 'Blessed be thou, my son David: thou shalt both do great things, and also shalt still prevail.' But the son of Jesse had no hope that the king would long continue in this frame of mind." —*Patriarchs and Prophets*, p. 671.

4. After King Saul was dead, to what tribe did David restrict his reign?

2 Samuel 2:1-4 *And it came to pass after this, that David enquired of the Lord, saying, Shall I go up into any of the cities of Judah? And the Lord said unto him, Go up. And David said, Whither shall I go up? And he said, Unto Hebron. ²So David went up thither, and his two wives also, Ahinoam the Jezreelitess, and Abigail Nabal's wife the Carmelite. ³And his men that were with him did David bring up, every man with his household: and they dwelt in the cities of Hebron. ⁴And the men of Judah came, and there they anointed David king over the house of Judah.*

“David and his followers immediately prepared to obey the instruction which they had received from God. The six hundred armed men, with their wives and children, their flocks and herds, were soon on the way to Hebron. As the caravan entered the city the men of Judah were waiting to welcome David as the future king of Israel. Arrangements were at once made for his coronation. ‘And there they anointed David king over the house of Judah.’ But no effort was made to establish his authority by force over the other tribes.” —*Patriarchs and Prophets*, p. 697.

THURSDAY

5. David was finally crowned king of all Israel. Calculate how many years had passed since Samuel first anointed David as king. How did David practice patience in that period of time?

2 Samuel 5:3-5 *So all the elders of Israel came to the king to Hebron; and king David made a league with them in Hebron before the Lord: and they anointed David king over Israel. ⁴David was thirty years old when he began to reign, and he reigned forty years. ⁵In Hebron he reigned over Judah seven years and six months; and in Jerusalem he reigned thirty and three years over all Israel and Judah.*

1 Chronicles 11:1-3 *Then all Israel gathered themselves to David unto Hebron, saying, Behold, we are thy bone and thy flesh. ²And moreover in time past, even when Saul was king, thou wast he that leddest out and broughtest in Israel: and the Lord thy God said unto thee, Thou shalt feed my people Israel, and thou shalt be ruler over my people Israel. ³Therefore came all the elders of Israel to the king to Hebron; and David made a covenant with them in Hebron before the Lord; and they anointed David king over Israel, according to the word of the Lord by Samuel.*

“After the death of Ishbosheth there was a general desire among the leading men of Israel that David should become king of all the tribes.... Thus through the providence of God the way had been opened for him to come to the throne. He had no personal ambition to gratify, for he had not sought the honor to which he had been brought....

“David was arrayed in the royal robe. The sacred oil was put upon his brow by the high priest, for the anointing by Samuel had been prophetic of what would take place at the inauguration of the king. The time had come, and David, by solemn rite, was consecrated to his office as God’s vicegerent. The scepter was placed in his hands. The covenant of his righteous sovereignty was written, and the people gave their pledges of loyalty. The diadem was placed upon his brow, and the coronation

ceremony was over. Israel had a king by divine appointment. He who had waited patiently for the Lord, beheld the promise of God fulfilled. 'And David went on, and grew great, and the Lord God of hosts was with him.' 2 Samuel 5:10."—*Patriarchs and Prophets*, p. 701.

FRIDAY

KING SAUL'S IMPATIENCE

6. What did King Saul's restless, impulsive spirit cause him to do when he was supposed to wait for the prophet Samuel to come and offer the sacrifice?

1 Samuel 13:7-12 *And some of the Hebrews went over Jordan to the land of Gad and Gilead. As for Saul, he was yet in Gilgal, and all the people followed him trembling. ⁸And he tarried seven days, according to the set time that Samuel had appointed: but Samuel came not to Gilgal; and the people were scattered from him. ⁹And Saul said, Bring hither a burnt offering to me, and peace offerings. And he offered the burnt offering. ¹⁰And it came to pass, that as soon as he had made an end of offering the burnt offering, behold, Samuel came; and Saul went out to meet him, that he might salute him. ¹¹And Samuel said, What hast thou done? And Saul said, Because I saw that the people were scattered from me, and that thou camest not within the days appointed, and that the Philistines gathered themselves together at Michmash; ¹²Therefore said I, The Philistines will come down now upon me to Gilgal, and I have not made supplication unto the Lord: I forced myself therefore, and offered a burnt offering.*

"With growing impatience he awaited the arrival of Samuel and attributed the confusion and distress and desertion of his army to the absence of the prophet. The appointed time came, but the man of God did not immediately appear. God's providence had detained His servant. But Saul's restless, impulsive spirit would no longer be restrained. Feeling that something must be done to calm the fears of the people, he determined to summon an assembly for religious service, and by sacrifice entreat the divine aid. God had directed that only those consecrated to the office should present sacrifices before Him. But Saul commanded, 'Bring hither a burnt offering;' and, equipped as he was with armor and weapons of war, he approached the altar and offered sacrifice before God."—*Patriarchs and Prophets*, p. 618.

SABBATH

AN ATTRIBUTE THAT SAVES LIVES

7. What character trait is critically important in man's salvation? How do you see this in your own life?

Revelation 14:12 *Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.*

Hebrews 10:35, 36 *Cast not away therefore your confidence, which hath great recompence of reward. ³⁶For ye have need of patience, that, after ye have done the will of God, ye might receive the promise.*

"I was shown the saints' reward, the immortal inheritance. Then I was shown how much God's people had endured for the truth's sake, and that they would count heaven cheap enough. They reckoned that the sufferings

of this present time were not worthy to be compared with the glory which should be revealed in them. The people of God in these last days will be tried. But soon their last trial will come, and then they will receive the gift of eternal life.”—*Maranatha*, p. 52.

“When sinners are converted, God is glorified before the principalities and powers of heaven and earth. These converted ones are a spectacle to the world, to angels, and to men. ‘Ye are My witnesses,’ God says. By looking to Me you are to become transformed in character. By the manifestation of Christlike forbearance and love you are to reveal this transformation.”—*Reflecting Christ*, p. 198.

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6

Sabbath, February 11, 2023

Kindness vs. Indifference

“Oh how great is Thy goodness, which Thou hast laid up for them that fear Thee; which Thou hast wrought for them that trust in Thee before the sons of men!” Psalm 31:19.

“Let the law of kindness be upon your lips and the oil of grace in your heart. This will produce wonderful results. You will be tender, sympathetic, courteous. You need all these graces. The Holy Spirit must be received and brought into your character; then it will be as holy fire, giving forth incense which will rise up to God, not from lips that condemn, but as a healer of the souls of men. Your countenance will express the image of the divine.... By beholding the character of Christ you will become changed into His likeness. The grace of Christ alone can change your heart and then you will reflect the image of the Lord Jesus. God calls upon us to be like Him—pure, holy, and undefiled. We are to bear the divine image.”—*Our Father Cares*, p. 218.

SUNDAY

GENUINE GOODNESS

1. **What order were the Israelites given regarding those in need? What moral obligation did they have to the poor?**

Deuteronomy 15:10, 11 *Thou shalt surely give him, and thine heart shall not be grieved when thou givest unto him: because that for this thing the Lord thy God shall bless thee in all thy works, and in all that thou puttest thine hand unto. ¹¹For the poor shall never cease out of the land: therefore I command thee, saying, Thou shalt open thine hand wide unto thy brother, to thy poor, and to thy needy, in thy land.*

Proverbs 3:27; 19:17 *Withhold not good from them to whom it is due, when it is in the power of thine hand to do it.... ^{19:17}He that hath pity upon the poor lendeth unto the Lord; and that which he hath given will he pay him again.*

“Religion brings man into personal relation with God, but not exclusively; for the principles of heaven are to be lived out, that they

may help and bless humanity. A true child of God will love Him with all his heart, and his neighbor as himself. He will have an interest for his fellowmen. True religion is the work of grace upon the heart, that causes the life to flow out in good works, like a fountain fed from living streams. Religion does not consist merely in meditation and prayer. The Christian's light is displayed in good works, and is thus recognized by others. Religion is not to be divorced from the business life. It is to pervade and sanctify its engagements and enterprises. If a man is truly connected with God and heaven, the spirit that dwells in heaven will influence all his words and actions. He will glorify God in his works, and will lead others to honor Him." —*Our Father Cares*, p. 35.

MONDAY

2. What did a Samaritan do when he saw a wounded man? Why was the relationship between the Jews and the Samaritans so contentious?

Luke 10:33, 34 *But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, ³⁴And went to him, and bound up his wounds, pouring in oil and wine, and set him on his own beast, and brought him to an inn, and took care of him.*

"A certain Samaritan, in his journey, came where the sufferer was, and when he saw him, he had compassion on him. He did not question whether the stranger was a Jew or a Gentile. If a Jew, the Samaritan well knew that, were their condition reversed, the man would spit in his face, and pass him by with contempt. But he did not hesitate on account of this. He did not consider that he himself might be in danger of violence by tarrying in the place. It was enough that there was before him a human being in need and suffering. He took off his own garment with which to cover him. The oil and wine provided for his own journey he used to heal and refresh the wounded man. He lifted him on his own beast, and moved slowly along with even pace, so that the stranger might not be jarred, and made to suffer increased pain. He brought him to an inn, and cared for him through the night, watching him tenderly." —*The Desire of Ages*, p. 503.

TUESDAY

3. What additional provisions did this extraordinary man provide for?

Luke 10:35 *And on the morrow when he departed, he took out two pence, and gave them to the host, and said unto him, Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee.*

"In the morning, as the sick man had improved, the Samaritan ventured to go on his way. But before doing this, he placed him in the care of the innkeeper, paid the charges, and left a deposit for his benefit; and not satisfied even with this, he made provision for any further need, saying to the host, "Take care of him; and whatsoever thou spendest more, when I come again, I will repay thee." —*The Desire of Ages*, p. 503.

"The Samaritan came that way, and when he saw the stranger's need of help he did not question whether he was a relative or was of his country or creed; but he went to work to help the sufferer because there was work which needed to be done. He relieved him as best he could, put him upon his own beast, and carried him to an inn and made provision for his wants

at his own expense.... The Samaritan represents a class who are true helpers with Christ and who are imitating His example in doing good.

"Those who have pity for the unfortunate, the blind, the lame, the afflicted, the widows, the orphans, and the needy, Christ represents as commandment keepers, who shall have eternal life.... Christ regards all acts of mercy, benevolence, and thoughtful consideration for the unfortunate, the blind, the lame, the sick, the widow, and the orphan as done to Himself; and these works are preserved in the heavenly records and will be rewarded." —*Testimonies for the Church*, vol. 3, pp. 511, 512.

WEDNESDAY

INDIFFERENCE

4. What were the responsibilities and benefits of the priests and Levites of Israel?

Numbers 18:1-4, 19, 20 *And the Lord said unto Aaron, Thou and thy sons and thy father's house with thee shall bear the iniquity of the sanctuary: and thou and thy sons with thee shall bear the iniquity of your priesthood. ²And thy brethren also of the tribe of Levi, the tribe of thy father, bring thou with thee, that they may be joined unto thee, and minister unto thee: but thou and thy sons with thee shall minister before the tabernacle of witness. ³And they shall keep thy charge, and the charge of all the tabernacle: only they shall not come nigh the vessels of the sanctuary and the altar, that neither they, nor ye also, die. ⁴And they shall be joined unto thee, and keep the charge of the tabernacle of the congregation, for all the service of the tabernacle: and a stranger shall not come nigh unto you.... ¹⁹All the heave offerings of the holy things, which the children of Israel offer unto the Lord, have I given thee, and thy sons and thy daughters with thee, by a statute for ever: it is a covenant of salt for ever before the Lord unto thee and to thy seed with thee. ²⁰And the Lord spake unto Aaron, Thou shalt have no inheritance in their land, neither shalt thou have any part among them: I am thy part and thine inheritance among the children of Israel.*

"They were of the class specially chosen to be representatives of God to the people. They were to 'have compassion on the ignorant, and on them that are out of the way' (Hebrews 5:2), that they might lead men to understand God's great love toward humanity. The work they were called to do was the same that Jesus had described as His own when He said, 'The Spirit of the Lord is upon Me, because He hath anointed Me to preach the gospel to the poor; He hath sent Me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised.' Luke 4:18." —*The Desire of Ages*, p. 499.

THURSDAY

5. What was the attitude of the priest when he passed by the injured man who was lying in the road?

Luke 10:31 *And by chance there came down a certain priest that way: and when he saw him, he passed by on the other side.*

Hebrews 13:16 *But to do good and to communicate forget not: for with such sacrifices God is well pleased.*

"The priest and the Levite had been for worship to the temple, whose service was appointed by God Himself. To participate in that service was a great and exalted privilege, and the priest and Levite felt that having been thus honored, it was beneath them to minister to an unknown sufferer by the wayside. Thus they neglected the special opportunity which God had offered them as His agents to bless a fellow being....

"The priest and Levite had no excuse for their cold-hearted indifference. The law of mercy and kindness was plainly stated in the Old Testament Scriptures. It was their appointed work to minister to just such cases as the one whom they had coldly passed by. Had they obeyed the law they claimed to respect, they would not have passed this man by without helping him. But they had forgotten the principles of the law that Christ, enshrouded in the pillar of cloud, had given to their fathers as He led them through the wilderness."—*Welfare Ministry*, pp. 46, 48.

FRIDAY

6. What did the Levite do when he passed by the wounded man?

Luke 10:32 *And likewise a Levite, when he was at the place, came and looked on him, and passed by on the other side.*

Deuteronomy 15:7, 8 *If there be among you a poor man of one of thy brethren within any of thy gates in thy land which the Lord thy God giveth thee, thou shalt not harden thine heart, nor shut thine hand from thy poor brother: ⁸But thou shalt open thine hand wide unto him, and shalt surely lend him sufficient for his need, in that which he wanteth.*

"The Levite was of the same tribe as was the wounded, bruised sufferer. All Heaven watched as the Levite passed down the road, to see if his heart would be touched with human woe. As he beheld the man he was convicted of what he ought to do; but as it was not an agreeable duty, he wished he had not come that way, so that he need not have seen the man who was wounded and bruised, naked and perishing, and in want of help from his fellow men. He passed on his way, persuading himself that it was none of his business, and that he had no need to trouble himself over the case. Claiming to be an expositor of the law, to be a minister in sacred things, he yet passed by on the other side."—*Welfare Ministry*, p. 47.

"Then the Levite appeared. Curious to know what had happened, he stopped and looked at the sufferer. He was convicted of what he ought to do; but it was not an agreeable duty.... With all these lessons the priest and the Levite were familiar, but they had not brought them into practical life. Trained in the school of national bigotry, they had become selfish, narrow, and exclusive. When they looked upon the wounded man, they could not tell whether he was of their nation or not. They thought he might be of the Samaritans, and they turned away."—*The Desire of Ages*, pp. 499, 500.

SABBATH

WONDERFUL KINDNESS

7. What example do we have from the Lord Jesus?

Hebrews 4:15 *For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.*

“If there is not another soul in the universe that regards you, the Lord God of Israel is looking upon you with thoughts of compassion, tenderness, and sympathy. He sees you with your strong impulses when fainthearted and discouraged,... You have the deepest, the richest, the most refreshing sympathy in the bosom of the great Shepherd. We have not an high priest who cannot sympathize with us, but One who was in all points tempted like as we are, yet without sin. Not only has every provision been made that when tried and tempted you should find help and strength and grace, but also that your influence upon other minds should be fragrant. Not only does Christ know every soul, and the temptations and trials of that soul, but He knows all the circumstances that irritate and chafe the spirit. Your great danger is in being self-sufficient. This will not do for a Christian. Christ will give you His patience if you ask for it.” —*That I May Know Him*, p. 53.

“In the story of the good Samaritan, Jesus gave a picture of Himself and His mission. Man had been deceived, bruised, robbed, and ruined by Satan, and left to perish; but the Saviour had compassion on our helpless condition. He left His glory, to come to our rescue. He found us ready to die, and He undertook our case. He healed our wounds. He covered us with His robe of righteousness. He opened to us a refuge of safety, and made complete provision for us at His own charges. He died to redeem us. Pointing to His own example, He says to His followers, ‘These things I command you, that ye love one another.’ ‘As I have loved you, that ye also love one another.’ John 15:17; 13:34.” —*The Desire of Ages*, p. 503.

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7

Sabbath, February 18, 2023

Generosity vs. Greed

“For God so loved the world, that he gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.” John 3:16.

“But in vain are men’s dreams of progress, in vain all efforts for the uplifting of humanity, if they neglect the one Source of hope and help for the fallen race.” —*Steps to Christ*, p. 21.

SUNDAY

A DIVINE ATTRIBUTE

- 1. Why does it appear that patience was not needed so much during the apostolic times? What was this stage of the church called?**

Acts 4:32-35 *And the multitude of them that believed were of one heart and of one soul: neither said any of them that ought of the things which he possessed was his own; but they had all things common. ³³And with great power gave the apostles witness of the resurrection of the Lord Jesus: and great grace was upon them all. ³⁴Neither was there any among them that lacked: for as many as were possessors of lands or houses sold them, and*

brought the prices of the things that were sold,³⁵ And laid them down at the apostles' feet: and distribution was made unto every man according as he had need.

Revelation 2:1 *Unto the angel of the church of Ephesus write; These things saith he that holdeth the seven stars in his right hand, who walketh in the midst of the seven golden candlesticks.*

"The record declares, 'Neither was there any among them that lacked,' and it tells how the need was filled. Those among the believers who had money and possessions cheerfully sacrificed them to meet the emergency. Selling their houses or their lands, they brought the money and laid it at the apostles' feet, 'and distribution was made unto every man according as he had need.'

"This liberality on the part of the believers was the result of the outpouring of the Spirit. The converts to the gospel were 'of one heart and of one soul.' One common interest controlled them—the success of the mission entrusted to them; and covetousness had no place in their lives. Their love for their brethren and the cause they had espoused, was greater than their love of money and possessions. Their works testified that they accounted the souls of men of higher value than earthly wealth." —*The Acts of the Apostles*, p. 70.

MONDAY

2. Who was Barnabas, and what did he do for the early Christian church?

Acts 4:36, 37 *And Joses, who by the apostles was surnamed Barnabas, (which is, being interpreted, The son of consolation,) a Levite, and of the country of Cyprus, ³⁷Having land, sold it, and brought the money, and laid it at the apostles' feet.*

"Money, time, influence: all the gifts they have received from God's hand, they will value only as a means of advancing the work of the gospel." —*The Acts of the Apostles*, p. 71.

TUESDAY

COLLUSION IN WRONGDOING

3. When they saw that the people who sold their properties and shared the proceeds with those most in need were esteemed, what did Ananias and Sapphira do? What moved their hearts?

Acts 5:1 *But a certain man named Ananias, with Sapphira his wife, sold a possession.*

Ecclesiastes 5:4, 5 *When thou vowest a vow unto God, defer not to pay it; for he hath no pleasure in fools: pay that which thou hast vowed. ⁵Better is it that thou shouldest not vow, than that thou shouldest vow and not pay.*

Deuteronomy 23:21 *When thou shalt vow a vow unto the Lord thy God, thou shalt not slack to pay it: for the Lord thy God will surely require it of thee; and it would be sin in thee.*

"They saw, however, that those who parted with their possessions to supply the needs of their poorer brethren, were held in high esteem among the believers; and ashamed to have their brethren know that their

selfish souls grudged that which they had solemnly dedicated to God, they deliberately decided to sell their property and pretend to give all the proceeds into the general fund, but really to keep a large share for themselves. Thus they would secure their living from the common store and at the same time gain the high esteem of their brethren.... But when the heart is stirred by the influence of the Holy Spirit, and a vow is made to give a certain amount, the one who vows has no longer any right to the consecrated portion. Promises of this kind made to men would be looked upon as binding; are those not more binding that are made to God? Are promises tried in the court of conscience less binding than written agreements of men?" *—The Acts of the Apostles*, pp. 72, 74.

"How was it with the early church? Ananias and Sapphira joined themselves to the disciples. Simon Magus was baptized.... Judas Iscariot was numbered with the apostles. The Redeemer does not want to lose one soul; His experience with Judas is recorded to show His long patience with perverse human nature; and He bids us bear with it as He has borne." *—Christ's Object Lessons*, p. 72.

WEDNESDAY

4. **What feeling came over Ananias when he saw so much money from the property's sale? Why did his wife agree to lie to the apostles?**

Acts 5:2 *And kept back part of the price, his wife also being privy to it, and brought a certain part, and laid it at the apostles' feet.*

Ecclesiastes 5:6 *Suffer not thy mouth to cause thy flesh to sin; neither say thou before the angel, that it was an error: wherefore should God be angry at thy voice, and destroy the work of thine hands?*

"Afterward, Ananias and Sapphira grieved the Holy Spirit by yielding to feelings of covetousness. They began to regret their promise and soon lost the sweet influence of the blessing that had warmed their hearts with a desire to do large things in behalf of the cause of Christ. They thought they had been too hasty, that they ought to reconsider their decision. They talked the matter over, and decided not to fulfill their pledge." *—The Acts of the Apostles*, p. 72.

"Ananias and his wife Sapphira had the privilege of hearing the gospel preached by the apostles.... While under the direct influence of the Spirit of God, they made a pledge to give to the Lord certain lands; but when they were no longer under this heavenly influence, the impression was less forcible, and they began to question and draw back from fulfilling the pledge which they had made.... Covetousness was first cherished; then, ashamed to have their brethren know that their selfish souls grudged that which they had solemnly dedicated and pledged to God, deception was practiced." *—Testimonies for the Church*, vol. 4, p. 463.

THURSDAY

5. **Why did Ananias not realize that his attempts to deceive the apostles might have fatal consequences?**

Acts 5:3-6 *But Peter said, Ananias, why hath Satan filled thine heart to lie to the Holy Ghost, and to keep back part of the price of the land? ⁴Whiles it remained, was it not thine own? and after it was sold, was it not in thine own power? why hast thou conceived this thing in thine heart? thou hast not lied unto men, but unto God. ⁵And Ananias hearing these words fell down, and gave up the ghost: and great fear came on all them*

that heard these things. ⁶And the young men arose, wound him up, and carried him out, and buried him.

Hebrews 4:12 *For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.*

Jeremiah 17:10 *I the Lord search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.*

“But God hates hypocrisy and falsehood. Ananias and Sapphira practiced fraud in their dealing with God; they lied to the Holy Spirit, and their sin was visited with swift and terrible judgment. When Ananias came with his offering, Peter said: ‘Ananias, why hath Satan filled thine heart to lie to the Holy Ghost, and to keep back part of the price of the land? Whiles it remained, was it not thine own? and after it was sold, was it not in thine own power? why hast thou conceived this thing in thine heart? thou hast not lied unto men, but unto God.’

“No undue influence had been brought to bear upon Ananias to compel him to sacrifice his possessions to the general good. He had acted from choice. But in attempting to deceive the disciples, he had lied to the Almighty.” —*The Acts of the Apostles*, pp. 72, 73.

FRIDAY

6. What should Sapphira's response have been when the apostle Peter asked her about the price of the property's sale? Why was this couple's dishonesty punished so severely and immediately?

Acts 5:7-11 *And it was about the space of three hours after, when his wife, not knowing what was done, came in. ⁸And Peter answered unto her, Tell me whether ye sold the land for so much? And she said, Yea, for so much. ⁹Then Peter said unto her, How is it that ye have agreed together to tempt the Spirit of the Lord? behold, the feet of them which have buried thy husband are at the door, and shall carry thee out. ¹⁰Then fell she down straightway at his feet, and yielded up the ghost: and the young men came in, and found her dead, and, carrying her forth, buried her by her husband. ¹¹And great fear came upon all the church, and upon as many as heard these things.*

“Infinite Wisdom saw that this signal manifestation of the wrath of God was necessary to guard the young church from becoming demoralized. Their numbers were rapidly increasing. The church would have been endangered if, in the rapid increase of converts, men and women had been added who, while professing to serve God, were worshiping mammon. This judgment testified that men cannot deceive God, that He detects the hidden sin of the heart, and that He will not be mocked. It was designed as a warning to the church, to lead them to avoid pretense and hypocrisy, and to beware of robbing God.... This example of God's hatred of covetousness, fraud, and hypocrisy, was given as a danger signal. It was covetousness that Ananias and Sapphira had first cherished. The desire to retain for themselves a part of that which they had promised to the Lord, led them into fraud and hypocrisy....

“In the case of Ananias and Sapphira, the sin of fraud against God was speedily punished. The same sin was often repeated in the after history of the church and is committed by many in our time. But though it may not

be attended by the visible manifestation of God's displeasure, it is no less heinous in His sight now than in the apostles' time. The warning has been given; God has clearly manifested His abhorrence of this sin; and all who give themselves up to hypocrisy and covetousness may be sure that they are destroying their own souls." —*The Acts of the Apostles*, pp. 73, 74, 76.

SABBATH

7. How can we imitate Barnabas' example?

Proverbs 11:25 *The liberal soul shall be made fat: and he that watereth shall be watered also himself.*

2 Corinthians 9:7 *Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.*

"Many spend money lavishly in self-gratification. Men and women consult their pleasure and gratify their taste, while they bring to God, almost unwillingly, a stinted offering. They forget that God will one day demand a strict account of how His goods have been used, and that He will no more accept the pittance they hand into the treasury than He accepted the offering of Ananias and Sapphira." —*The Acts of the Apostles*, p. 75.

"The world has no right to doubt the truth of Christianity because there are unworthy members in the church, nor should Christians become disheartened because of these false brethren." —*Christ's Object Lessons*, p. 72.

"Each of us has a case pending in the court of heaven. Shall our course of conduct balance the evidence against us? The case of Ananias and Sapphira was of the most aggravated character. In keeping back part of the price, they lied to the Holy Ghost. Guilt likewise rests upon every individual in proportion to like offenses." —*Counsels on Stewardship*, p. 315.

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8

Sabbath, February 25, 2023

Faith vs. Unbelief

"Now faith is the substance of things hoped for, the evidence of things not seen." Hebrews 11:1.

"By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went." Hebrews 11:8. Abraham's unquestioning obedience is one of the most striking evidences of faith to be found in all the Bible. To him, faith was 'the substance of things hoped for, the evidence of things not seen.' Verse 1. Relying upon the divine promise, without the least outward assurance of its fulfillment, he abandoned home and kindred and native land, and went forth, he knew not whither, to follow where God should lead. 'By faith he became a sojourner in the land of promise, as in a land not his own, dwelling in tents, with Isaac and Jacob, the heirs with him of the same promise.' Hebrews 11:9, R.V." —*Patriarchs and Prophets*, p. 126.

ABRAM'S UNBELIEF

1. What did Abram lack when he went to Egypt? What did he ask Sarai, his wife, to do?

Genesis 12:11-13 *And it came to pass, when he was come near to enter into Egypt, that he said unto Sarai his wife, Behold now, I know that thou art a fair woman to look upon: ¹²Therefore it shall come to pass, when the Egyptians shall see thee, that they shall say, This is his wife: and they will kill me, but they will save thee alive. ¹³Say, I pray thee, thou art my sister: that it may be well with me for thy sake; and my soul shall live because of thee.*

“During his stay in Egypt, Abraham gave evidence that he was not free from human weakness and imperfection. In concealing the fact that Sarah was his wife, he betrayed a distrust of the divine care, a lack of that lofty faith and courage so often and nobly exemplified in his life. Sarah was fair to look upon, and he doubted not that the dusky Egyptians would covet the beautiful stranger, and that in order to secure her, they would not scruple to slay her husband. He reasoned that he was not guilty of falsehood in representing Sarah as his sister, for she was the daughter of his father, though not of his mother. But this concealment of the real relation between them was deception. No deviation from strict integrity can meet God’s approval. Through Abraham’s lack of faith, Sarah was placed in great peril.” —*Patriarchs and Prophets*, p. 130.

MONDAY

2. Why was Abram’s wife’s beauty an issue when their household went to Egypt? What did the ministers and pharaoh of Egypt do when they saw her?

Genesis 12:14, 15 *And it came to pass, that, when Abram was come into Egypt, the Egyptians beheld the woman that she was very fair. ¹⁵The princes also of Pharaoh saw her, and commended her before Pharaoh: and the woman was taken into Pharaoh’s house.*

“The king of Egypt, being informed of her beauty, caused her to be taken to his palace, intending to make her his wife. But the Lord, in His great mercy, protected Sarah by sending judgments upon the royal household. By this means the monarch learned the truth in the matter, and, indignant at the deception practiced upon him, he reproved Abraham and restored to him his wife, saying, ‘What is this that thou hast done unto me?... Why saidst thou, She is my sister? So I might have taken her to me to wife. Now therefore behold thy wife, take her, and go thy way.’” —*Patriarchs and Prophets*, p. 130.

TUESDAY

3. What did God promise Abram one starry night?

Genesis 12:2, 3; 15:5 *And I will make of thee a great nation, and I will bless thee, and make thy name great; and thou shalt be a blessing: ³And I will bless them that bless thee, and curse him that curseth thee: and in thee shall all families of the earth be blessed.... ^{15:5}And he brought him forth*

abroad, and said, Look now toward heaven, and tell the stars, if thou be able to number them: and he said unto him, So shall thy seed be.

“There was given to Abraham the promise, especially dear to the people of that age, of a numerous posterity and of national greatness ... And to this was added the assurance, precious above every other to the inheritor of faith, that of his line the Redeemer of the world should come: ‘In thee shall all families of the earth be blessed.’ Yet, as the first condition of fulfillment, there was to be a test of faith; a sacrifice was demanded.”
—*Patriarchs and Prophets*, p. 125.

WEDNESDAY

4. How did the patriarch wait for God to fulfill His promise? What advice did he accept when the promise was not fulfilled after a very long time?

Genesis 16:1-4 Now Sarai Abram's wife bare him no children: and she had an handmaid, an Egyptian, whose name was Hagar. ²And Sarai said unto Abram, Behold now, the Lord hath restrained me from bearing: I pray thee, go in unto my maid; it may be that I may obtain children by her. And Abram hearkened to the voice of Sarai. ³And Sarai Abram's wife took Hagar her maid the Egyptian, after Abram had dwelt ten years in the land of Canaan, and gave her to her husband Abram to be his wife. ⁴And he went in unto Hagar, and she conceived: and when she saw that she had conceived, her mistress was despised in her eyes.

“Abraham had accepted without question the promise of a son, but he did not wait for God to fulfill His word in His own time and way. A delay was permitted, to test his faith in the power of God; but he failed to endure the trial. Thinking it impossible that a child should be given her in her old age, Sarah suggested, as a plan by which the divine purpose might be fulfilled, that one of her handmaidens should be taken by Abraham as a secondary wife. Polygamy had become so widespread that it had ceased to be regarded as a sin, but it was no less a violation of the law of God, and was fatal to the sacredness and peace of the family relation.

“Abraham's marriage with Hagar resulted in evil, not only to his own household, but to future generations. Flattered with the honor of her new position as Abraham's wife, and hoping to be the mother of the great nation to descend from him, Hagar became proud and boastful, and treated her mistress with contempt. Mutual jealousies disturbed the peace of the once happy home. Forced to listen to the complaints of both, Abraham vainly endeavored to restore harmony. Though it was at Sarah's earnest entreaty that he had married Hagar, she now reproached him as the one at fault. She desired to banish her rival; but Abraham refused to permit this; for Hagar was to be the mother of his child, as he fondly hoped, the son of promise. She was Sarah's servant, however, and he still left her to the control of her mistress. Hagar's haughty spirit would not brook the harshness which her insolence had provoked. ‘When Sarai dealt hardly with her, she fled from her face.’” —*Patriarchs and Prophets*, p. 145.

THURSDAY

ABRAHAM'S FAITH

5. What test did Abraham pass through victoriously?

Genesis 12:1 *Now the Lord had said unto Abram, Get thee out of thy country, and from thy kindred, and from thy father's house, unto a land that I will shew thee.*

"It was no light test that was thus brought upon Abraham, no small sacrifice that was required of him. There were strong ties to bind him to his country, his kindred, and his home. But he did not hesitate to obey the call. He had no question to ask concerning the land of promise, whether the soil was fertile and the climate healthful; whether the country afforded agreeable surroundings and would afford opportunities for amassing wealth. God has spoken, and His servant must obey; the happiest place on earth for him was the place where God would have him to be." —*Patriarchs and Prophets*, p. 126.

FRIDAY

6. Many years later, what command did God give him? How difficult can we imagine that it was for him to obey the divine voice?

Genesis 22:1, 2 *And it came to pass after these things, that God did tempt Abraham, and said unto him, Abraham: and he said, Behold, here I am. ²And he said, Take now thy son, thine only son Isaac, whom thou lovest, and get thee into the land of Moriah; and offer him there for a burnt offering upon one of the mountains which I will tell thee of.*

"In a vision of the night he was directed to repair to the land of Moriah, and there offer up his son as a burnt offering upon a mountain that should be shown him.

"At the time of receiving this command, Abraham had reached the age of a hundred and twenty years. He was regarded as an old man, even in his generation. In his earlier years he had been strong to endure hardship and to brave danger, but now the ardor of his youth had passed away. One in the vigor of manhood may with courage meet difficulties and afflictions that would cause his heart to fail later in life, when his feet are faltering toward the grave. But God had reserved His last, most trying test for Abraham until the burden of years was heavy upon him, and he longed for rest from anxiety and toil.

"He went to the side of Sarah, who was also sleeping. Should he awaken her, that she might once more embrace her child? Should he tell her of God's requirement? He longed to unburden his heart to her, and share with her this terrible responsibility; but he was restrained by the fear that she might hinder him. Isaac was her joy and pride; her life was bound up in him, and the mother's love might refuse the sacrifice." —*Patriarchs and Prophets*, pp. 147, 148.

SABBATH

GOD'S FRIEND

7. What was the outcome of this great test? How was it possible for Abraham to be so victorious?

Genesis 22:7-14 *And Isaac spake unto Abraham his father, and said, My father: and he said, Here am I, my son. And he said, Behold the fire and the wood: but where is the lamb for a burnt offering? ⁸And Abraham said, My son, God will provide himself a lamb for a burnt offering: so they went both of them together. ⁹And they came to the place which God had*

told him of; and Abraham built an altar there, and laid the wood in order, and bound Isaac his son, and laid him on the altar upon the wood. ¹⁰And Abraham stretched forth his hand, and took the knife to slay his son. ¹¹And the angel of the Lord called unto him out of heaven, and said, Abraham, Abraham: and he said, Here am I. ¹²And he said, Lay not thine hand upon the lad, neither do thou any thing unto him: for now I know that thou fearest God, seeing thou hast not withheld thy son, thine only son from me. ¹³And Abraham lifted up his eyes, and looked, and behold behind him a ram caught in a thicket by his horns: and Abraham went and took the ram, and offered him up for a burnt offering in the stead of his son. ¹⁴And Abraham called the name of that place Jehovah-jireh: as it is said to this day, In the mount of the Lord it shall be seen.

James 2:23 *And the scripture was fulfilled which saith, Abraham believed God, and it was imputed unto him for righteousness: and he was called the Friend of God.*

“God gave His Son to a death of agony and shame. The angels who witnessed the humiliation and soul anguish of the Son of God were not permitted to interpose, as in the case of Isaac. There was no voice to cry, ‘It is enough.’ To save the fallen race, the King of glory yielded up His life. What stronger proof can be given of the infinite compassion and love of God? He that spared not His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?” Romans 8:32....

“Both Abraham and Sarah distrusted the power of God, and it was this error that led to the marriage with Hagar. God had called Abraham to be the father of the faithful, and his life was to stand as an example of faith to succeeding generations. But his faith had not been perfect. He had shown distrust of God in concealing the fact that Sarah was his wife, and again in his marriage with Hagar. That he might reach the highest standard, God subjected him to another test, the closest which man was ever called to endure.” —*Patriarchs and Prophets*, p. pp. 154, 147.

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MISSIONARY REPORT **from SANATORIO CARLOS KOZEL in Peru**

To be read on Sabbath, February 25, 2023

*The Special Sabbath School Offering
will be collected on Sabbath, March 4, 2023*

“Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth.” Jeremiah 33:6.

Dear brothers, sisters, and friends of the truth,

The ministry of our Lord Jesus Christ was carried out not only by teaching and living the example of a holy life, but also through the health message. The Saviour went about healing those who were suffering from sickness, showing them the way to a healthier, better life. Therefore, part of our mission today is to establish institutions such as clinics and health centers where the powerful message of health reform is demonstrated in practice and where the sick and needy may be restored to health through prayer and healing therapies, as well as by learning to carry out the divine principles of healthful living.

Ever since the Elim sanitarium in Germany was closed in 2017, the General Conference has been looking for an opportunity to establish a clinic in a good location. Our dream has always been to conduct the health ministry by having a facility where diseases and infirmities may be treated through the use of natural medicine, according to the light that the Lord has provided. An excellent opportunity arose in Peru, where the Union had purchased land and was already planning to establish a small health center next to the missionary school in Huaral, a coastal district called the “Capital of Agriculture,” which has a warm, pleasant climate. Peru is blessed with many medicinal plants, vegetables, and fruits that may be obtained at affordable prices. Besides, the Peruvian Union has more than 6,000 members as well as many professionals who are willing to contribute to the ministry of healing. The missionary school students may also serve as helpers and interns in this facility.

The General Conference Full Board has decided to enter into a partnership with the Peruvian Union and help it to complete the construction of the hydrotherapy module, as well as build dormitories, kitchen, and dining hall seating about 150. A complete business plan was drawn up for the establishment of this clinic, called the Sanatorio Carlos Kozel. After that, with the help of the General Architect, Brother Edinson Smit Guerrero Martinez, and Civil Engineer Brother Wicleff Miller Calderon Rios, the plans were completed and construction began in February 2022. The President of the Peruvian Union and a committee appointed for this purpose are supervising each step of the project. The General Conference is investing funds from the Building Fund; and, if everything works well, it is hoped that the General Conference delegates’ meetings may be convened at the completed clinic.

Even though the General Conference has already dedicated a certain funds for the construction of this health facility, your offerings are needed to complete the construction and furnish both the dormitory and the therapy module. The plan is for more than ten different types of therapy to be offered by medical professionals, so furnishings, medical equipment, and digital devices need to be obtained. Such equipment is expensive. Your donations, both large and small, are very important for this project. A blessing is promised in God’s

word to all who lay up treasure in heaven by investing their earthly means in such endeavors.

It is interesting to note that Peru is respected around the world as a country that has outstanding knowledge of and practices natural therapies and alternative medicine. We hope that this health clinic will offer even more therapies than did the previous sanitarium in Germany for the treatment of cancer, diabetes, and other serious diseases and health problems. The Peruvian society is very interested in natural medicine, so our prayer is that the Lord will work so that this clinic will be able to serve many people. The town of Huaral is located about two hours from Lima, the capital city. The clinic is will be a blessing to church members and visitors alike—not only those from Peru but also those who visit from other parts of the world. Our desire is that everyone will find strength and health at this facility.

When you give for the Special Sabbath School Offering next week for the development of the health center Sanatorio Carlos Kozel in Peru, your support will be a great blessing for the medical missionary work that God has ordained for His people. You may thus participate directly in establishing this historical monument for God's church. May it be a beacon of light to many. God bless every cheerful giver.

For the General Conference Executive Board,

—Elder Tzvetan Petkov
General Conference President

SPECIAL SABBATH SCHOOL OFFERING
for SANATORIO CARLOS KOZEL in Peru

Let your offering be a reflection of how God has blessed you!

9

Sabbath, March 4, 2023

Meekness vs. Pride

“Seek ye the Lord, all ye meek of the earth, which have wrought His judgment; seek righteousness, seek meekness: it may be ye shall be hid in the day of the Lord’s anger.” Zephaniah 2:3.

“Meekness and humility will characterize all who are obedient to the law of God, all who will wear the yoke of Christ with submission. These graces will bring the desirable result of peace in the service of God...”—*That I May Know Him*, p. 120.

SUNDAY

MEEKNESS

1. What was Moses’ character like before his conversion? Where did he learn to be meek?

Numbers 12:3 *(Now the man Moses was very meek, above all the men which were upon the face of the earth.)*

Exodus 2:11-15 *And it came to pass in those days, when Moses was grown, that he went out unto his brethren, and looked on their burdens: and he spied an Egyptian smiting an Hebrew, one of his brethren. ¹²And he looked this way and that way, and when he saw that there was no man, he slew the Egyptian, and hid him in the sand. ¹³And when he went out the second day, behold, two men of the Hebrews strove together: and he said to him that did the wrong, Wherefore smitest thou thy fellow? ¹⁴And he said, Who made thee a prince and a judge over us? intendest thou to kill me, as thou killedst the Egyptian? And Moses feared, and said, Surely this thing is known. ¹⁵Now when Pharaoh heard this thing, he sought to slay Moses. But Moses fled from the face of Pharaoh, and dwelt in the land of Midian:...*

Matthew 11:29 *Take My yoke upon you, and learn of Me; for I am meek and lowly in heart: and ye shall find rest unto your souls.*

“Shut in by the bulwarks of the mountains, Moses was alone with God. The magnificent temples of Egypt no longer impressed his mind with their superstition and falsehood. In the solemn grandeur of the everlasting hills he beheld the majesty of the Most High, and in contrast realized how powerless and insignificant were the gods of Egypt. Everywhere the Creator’s name was written. Moses seemed to stand in His presence and to be overshadowed by His power. Here his pride and self-sufficiency were

swept away. In the stern simplicity of his wilderness life, the results of the ease and luxury of Egypt disappeared. Moses became patient, reverent, and humble, 'very meek, above all the men which were upon the face of the earth' (Numbers 12:3), yet strong in faith in the mighty God of Jacob." –*Patriarchs and Prophets*, p. 248.

MONDAY

2. **What three phases of life did Moses pass through? What did he learn in Egypt that he had to unlearn in the Midian desert school?**

Acts 7:23, 30, 36 *And when he was full forty years old, it came into his heart to visit his brethren the children of Israel.... ³⁰And when forty years were expired, there appeared to him in the wilderness of mount Sina an angel of the Lord in a flame of fire in a bush.... ³⁶He brought them out, after that he had shewed wonders and signs in the land of Egypt, and in the Red sea, and in the wilderness forty years.*

"He had yet to learn the same lesson of faith that Abraham and Jacob had been taught: not to rely upon human strength or wisdom, but upon the power of God for the fulfillment of His promises. And there were other lessons that, amid the solitude of the mountains, Moses was to receive. In the school of self-denial and hardship he was to learn patience, to temper his passions. Before he could govern wisely, he must be trained to obey. His own heart must be fully in harmony with God before he could teach the knowledge of His will to Israel. By his own experience he must be prepared to exercise a fatherly care over all who needed his help.... Man would have dispensed with that long period of toil and obscurity, deeming it a great loss of time. But Infinite Wisdom called him who was to become the leader of his people to spend forty years in the humble work of a shepherd. The habits of caretaking, of self-forgetfulness and tender solicitude for his flock, thus developed, would prepare him to become the compassionate, long-suffering shepherd of Israel. No advantage that human training or culture could bestow, could be a substitute for this experience.

"Moses had been learning much that he must unlearn. The influences that had surrounded him in Egypt: the love of his foster mother, his own high position as the king's grandson, the dissipation on every hand, the refinement, the subtlety, and the mysticism of a false religion, the splendor of idolatrous worship, the solemn grandeur of architecture and sculpture, all had left deep impressions upon his developing mind and had molded, to some extent, his habits and character. Time, change of surroundings, and communion with God could remove these impressions. It would require on the part of Moses himself a struggle as for life to renounce error and accept truth, but God would be his helper when the conflict should be too severe for human strength." –*Patriarchs and Prophets*, pp. 247, 248.

TUESDAY

3. **How did Moses feel when God called to him from the burning bush and commissioned him to deliver his people from Egypt? What hindrances did he see outwardly as well as in himself?**

Exodus 3:10, 11; 4:1, 10, 12 *Come now therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people the children of Israel out of Egypt. ¹¹And Moses said unto God, Who am I, that I should go unto Pharaoh, and that I should bring forth the children of Israel out of Egypt?... ^{4:1}And Moses answered and said, But, behold, they will not believe me, nor hearken unto my voice: for they will say, The Lord hath not*

appeared unto thee.... ¹⁰*And Moses said unto the Lord, O my Lord, I am not eloquent, neither heretofore, nor since thou hast spoken unto thy servant: but I am slow of speech, and of a slow tongue....* ¹²*Now therefore go, and I will be with thy mouth, and teach thee what thou shalt say.*

“Moses thought of the difficulties to be encountered, of the blindness, ignorance, and unbelief of his people, many of whom were almost destitute of a knowledge of God. ‘Behold,’ he said, ‘when I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and they shall say to me, What is His name? what shall I say unto them?’ The answer was: ‘I AM THAT I AM.’ Thus shalt thou say unto the children of Israel, I AM hath sent me unto you.”

“Moses was commanded first to assemble the elders of Israel, the most noble and righteous among them, who had long grieved because of their bondage, and to declare to them a message from God, with a promise of deliverance. Then he was to go with the elders before the king, and say to him: ‘The Lord God of the Hebrews hath met with us: and now let us go, we beseech thee, three days’ journey into the wilderness, that we may sacrifice to the Lord our God.’” —*Patriarchs and Prophets*, pp. 252, 253.

WEDNESDAY

PRIDE

4. How did the pharaoh react over and over again when God sent the plagues upon Egypt?

Exodus 5:1, 2; 7:13; 8:19, 32 *And afterward Moses and Aaron went in, and told Pharaoh, Thus saith the Lord God of Israel, Let my people go, that they may hold a feast unto me in the wilderness.* ²*And Pharaoh said, Who is the Lord, that I should obey his voice to let Israel go? I know not the Lord, neither will I let Israel go....* ^{7:13}*And he hardened Pharaoh’s heart, that he hearkened not unto them; as the Lord had said....* ^{8:19}*Then the magicians said unto Pharaoh, This is the finger of God: and Pharaoh’s heart was hardened, and he hearkened not unto them; as the Lord had said....* ³²*And Pharaoh hardened his heart at this time also, neither would he let the people go.*

“Though this haughty tyrant had by his crimes forfeited the mercy of God, yet his life had been preserved that through his stubbornness the Lord might manifest His wonders in the land of Egypt....

“Pharaoh remembered how he had once exclaimed, ‘Who is Jehovah, that I should obey His voice to let Israel go? I know not Jehovah, neither will I let Israel go.’ Now, his heaven-daring pride humbled in the dust, he ‘called for Moses and Aaron by night, and said, Rise up, and get you forth from among my people, both ye and the children of Israel; and go, serve the Lord, as ye have said.’” —*Patriarchs and Prophets*, pp. 267, 279.

THURSDAY

5. What made him change his mind once he had allowed the Israelites to leave Egypt with their families and possessions?

Exodus 14:4-8 *And I will harden Pharaoh’s heart, that he shall follow after them; and I will be honoured upon Pharaoh, and upon all his host; that the Egyptians may know that I am the Lord. And they did so.* ⁵*And it*

was told the king of Egypt that the people fled: and the heart of Pharaoh and of his servants was turned against the people, and they said, Why have we done this, that we have let Israel go from serving us? ⁶And he made ready his chariot, and took his people with him: ⁷And he took six hundred chosen chariots, and all the chariots of Egypt, and captains over every one of them. ⁸And the Lord hardened the heart of Pharaoh king of Egypt, and he pursued after the children of Israel: and the children of Israel went out with an high hand.

“The people deplored their folly in attributing the death of the first-born to the power of God. Their great men, recovering from their fears, accounted for the plagues as the result of natural causes. ‘Why have we done this, that we have let Israel go from serving us?’ was the bitter cry.” —*Patriarchs and Prophets*, p. 283.

FRIDAY

6. What did the Egyptians do, and how did the Israelites react when Pharaoh's army came upon them from the rear?

Exodus 14:10, 17-20 *And when Pharaoh drew nigh, the children of Israel lifted up their eyes, and, behold, the Egyptians marched after them; and they were sore afraid: and the children of Israel cried out unto the Lord.... ¹⁷And I, behold, I will harden the hearts of the Egyptians, and they shall follow them: and I will get me honour upon Pharaoh, and upon all his host, upon his chariots, and upon his horsemen. ¹⁸And the Egyptians shall know that I am the Lord, when I have gotten me honour upon Pharaoh, upon his chariots, and upon his horsemen. ¹⁹And the angel of God, which went before the camp of Israel, removed and went behind them; and the pillar of the cloud went from before their face, and stood behind them: ²⁰And it came between the camp of the Egyptians and the camp of Israel; and it was a cloud and darkness to them, but it gave light by night to these: so that the one came not near the other all the night.*

“The Hebrews were encamped beside the sea, whose waters presented a seemingly impassable barrier before them, while on the south a rugged mountain obstructed their further progress. Suddenly they beheld in the distance the flashing armor and moving chariots betokening the advance guard of a great army. As the force drew nearer, the hosts of Egypt were seen in full pursuit. Terror filled the hearts of Israel. Some cried unto the Lord, but far the greater part hastened to Moses with their complaints: ‘Because there were no graves in Egypt, hast thou taken us away to die in the wilderness? wherefore hast thou dealt thus with us, to carry us forth out of Egypt? Is not this the word that we did tell thee in Egypt, saying, Let us alone, that we may serve the Egyptians? For it had been better for us to serve the Egyptians, than that we should die in the wilderness.’...”

“God in His providence brought the Hebrews into the mountain fastnesses before the sea, that He might manifest His power in their deliverance and signally humble the pride of their oppressors. He might have saved them in any other way, but He chose this method in order to test their faith and strengthen their trust in Him.” —*Patriarchs and Prophets*, pp. 283, 290.

SABBATH

7. What great miracle did God perform for His people, demonstrating His power and teaching them to trust Him?

Exodus 14:21-28 And Moses stretched out his hand over the sea; and the Lord caused the sea to go back by a strong east wind all that night, and made the sea dry land, and the waters were divided. ²²And the children of Israel went into the midst of the sea upon the dry ground: and the waters were a wall unto them on their right hand, and on their left. ²³And the Egyptians pursued, and went in after them to the midst of the sea, even all Pharaoh's horses, his chariots, and his horsemen. ²⁴And it came to pass, that in the morning watch the Lord looked unto the host of the Egyptians through the pillar of fire and of the cloud, and troubled the host of the Egyptians, ²⁵And took off their chariot wheels, that they drave them heavily: so that the Egyptians said, Let us flee from the face of Israel; for the Lord fighteth for them against the Egyptians. ²⁶And the Lord said unto Moses, Stretch out thine hand over the sea, that the waters may come again upon the Egyptians, upon their chariots, and upon their horsemen. ²⁷And Moses stretched forth his hand over the sea, and the sea returned to his strength when the morning appeared; and the Egyptians fled against it; and the Lord overthrew the Egyptians in the midst of the sea. ²⁸And the waters returned, and covered the chariots, and the horsemen, and all the host of Pharaoh that came into the sea after them; there remained not so much as one of them.

"Pharaoh collected his forces, 'six hundred chosen chariots, and all the chariots of Egypt,' horsemen, captains, and foot soldiers. The king himself, attended by the great men of his realm, headed the attacking army. To secure the favor of the gods, and thus ensure the success of their undertaking, the priests also accompanied them. The king was resolved to intimidate the Israelites by a grand display of his power. The Egyptians feared lest their forced submission to the God of Israel should subject them to the derision of other nations; but if they should now go forth with a great show of power and bring back the fugitives, they would redeem their glory, as well as recover the services of their bondmen...."

"The people were weary and terrified, yet if they had held back when Moses bade them advance, God would never have opened the path for them. It was 'by faith' that 'they passed through the Red Sea as by dry land.' Hebrews 11:29. In marching down to the very water, they showed that they believed the word of God as spoken by Moses. They did all that was in their power to do, and then the Mighty One of Israel divided the sea to make a path for their feet." —*Patriarchs and Prophets*, pp. 283, 290.

FOR ADDITIONAL STUDY

"Humility and reverence should characterize the deportment of all who come into the presence of God. In the name of Jesus we may come before Him with confidence, but we must not approach Him with the boldness of presumption, as though He were on a level with ourselves. There are those who address the great and all-powerful and holy God, who dwelleth in light unapproachable, as they would address an equal, or even an inferior. There are those who conduct themselves in His house as they would not presume to do in the audience chamber of an earthly ruler. These should remember that they are in His sight whom seraphim adore, before whom angels veil their faces. God is greatly to be revered; all who truly realize His presence will bow in humility before Him, and, like Jacob beholding the vision of God, they will cry out, 'How dreadful is this place! This is none other but the house of God, and this is the gate of heaven.'" —*Patriarchs and Prophets*, p. 252.

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Temperance vs. Licentiousness

“And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness charity.” 2 Peter 1:5-7.

“In the first chapter of the second epistle of Peter you will find the promise that grace and peace will be multiplied unto you, if you will ‘add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and to godliness brotherly kindness; and to brotherly kindness charity.’ 2 Peter 1:5-7. These virtues are wonderful treasures. They ‘make a man more precious than fine gold; even a man than the golden wedge of Ophir.’ Isaiah 13:12.” —*Testimonies for the Church*, vol. 9, p. 186.

SUNDAY

TEMPERANCE

1. What testimony is given in the Scriptures of Daniel, who was taken captive to Babylon?

Daniel 5:10-12 *Now the queen, by reason of the words of the king and his lords, came into the banquet house: and the queen spake and said, O king, live for ever: let not thy thoughts trouble thee, nor let thy countenance be changed: ¹¹There is a man in thy kingdom, in whom is the spirit of the holy gods; and in the days of thy father light and understanding and wisdom, like the wisdom of the gods, was found in him; whom the king Nebuchadnezzar thy father, the king, I say, thy father, made master of the magicians, astrologers, Chaldeans, and soothsayers; ¹²Forasmuch as an excellent spirit, and knowledge, and understanding, interpreting of dreams, and shewing of hard sentences, and dissolving of doubts, were found in the same Daniel, whom the king named Belteshazzar: now let Daniel be called, and he will shew the interpretation.*

“The prophet first reminded Belshazzar of matters with which he was familiar, but which had not taught him the lesson of humility that might have saved him. He spoke of Nebuchadnezzar’s sin and fall, and of the Lord’s dealings with him: the dominion and glory bestowed upon him, the divine judgment for his pride, and his subsequent acknowledgment of the power and mercy of the God of Israel; and then in bold and emphatic words he rebuked Belshazzar for his great wickedness. He held the king’s sin up before him, showing him the lessons he might have learned but did not. Belshazzar had not read aright the experience of his grandfather, nor heeded the warning of events so significant to himself. The opportunity of knowing and obeying the true God had been given him, but had not been taken to heart, and he was about to reap the consequence of his rebellion.” —*Prophets and Kings*, p. 529.

MONDAY

2. What did the young Hebrews decide right at the beginning, when they were carried to Babylon in the time of King Nebuchadnezzar?

Daniel 1:8, 11-14 *But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself....* ¹¹*Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,* ¹²*Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.* ¹³*Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.* ¹⁴*So he consented to them in this matter, and proved them ten days.*

“Among those who maintained their allegiance to God were Daniel and his three companions, illustrious examples of what men may become who unite with the God of wisdom and power. From the comparative simplicity of their Jewish home, these youth of royal line were taken to the most magnificent of cities and into the court of the world's greatest monarch....

“Daniel and his associates had been trained by their parents to habits of strict temperance. They had been taught that God would hold them accountable for their capabilities, and that they must never dwarf or enfeeble their powers. This education was to Daniel and his companions the means of their preservation amidst the demoralizing influences of the court of Babylon. Strong were the temptations surrounding them in that corrupt and luxurious court, but they remained uncontaminated. No power, no influence, could sway them from the principles they had learned in early life by a study of the word and works of God.” —*Prophets and Kings*, pp. 480, 482.

TUESDAY

3. How did God reward the young men for resolving to exercise temperance rather than to accept all the luxuries and debaucheries offered in the royal court?

Daniel 1:15, 16 *And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.* ¹⁶*Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.*

“The Lord regarded with approval the firmness and self-denial of the Hebrew youth, and their purity of motive; and His blessing attended them. He ‘gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.’ The promise was fulfilled, ‘Them that honor Me I will honor.’ 1 Samuel 2:30. As Daniel clung to God with unwavering trust, the spirit of prophetic power came upon him. While receiving instruction from man in the duties of court life, he was being taught by God to read the mysteries of the future and to record for coming generations, through figures and symbols, events covering the history of this world till the close of time.” —*Prophets and Kings*, p. 484.

WEDNESDAY

IMMORALITY AND DRUNKENNESS

4. What did Belshazzar, Nebuchadnezzar's grandson, do during a night of immoral pleasure and entertainment?

Daniel 5:1-4 *Belshazzar the king made a great feast to a thousand of his lords, and drank wine before the thousand. ²Belshazzar, while he tasted the wine, commanded to bring the golden and silver vessels which his father Nebuchadnezzar had taken out of the temple which was in Jerusalem; that the king, and his princes, his wives, and his concubines, might drink therein. ³Then they brought the golden vessels that were taken out of the temple of the house of God which was at Jerusalem; and the king, and his princes, his wives, and his concubines, drank in them. ⁴They drank wine, and praised the gods of gold, and of silver, of brass, of iron, of wood, and of stone.*

“In his pride and arrogancy, with a reckless feeling of security Belshazzar ‘made a great feast to a thousand of his lords, and drank wine before the thousand.’ All the attractions that wealth and power could command, added splendor to the scene. Beautiful women with their enchantments were among the guests in attendance at the royal banquet. Men of genius and education were there. Princes and statesmen drank wine like water and reveled under its maddening influence.” —*Prophets and Kings*, p. 523.

THURSDAY

5. What happened unexpectedly? Who was the divine Watcher who had not been invited to King Belshazzar’s banquet?

Daniel 5:5, 6 *In the same hour came forth fingers of a man’s hand, and wrote over against the candlestick upon the plaister of the wall of the king’s palace: and the king saw the part of the hand that wrote. ⁶Then the king’s countenance was changed, and his thoughts troubled him, so that the joints of his loins were loosed, and his knees smote one against another.*

“With reason dethroned through shameless intoxication, and with lower impulses and passions now in the ascendancy, the king himself took the lead in the riotous orgy. As the feast progressed, he ‘commanded to bring the golden and silver vessels which ... Nebuchadnezzar had taken out of the temple which was in Jerusalem; that the king, and his princes, his wives, and his concubines, might drink therein.’ The king would prove that nothing was too sacred for his hands to handle. ‘They brought the golden vessels;... and the king, and his princes, his wives, and his concubines, drank in them. They drank wine, and praised the gods of gold, and of silver, of brass, of iron, of wood, and of stone.’

“Little did Belshazzar think that there was a heavenly Witness to his idolatrous revelry; that a divine Watcher, unrecognized, looked upon the scene of profanation, heard the sacrilegious mirth, beheld the idolatry. But soon the uninvited Guest made His presence felt. When the revelry was at its height a bloodless hand came forth and traced upon the walls of the palace characters that gleamed like fire, words which, though unknown to the vast throng, were a portent of doom to the now conscience-stricken king and his guests.” —*Prophets and Kings*, pp. 523, 524.

FRIDAY

6. What did the king and his guests experience as a mysterious hand wrote burning letters on the plaster wall? What thoughts terrorized their minds?

Daniel 5:8, 9 *Then came in all the king’s wise men: but they could not read the writing, nor make known to the king the interpretation thereof. ⁹Then was king Belshazzar greatly troubled, and his countenance was changed in him, and his lords were astonished.*

"Hushed was the boisterous mirth, while men and women, seized with nameless terror, watched the hand slowly tracing the mysterious characters. Before them passed, as in panoramic view, the deeds of their evil lives; they seemed to be arraigned before the judgment bar of the eternal God, whose power they had just defied. Where but a few moments before had been hilarity and blasphemous witticism, were pallid faces and cries of fear. When God makes men fear, they cannot hide the intensity of their terror." —*Prophets and Kings*, p. 524.

SABBATH

7. What was written on the wall? What frightening messages did the four words convey to the king?

Daniel 5:25-28 *And this is the writing that was written, MENE, MENE, TEKEL, UPHARSIN. ²⁶This is the interpretation of the thing: MENE; God hath numbered thy kingdom, and finished it. ²⁷TEKEL; Thou art weighed in the balances, and art found wanting. ²⁸PERES; Thy kingdom is divided, and given to the Medes and Persians.*

"Turning to the Heaven-sent message on the wall, the prophet read, 'Mene, Mene, Tekel, Upharsin.' The hand that had traced the characters was no longer visible, but these four words were still gleaming forth with terrible distinctness; and now with bated breath the people listened while the aged prophet declared....

"This is the interpretation of the thing: Mene; God hath numbered thy kingdom, and finished it. Tekel; Thou art weighed in the balances, and art found wanting. Peres; Thy kingdom is divided, and given to the Medes and Persians.'

"In that last night of mad folly, Belshazzar and his lords had filled up the measure of their guilt and the guilt of the Chaldean kingdom. No longer could God's restraining hand ward off the impending evil. Through manifold providences, God had sought to teach them reverence for His law. 'We would have healed Babylon,' He declared of those whose judgment was now reaching unto heaven, 'but she is not healed.' Jeremiah 51:9. Because of the strange perversity of the human heart, God had at last found it necessary to pass the irrevocable sentence. Belshazzar was to fall, and his kingdom was to pass into other hands." —*Prophets and Kings*, p. 530.

FOR ADDITIONAL STUDY

"As the Lord cooperated with Daniel and his fellows, so He will cooperate with all who strive to do His will. And by the impartation of His Spirit He will strengthen every true purpose, every noble resolution. Those who walk in the path of obedience will encounter many hindrances. Strong, subtle influences may bind them to the world; but the Lord is able to render futile every agency that works for the defeat of His chosen ones; in His strength they may overcome every temptation, conquer every difficulty.

"God brought Daniel and his associates into connection with the great men of Babylon, that in the midst of a nation of idolaters they might represent His character. How did they become fitted for a position of so great trust and honor? It was faithfulness in little things that gave complexion to their whole life. They honored God in the smallest duties, as well as in the larger responsibilities." —*Prophets and Kings*, p. 487.

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Diligence vs. Sloth

“Not slothful in business; fervent in spirit; serving the Lord.” Romans 12:11.

“Remember that in whatever position you may serve you are revealing motive, developing character. Whatever your work, do it with exactness, with diligence; overcome the inclination to seek an easy task.” —*The Ministry of Healing*, p. 499.

SUNDAY

INDOLENCE

1. What did the Thessalonians think about the second coming of Jesus?

2 Thessalonians 3:11-13 *For we hear that there are some which walk among you disorderly, working not at all, but are busybodies. ¹²Now them that are such we command and exhort by our Lord Jesus Christ, that with quietness they work, and eat their own bread. ¹³But ye, brethren, be not weary in well doing.*

“While laboring at Thessalonica, Paul had so fully covered the subject of the signs of the times, showing what events would occur prior to the revelation of the Son of man in the clouds of heaven, that he did not think it necessary to write at length regarding this subject. He, however, pointedly referred to his former teachings. ‘Of the times and the seasons,’ he said, ‘ye have no need that I write unto you. For yourselves know perfectly that the day of the Lord so cometh as a thief in the night. For when they shall say, Peace and safety; then sudden destruction cometh upon them.’” —*The Acts of the Apostles*, p. 259.

MONDAY

2. What type of people had come into the church? What did the apostle Paul write to those who were unwilling to work?

2 Thessalonians 3:5-10 *And the Lord direct your hearts into the love of God, and into the patient waiting for Christ. ⁶Now we command you, brethren, in the name of our Lord Jesus Christ, that ye withdraw yourselves from every brother that walketh disorderly, and not after the tradition which he received of us. ⁷For yourselves know how ye ought to follow us: for we behaved not ourselves disorderly among you; ⁸Neither did we eat any man’s bread for nought; but wrought with labour and travail night and day, that we might not be chargeable to any of you: ⁹Not because we have not power, but to make ourselves an ensample unto you to follow us. ¹⁰For even when we were with you, this we commanded you, that if any would not work, neither should he eat.*

Proverbs 10:4 *He becometh poor that dealeth with a slack hand: but the hand of the diligent maketh rich.*

“The apostle felt that he was to a large extent responsible for the spiritual welfare of those converted under his labors. His desire for them was that they might increase in a knowledge of the only true God, and

Jesus Christ, whom He had sent. Often in his ministry he would meet with little companies of men and women who loved Jesus, and bow with them in prayer, asking God to teach them how to maintain a living connection with Him. Often he took counsel with them as to the best methods of giving to others the light of gospel truth. And often, when separated from those for whom he had thus labored, he pleaded with God to keep them from evil and help them to be earnest, active missionaries.” —*The Acts of the Apostles*, p. 262.

TUESDAY

3. **Seeing some Thessalonians who were not working to benefit others, what did the apostle Paul say about how to deal with them?**

2 Thessalonians 3:6 *Now we command you, brethren, in the name of our Lord Jesus Christ, that ye withdraw yourselves from every brother that walketh disorderly, and not after the tradition which he received of us.*

“Now we exhort you, brethren, warn them that are unruly, comfort the feeble-minded, support the weak, be patient toward all men. See that none render evil for evil unto any man; but ever follow that which is good, both among yourselves, and to all men. Rejoice evermore. Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you. ...

“The Thessalonian believers were greatly annoyed by men coming among them with fanatical ideas and doctrines. Some were ‘disorderly, working not at all, but ... busy-bodies.’ The church had been properly organized, and officers had been appointed to act as ministers and deacons. But there were some, self-willed and impetuous, who refused to be subordinate to those who held positions of authority in the church. They claimed not only the right of private judgment, but that of publicly urging their views upon the church. In view of this, Paul called the attention of the Thessalonians to the respect and deference due to those who had been chosen to occupy positions of authority in the church.” —*The Acts of the Apostles*, pp. 263, 261.

WEDNESDAY

PERSONAL RESPONSIBILITY

4. **What did he write about some individuals who did not take care of their own responsibilities?**

2 Timothy 2:15 *Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.*

2 Thessalonians 3:12-15 *Now them that are such we command and exhort by our Lord Jesus Christ, that with quietness they work, and eat their own bread. ¹³But ye, brethren, be not weary in well doing. ¹⁴And if any man obey not our word by this epistle, note that man, and have no company with him, that he may be ashamed. ¹⁵Yet count him not as an enemy, but admonish him as a brother.*

“The work of the believers had been given them by God. By their faithful adherence to the truth they were to give to others the light which they had received. The apostle bade them not to become weary in well-doing, and pointed them to his own example of diligence in temporal matters while laboring with untiring zeal in the cause of Christ. He reproved those who had given themselves up to sloth and aimless excitement, and directed that ‘with quietness they work, and eat their own bread.’ He also enjoined

upon the church to separate from their fellowship anyone who should persist in disregarding the instruction given by God's ministers. 'Yet,' he added, 'count him not as an enemy, but admonish him as a brother.'" —*The Acts of the Apostles*, p. 267.

THURSDAY

5. What did he say regarding those who preach the gospel? Nevertheless, what did he do personally in that regard?

1 Corinthians 9:13-18 *Do ye not know that they which minister about holy things live of the things of the temple? and they which wait at the altar are partakers with the altar? ¹⁴Even so hath the Lord ordained that they which preach the gospel should live of the gospel. ¹⁵But I have used none of these things: neither have I written these things, that it should be so done unto me: for it were better for me to die, than that any man should make my glorying void. ¹⁶For though I preach the gospel, I have nothing to glory of: for necessity is laid upon me; yea, woe is unto me, if I preach not the gospel! ¹⁷For if I do this thing willingly, I have a reward: but if against my will, a dispensation of the gospel is committed unto me. ¹⁸What is my reward then? Verily that, when I preach the gospel, I may make the gospel of Christ without charge, that I abuse not my power in the gospel.*

Acts 18:3 *And because he was of the same craft, he abode with them, and wrought: for by their occupation they were tentmakers.*

"The watchful Christian is a working Christian, seeking zealously to do all in his power for the advancement of the gospel. As love for his Redeemer increases, so also does love for his fellow men. He has severe trials, as had his Master; but he does not allow affliction to sour his temper or destroy his peace of mind. He knows that trial, if well borne, will refine and purify him, and bring him into closer fellowship with Christ. Those who are partakers of Christ's sufferings will also be partakers of His consolation and at last sharers of His glory....

"For neither at any time used we flattering words, as ye know, nor a cloak of covetousness; God is witness: nor of men sought we glory, neither of you, nor yet of others, when we might have been burdensome, as the apostles of Christ. But we were gentle among you, even as a nurse cherisheth her children: so being affectionately desirous of you, we were willing to have imparted unto you, not the gospel of God only, but also our own souls, because ye were dear unto us." —*The Acts of the Apostles*, pp. 261, 256.

FRIDAY

6. How did Paul and Barnabas know that God had chosen them to minister to the Gentiles?

Acts 13:2, 3, 5, 42, 45, 46 *As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. ³And when they had fasted and prayed, and laid their hands on them, they sent them away.... ⁵They preached the word of God in the synagogues of the Jews.... ⁴²And when the Jews were gone out of the synagogue, the Gentiles besought that these words might be preached to them the next sabbath.... ⁴⁵But when the Jews saw the multitudes, they were filled with envy, and spake against those things which were spoken by Paul, contradicting and blaspheming. ⁴⁶Then Paul and Barnabas waxed bold, and said, It was necessary that the word of God should first have been spoken to you: but seeing ye put it from you, and judge yourselves unworthy of everlasting life, lo, we turn to the Gentiles.*

“God communicated with the devout prophets and teachers in the church at Antioch. ‘As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.’ Acts 13:2. These apostles were therefore dedicated to God in a most solemn manner by fasting and prayer and the laying on of hands; and they were sent forth to their field of labor among the Gentiles.

“Both Paul and Barnabas had been laboring as ministers of Christ, and God had abundantly blessed their efforts, but neither of them had previously been formally ordained to the gospel ministry by prayer and the laying on of hands. They were now authorized by the church not only to teach the truth but to baptize and to organize churches, being invested with full ecclesiastical authority. This was an important era for the church. Though the middle wall of partition between Jew and Gentile had been broken down by the death of Christ, letting the Gentiles into the full privileges of the gospel, the veil had not yet been torn away from the eyes of many of the believing Jews, and they could not clearly discern to the end of that which was abolished by the Son of God. The work was now to be prosecuted with vigor among the Gentiles, and was to result in strengthening the church by a great ingathering of souls.” —*The Story of Redemption*, p. 303.

SABBATH

7. What did Paul and his companions experience in the places where they went on their second and third missionary journeys?

Acts 16:21-23; 17:22, 23; 20:17, 35 *And teach customs, which are not lawful for us to receive, neither to observe, being Romans.* ²²*And the multitude rose up together against them: and the magistrates rent off their clothes, and commanded to beat them.* ²³*And when they had laid many stripes upon them, they cast them into prison, charging the jailor to keep them safely....* ^{17:22}*Then Paul stood in the midst of Mars' hill, and said, Ye men of Athens, I perceive that in all things ye are too superstitious.* ²³*For as I passed by, and beheld your devotions, I found an altar with this inscription, TO THE UNKNOWN GOD. Whom therefore ye ignorantly worship, him declare I unto you....* ^{20:17}*And from Miletus he sent to Ephesus, and called the elders of the church....* ³⁵*I have shewed you all things, how that so labouring ye ought to support the weak, and to remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive.*

“After spending some time in ministry at Antioch, Paul proposed to his fellow worker that they set forth on another missionary journey. ‘Let us go again,’ he said to Barnabas, ‘and visit our brethren in every city where we have preached the word of the Lord, and see how they do.’

“Both Paul and Barnabas had a tender regard for those who had recently accepted the gospel message under their ministry, and they longed to see them once more. This solicitude Paul never lost. Even when in distant mission fields, far from the scene of his earlier labors, he continued to bear upon his heart the burden of urging these converts to remain faithful, ‘perfecting holiness in the fear of God.’ 2 Corinthians 7:1. Constantly he tried to help them to become self-reliant, growing Christians, strong in faith, ardent in zeal, and wholehearted in their consecration to God and to the work of advancing His kingdom.” —*The Acts of the Apostles*, p. 201.

“The Greeks on the seacoast were sharp traders. They had educated themselves to sharp practice in deal, and had come to believe that gain was godliness, and that an ability to acquire gain, whether by fair means or foul, was a reason why they should be honored. Paul was acquainted with their practices, and he would not give them a chance to say that he and his fellow laborers preached in order to be supported by the gospel.

“Although it was perfectly right for him to be supported in this way (for ‘the labourer is worthy of his hire’), yet he saw that if he were [to do so], the influence upon his fellow laborers and those to whom he preached would not be the best. Paul feared that if he lived by preaching the gospel, he might be suspected of selfish motives in [so] doing.... He must show that he was willing to engage in any useful labor. He would not give any an excuse to demerit the work of the gospel by imputing motives of selfishness to those who preached the word. He would not give the sharp Grecians any occasion to hurt the influence of God’s servants.

“Paul reasoned, How could he teach the commandments, which required him to love God with heart, and soul, and strength, and mind, and his neighbor as himself, if he gave any one reason to think that he loved himself more than his neighbor or his God, that he followed the practices of the Grecians, trading sharply upon his office for the sake of gain, instead of following the principles of the gospel. How could he lead the people to Christ, if he took all he possibly could from them? Paul decided that he would not give these keen, critical, unscrupulous money traders occasion to suppose that God’s servants were working as sharply and following as dishonest methods as they were.”—*This Day with God*, p. 214.

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12

Sabbath, March 25, 2023

Zeal vs. Worldliness

“Not slothful in business; fervent in spirit; serving the Lord.” Romans 12:11.

“God’s servants are to be ‘not slothful in business; fervent in spirit; serving the Lord.’ Listlessness and inefficiency are not piety. When we realize that we are working for God, we shall have a higher sense than we have ever had before of the sacredness of spiritual service. This realization will put life and vigilance and persevering energy into the discharge of every duty. Religion, pure, undefiled religion, is intensely practical. Nothing but earnest, wholehearted labor will avail in the saving of souls. We are to make our everyday duties acts of devotion, constantly increasing in usefulness because we see our work in the light of eternity.”—(Letter 43, 1902) *Colporteur Ministry*, p. 77.

SUNDAY

A NEGATIVE INFLUENCE

- 1. What causes a person to lose his spiritual zeal? What has to change if he desires to be consecrated?**

Romans 12:2 *And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*

“Many of the professed, peculiar people of God are so conformed to the world that their peculiar character is not discerned, and it is difficult to distinguish between him that serveth God and him that serveth Him not.’ God would do great things for His people if they would come out from the world and be separate. If they would submit to be led by Him, He would make them a praise in all the earth. Says the True Witness: ‘I know thy works.’” —*Testimonies for the Church*, vol. 2, p. 125.

MONDAY

2. What trap does Satan set to make God’s people lose their spiritual enthusiasm? How did Jesus confront this trap?

Luke 4:5-8 *And the devil, taking him up into an high mountain, shewed unto him all the kingdoms of the world in a moment of time. ⁶And the devil said unto him, All this power will I give thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it. ⁷If thou therefore wilt worship me, all shall be thine. ⁸And Jesus answered and said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.*

“Let all be educated to search the Scriptures, to be constantly looking unto Jesus, and not to human agents, to be their guide. The Word of God is to be the man of our counsel. That Word is infinite. Obeyed, it will guide us into safe and sure paths. But the Word diluted with human devices and imaginings is not a safe guide....

“Take the Word of God individually. We may meet Satan with the weapon, ‘It is written, Thou shalt worship the Lord thy God, and Him only shalt thou serve.’ Matthew 4:10. The Bible is the great mine of truth, which we are to work as those seeking for hidden treasure. In no case is the attention to be diverted from that Word....” —*The Upward Look*, p. 371.

TUESDAY

3. What happens when one loses his spiritual fervor and becomes a friend of the world? When is he God’s friend?

James 4:4 *Ye adulterers and adulteresses, know ye not that the friendship of the world is enmity with God? whosoever therefore will be a friend of the world is the enemy of God.*

Revelation 12:17 *And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.*

“I saw that Satan bade his angels lay their snares especially for those who were looking for Christ’s second appearing and keeping all the commandments of God. Satan told his angels that the churches were asleep. He would increase his power and lying wonders, and he could hold them. ‘But,’ he said, ‘the sect of Sabbath keepers we hate; they are continually working against us, and taking from us our subjects, to keep the hated law of God. Go, make the possessors of lands and money drunk with cares. If you can make them place their affections upon these things, we shall have them yet. They may profess what they please, only make them care more for money than for the success of Christ’s kingdom or the spread of the truths we hate. Present the world before them in the most attractive light, that they may love and idolize it. We must keep in our ranks all the means of which we can gain control. The more means the followers of Christ devote to His service, the more will they injure our kingdom by getting our subjects.’” —*Early Writings*, p. 266.

4. How can one lose the heavenly Father's love? What does not come from Him that causes a person to lose his spirituality?

1 John 2:15-17 *Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. ¹⁶For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. ¹⁷And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.*

“Angels of God who minister unto those who shall be heirs of salvation are acquainted with the condition of all and understand just the measure of faith possessed by each individual. The unbelief, pride, covetousness, and love of the world, which have existed in the hearts of God's professed people, have grieved the sinless angels. As they have seen that grievous and presumptuous sins exist in the hearts of many professed followers of Christ, and that God has been dishonored by their inconsistent, crooked course, they have been caused to weep. And yet those most at fault, those who cause the greatest feebleness in the church and bring a stain upon their holy profession, do not seem to be alarmed or convicted, but seem to feel that they are flourishing in the Lord.” —*Testimonies for the Church*, vol. 2, p. 125.

THURSDAY

5. What fatal result will a person suffer if he loves the world and thus loses his spiritual zeal?

Matthew 16:26 *For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?*

“It seemed to me, as these things were presented before me, that Satan had possessed such power to blind minds through a love of the world, that even professed Christians forgot, or lost all sense of the fact that God lives and that His angels are making a record of all the doings of the children of men; that every mean act, every small deal, is placed upon the life record. Every day bears its burden of record of unfulfilled duties, of neglect, of selfishness, of deception, of fraud, of overreaching. What an amount of evil works is accumulating for the final judgment! When Christ shall come, ‘His reward is with Him, and His work before Him,’ to render to every man according as his works have been. What a revelation will then be made! What confusion of face to some as the acts of their lives are revealed upon the pages of history!” —*Testimonies for the Church*, vol. 2, p. 160.

FRIDAY

6. What did the Lord Jesus request from the Father in His intercessory prayer? What will bring about His followers' sanctification?

John 17:14-17 *I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world. ¹⁵I pray not that thou shouldest take them out of the world, but that thou shouldest keep them from the evil. ¹⁶They are not of the world, even as I am not of the world. ¹⁷Sanctify them through thy truth: thy word is truth.*

"We may see and condemn the faults of others, while we have greater faults which we have never realized, but which are distinctly seen by others. God requires you to give to the world and the church a good example, a life that represents Jesus. There are duties to be performed and responsibilities to be borne. The world has not enough true Christians; the church has need of them; society cannot spare them. Christ's prayer for His disciples was: 'I pray not that Thou shouldest take them out of the world, but that Thou shouldest keep them from the evil.' Jesus knows we are in the world, exposed to its temptations, but He loves us and will give us grace to triumph over its corrupting influences. He would have us perfect in character, that our waywardness may not occasion moral deformity in others." —*Testimonies for the Church*, vol. 5, p. 333.

SABBATH

CALLED TO BE VICTORIOUS

7. What gives a person victory over the world?

1 John 5:4, 5 *For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith. ⁵Who is he that overcometh the world, but he that believeth that Jesus is the Son of God?*

"We must search the Scriptures diligently, prayerfully; our understanding must be quickened by the Holy Spirit, and our hearts must be uplifted to God in faith and hope and continual praise.

"Through the merits of Christ, through His righteousness, which by faith is imputed unto us, we are to attain to the perfection of Christian character. Our daily and hourly work is set forth in the words of the apostle: 'Looking unto Jesus the Author and Finisher of our faith.' While doing this our minds become clearer and our faith stronger, and our hope is confirmed; we are so engrossed with the view of His purity and loveliness, and the sacrifice He has made to bring us into agreement with God, that we have no disposition to speak of doubts and discouragements." —*Testimonies for the Church*, vol. 5, pp. 743, 744.

FOR ADDITIONAL STUDY

"The present truth, which is the channel, is not regarded, but is trampled underfoot. Men may cry, Holiness! holiness! sanctification! sanctification! consecration! consecration! and yet know no more by experience of what they talk than the sinner with his corrupt propensities. God will soon tear off this whitewashed garb of professed sanctification which some who are carnally minded have thrown around them to hide the deformity of the soul.

"A faithful record is kept of the acts of the children of men. Nothing can be concealed from the eye of the high and holy One. Some take a course directly opposed to the law of God, and then, to cover up their sinful course, they profess to be consecrated to God. This profession of holiness does not make itself manifest in their daily lives. It does not have a tendency to elevate their minds, and lead them to 'abstain from all appearance of evil.' We are made a spectacle unto the world, to angels, and to men. Our faith is blasphemed in consequence of the crooked course of the carnally minded." —*Testimonies for the Church*, vol. 1, pp. 335, 336.

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SABBATH SCHOOL LESSONS

Second Quarter 2023

The Antediluvian World and Modern Health

By the grace of God, this quarter we will study the biographies of men and women who lived in the world before the flood. Today the customs of everyday life more and more resemble the conditions of the antediluvian world. At that time, virtually everyone belonged to the violent, idolatrous, immoral generation that denied God. A brief account of their lives appears in the book of Genesis. Jesus Himself told His followers to go back to the beginning and learn about this history. "And He answered and said unto them, Have ye not read, that He which made them at the beginning made them male and female?" Matthew 19:4.

Sometimes the Scriptures tell about the sins of men who were righteous. Why? The inspired pen states: "A faithful delineation of character, God has caused to be given in inspired history, of the best and greatest men in their day. These men were mortal, subject to a tempting devil. Their weakness and sins are not covered, but are faithfully recorded, with the reproof and punishment which followed. 'These things were written for our admonition upon whom the ends of the world are come.'"—*Testimonies on Sexual Behavior, Adultery, and Divorce*, p. 95.

The antediluvian world was not a place where people lived in caves, dressed in skins, and depended on hunting. They were a long-lived race; and great economic, scientific, and technological excellence was everywhere, rivaling modern advancements.

"There perished in the Flood greater inventions of art and human skill than the world knows of today. The arts destroyed were more than the boasted arts of today."—*Seventh-day Adventist Bible Commentary*, vol. 1, p. 1089; *Conflict and Courage*, p. 34.

"In the antediluvian world there were many wonderful works of art and science. These descendants of Adam, fresh from the hand of God, possessed capabilities and powers that we never now look upon...."

"There are many inventions and improvements, and labor-saving machines now that the ancients did not have. They did not need them...."—*Conflict and Courage*, pp. 34, 33.

Nearing the end of this world, we see its inhabitants increasingly demonstrating the same intemperance, spiritual ignorance, neglect, and indifference that reigned in the antediluvian world. Therefore, the principles of health reform are not insignificant or secondary but are critically important for the sanctification of the soul.

"Guilt rests upon us as a people who have had much light, because we have not appreciated or improved the light given upon health reform. Through misunderstanding and perverted ideas many souls are deceived. Those who teach the truth to others and who should be shepherds of the flock will be held accountable for their willing ignorance and disregard of nature's laws. This is not a matter to be trifled with, to be passed off with a jest. As we approach the close of this earth's history, selfishness and violence and crime prevail as in the days of Noah, when the old world perished in the waters of the Flood. As Bible believers, we need to take our position for righteousness and truth."—*Counsels on Health*, p. 505.

Among all the gifts that God has bestowed upon man—including life, redemption, and freedom—health is the most essential for happiness, prosperity, and longevity.

"Health is a treasure. Of all temporal possessions it is the most precious. Wealth, learning, and honor are dearly purchased at the loss of the vigor of health. None of these can secure happiness, if health is lacking. It is a terrible sin to abuse the health that God has given us; such abuses enfeeble us for life, and make us losers, even if we gain by such means any amount of education."—*Counsels on Diet and Foods*, p. 20.

Therefore, in these lessons, we will examine modern spiritual and physical health by reviewing and analyzing the biographies of some of the antediluvians with whom we are familiar in the book of Genesis. Jesus said that the father of the family has to draw on not only old and new

things, but also something new from the old. "Then said He unto them, Therefore every scribe which is instructed unto the kingdom of heaven is like unto a man that is an householder, which bringeth forth out of his treasure things new and old." Matthew 13:52.

The words of God expressed by the apostle John are applicable to His chosen people today who are on the borders of eternity. God longs for us to prosper in all things. And by His grace we can move forward for His glory. "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John 2.

Here are some general principles for receiving the greatest possible blessings in studying the Sabbath School Lessons. As we study, we should take to heart and mind some tips found in the book Education. They will facilitate the learning of important lessons for the development of the Christian character.

"As a means of intellectual training, the opportunities of the Sabbath are invaluable. Let the Sabbath school lesson be learned, not by a hasty glance at the lesson scripture on Sabbath morning, but by careful study for the next week on Sabbath afternoon, with daily review or illustration during the week. Thus the lesson will become fixed in the memory, a treasure never to be wholly lost....

"Meditation on the themes thus suggested will open to the student treasures of which he has never dreamed. He will prove in his own life the reality of the experience described in the scripture: 'Thy words were found, and I did eat them; and Thy word was unto me the joy and rejoicing of mine heart.'" -*Education*, pp. 251, 252.

Do not leave your Sabbath school study until the last day of the week. Beginning on Sabbath afternoon, it would be excellent to review the next week's lesson. You will find that frequently the lesson mentions something that you will face in your fight against sin during the week.

In addition, take advantage of the broadcast prepared every week by the Ministerial Research Institute and posted on the Internet as an educational and ministerial support for Sabbath school teachers and students. Share the lesson with your neighbors, friends, and acquaintances. May God accompany you in your walk with Him just as He did faithful Enoch.

*-The brethren of the Ministerial Research Institute
and the General Conference*

Adam and Vegetarianism

Adam means “humanity.”

“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” Genesis 1:29.

“God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden, was the food man’s wants required.” —*Counsels on Diet and Foods*, p. 373.

SUNDAY

THE ORIGINAL DIET

1. What does “Adam” mean, and how were he and his wife created? What was the diet that God gave to man and also to the animals at the very beginning?

Genesis 5:2; 2:21-23, 7; 1:29, 30 *Male and female created he them; and blessed them, and called their name Adam, in the day when they were created....^{2:21}And the Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof;²²And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man.²³And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man...^{2:7}And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul....^{1:29}And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.³⁰And to every beast of the earth, and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.*

“It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed, without its use. The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood....

“In grains, fruits, vegetables, and nuts are to be found all the food elements that we need. If we will come to the Lord in simplicity of mind, He will teach us how to prepare wholesome food free from the taint of flesh meat.” —*Counsels on Diet and Foods*, p. 313.

MONDAY

2. How did God view this diet? What does the apostle Paul tell about that original diet? What was its divine purpose?

Genesis 1:31 *And God saw every thing that he had made, and, behold, it was very good. And the evening and the morning were the sixth day.*

1 Timothy 4:4, 5 *For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: ⁵For it is sanctified by the word of God and prayer.*

1 Corinthians 8:12, 13 *But when ye sin so against the brethren, and wound their weak conscience, ye sin against Christ. ¹³Wherefore, if meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend.*

“God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden, was the food man’s wants required.” —*Spiritual Gifts*, vol. 4, p. 120.

“In his association with those whom he meets, the canvasser can do much to show the value of healthful living. Instead of staying at a hotel, he should, if possible, obtain lodging with a private family. As he sits at the table with the family, let him practice the instruction given in the health works he is selling, holding up the banner of strict temperance. As opportunity is offered, let him speak of the value of a healthful diet. He should never be ashamed to say, ‘No, thank you; I do not eat meat.’ If tea is offered, let him refuse it, explaining that it is harmful, that though for a time stimulating, the stimulating effect passes off, and a corresponding depression is left. Let him explain the injurious effect of intoxicating drinks, and of tobacco, tea, and coffee, on the digestive organs and the brain.” —*Counsels on Health*, p. 463.

TUESDAY

3. After sin came into the world, what change did God make in our first parents’ diet? Nevertheless, what age did Adam reach as a result of a vegetarian way of eating?

Genesis 3:18, 24; 5:3-5 *Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field.... ²⁴So he drove out the man; and he placed at the east of the garden of Eden Cherubims, and a flaming sword which turned every way, to keep the way of the tree of life.... ^{5,3}And Adam lived an hundred and thirty years, and begat a son in his own likeness, after his image; and called his name Seth: ⁴And the days of Adam after he had begotten Seth were eight hundred years: and he begat sons and daughters: ⁵And all the days that Adam lived were nine hundred and thirty years: and he died.*

“Upon leaving Eden to gain his livelihood by tilling the earth under the curse of sin, man received permission to eat also ‘the herb of the field.’” —*The Ministry of Healing*, p. 295.

“Vegetables, fruits, and grains should compose our diet. Not an ounce of flesh meat should enter our stomachs. The eating of flesh is unnatural. We are to return to God’s original purpose in the creation of man.... Those who have received instruction regarding the evils of the use of flesh foods, tea and coffee, and rich and unhealthful food preparations, and who are determined to make a covenant with God by sacrifice, will not continue to indulge their appetite for food that they know to be unhealthful. God demands that the appetites be cleansed, and that self-denial be practiced in regard to those things which are not good. This is a work that will have to be done before His people can stand before Him a perfected people.” —*Counsels on Diet and Foods*, pp. 36, 380.

4. In Eden restored, what will be the diet of redeemed mankind? So what not to eat today?

Isaiah 11:6-9; 65:25 *The wolf also shall dwell with the lamb, and the leopard shall lie down with the kid; and the calf and the young lion and the fatling together; and a little child shall lead them. 'And the cow and the bear shall feed; their young ones shall lie down together: and the lion shall eat straw like the ox. 'And the sucking child shall play on the hole of the asp, and the weaned child shall put his hand on the cockatrice' den. 'They shall not hurt nor destroy in all my holy mountain: for the earth shall be full of the knowledge of the Lord, as the waters cover the sea.... '65:25 The wolf and the lamb shall feed together, and the lion shall eat straw like the bullock: and dust shall be the serpent's meat. They shall not hurt nor destroy in all my holy mountain, saith the Lord.*

Revelation 21:4; 22:1, 2 *And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.... '22:1 And he shewed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb. '2 In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruits, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations.*

Proverbs 23:20 *Be not among winebibbers; among riotous eaters of flesh.*

Isaiah 22:13, 14 *And behold joy and gladness, slaying oxen, and killing sheep, eating flesh, and drinking wine: let us eat and drink; for to morrow we shall die. '14 And it was revealed in mine ears by the Lord of hosts, Surely this iniquity shall not be purged from you till ye die, saith the Lord God of hosts.*

"And I saw a table of pure silver; it was many miles in length, yet our eyes could extend over it. I saw the fruit of the tree of life, the manna, almonds, figs, pomegranates, grapes, and many other kinds of fruit. I asked Jesus to let me eat of the fruit. He said, 'Not now. Those who eat of the fruit of this land go back to earth no more. But in a little while, if faithful, you shall both eat of the fruit of the tree of life and drink of the water of the fountain.' And He said, 'You must go back to the earth again and relate to others what I have revealed to you.'" —*Early Writings*, p. 19.

5. The people were to afflict their souls on the Day of Atonement. What did this mean in terms of what they ate on that day? Since what year have God's people lived during the real day of atonement?

Leviticus 23:27-29, 32 *Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and ye shall afflict your souls, and offer an offering made by fire unto the Lord. '32 And ye shall do no work in that same day: for it is a day of*

atonement, to make an atonement for you before the Lord your God. ²⁹For whatsoever soul it be that shall not be afflicted in that same day, he shall be cut off from among his people.... ³²It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath.

Daniel 8:14 And he said unto me, Unto two thousand and three hundred days; then shall the sanctuary be cleansed.

“The true fasting which should be recommended to all, is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance. Men need to think less about what they shall eat and drink of temporal food, and much more in regard to the food from heaven, that will give tone and vitality to the whole religious experience.” —*Counsels on Diet and Foods*, p. 188.

“In the typical service, when the work of atonement was performed by the high priest in the most holy place of the earthly sanctuary, the people were required to afflict their souls before God, and confess their sins, that they might be atoned for and blotted out. Will any less be required of us in this antitypical day of atonement, when Christ in the sanctuary above is pleading in behalf of His people, and the final, irrevocable decision is to be pronounced upon every case?” —*Selected Messages*, book 1, p. 125.

FRIDAY

6. How, then, is the consumption of meat to be considered in this time of atonement? What example of ethics did Adam provide in relating to the animals?

Romans 14:21 It is good neither to eat flesh, nor to drink wine, nor any thing whereby thy brother stumbleth.

James 4:17 Therefore to him that knoweth to do good, and doeth it not, to him it is sin.

Genesis 2:19, 20 And out of the ground the Lord God formed every beast of the field, and every fowl of the air; and brought them unto Adam to see what he would call them: and whatsoever Adam called every living creature, that was the name thereof. ²⁰And Adam gave names to all cattle, and to the fowl of the air, and to every beast of the field.

Proverbs 12:10 A righteous man regardeth the life of his beast: but the tender mercies of the wicked are cruel.

“Satan is corrupting minds and destroying souls through his subtle temptations. Will our people see and feel the sin of indulging perverted appetite? Will they discard tea, coffee, flesh meats, and all stimulating food, and devote the means expended for those hurtful indulgences to spreading the truth?” —*Counsels on Diet and Foods*, p. 430.

“The intelligence displayed by many dumb animals approaches so closely to human intelligence that it is a mystery. The animals see and hear and love and fear and suffer. They use their organs far more faithfully than many human beings use theirs. They manifest sympathy and tenderness toward their companions in suffering. Many animals show an affection for those who have charge of them, far superior to the affection shown by some of the human race. They form attachments for man which are not broken without great suffering to them.

“What man with a human heart, who has ever cared for domestic animals, could look into their eyes, so full of confidence and affection, and willingly give them over to the butcher’s knife? How could he devour their flesh as a sweet morsel?” —*The Ministry of Healing*, pp. 315, 316.

7. List some physical, mental, social, economic, and spiritual benefits of vegetarianism. What is the best diet for now when considering Adam and the foundation of good health?

Isaiah 66:3 *He that killeth an ox is as if he slew a man; he that sacrificeth a lamb, as if he cut off a dog's neck; he that offereth an oblation, as if he offered swine's blood; he that burneth incense, as if he blessed an idol. Yea, they have chosen their own ways, and their soul delighteth in their abominations.*

Proverbs 14:4 *Where no oxen are, the crib is clean: but much increase is by the strength of the ox.*

Jeremiah 6:16 *Thus saith the Lord, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls. But they said, We will not walk therein.*

1 Corinthians 3:16, 17 *Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? ¹⁷If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.*

“Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet.” —*The Ministry of Healing*, p. 296.

FOR FURTHER STUDY

“The voice said, Cry. And he said, What shall I cry? All flesh is grass, and all the goodliness thereof is as the flower of the field.” Isaiah 40:6.

“Those who eat flesh are but eating grains and vegetables at second hand; for the animal receives from these things the nutrition that produces growth. The life that was in the grains and vegetables passes into the eater. We receive it by eating the flesh of the animal. How much better to get it direct, by eating the food that God provided for our use!” —*Counsels on Diet and Foods*, p. 313.

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2

Sabbath, April 8, 2023

Eve and Godly Dress

Eve means “female,” “giver of life.”

“And Adam called his wife’s name Eve; because she was the mother of all living.” Genesis 3:20.

“He [the Lord] had given her everything her wants required, yet she was not satisfied. Ever since, her fallen sons and daughters have followed the desires of their eyes, and of their taste. They have, like Eve, disregarded the prohibitions God has made, and have followed in a course of disobedience, and, like Eve, have flattered themselves that the consequence would not be as fearful as had been apprehended.” —*Selected Messages*, book 2, p. 411.

FROM INNOCENCE TO IMMODESTY**1. Who is the mother of all mankind? Tell what you know about her and her original clothing.**

Genesis 3:20; 2:24, 25; 3:6 *And Adam called his wife's name Eve; because she was the mother of all living....^{2:24}Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.²⁵And they were both naked, the man and his wife, and were not ashamed....^{3:6}And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.*

"The garment of innocence, a covering from God, which surrounded them, departed; and they supplied the place of this heavenly garment by sewing together fig leaves for aprons. This is the covering that the transgressors of the law of God have used since the days of Adam and Eve's disobedience.... The fig leaves represent the arguments used to cover disobedience.... But the nakedness of the sinner is not covered." *-Conflict and Courage, p. 17.*

"The white robe of innocence was worn by our first parents when they were placed by God in holy Eden. They lived in perfect conformity to the will of God. All the strength of their affections was given to their heavenly Father. A beautiful soft light, the light of God, enshrouded the holy pair. This robe of light was a symbol of their spiritual garments of heavenly innocence. Had they remained true to God, it would ever have continued to enshroud them. But when sin entered, they severed their connection with God, and the light that had encircled them departed. Naked and ashamed, they tried to supply the place of the heavenly garments by sewing together fig leaves for a covering." *-Lift Him Up, p. 163.*

MONDAY

2. With what did Eve cover herself after sinning in Eden? What does that dress represent? However, how did Eve and God Himself consider such clothing?

Genesis 3:7, 10, 11 *And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons....¹⁰And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.¹¹And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat?*

Revelation 16:15 *Behold, I come as a thief. Blessed is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame.*

"This is what the transgressors of God's law have done ever since the day of Adam and Eve's disobedience. They have sewed together fig leaves to cover the nakedness caused by transgression. They have worn the garments of their own devising, by works of their own they have tried to cover their sins, and make themselves acceptable with God.

"But this they can never do. Nothing can man devise to supply the place of his lost robe of innocence. No fig-leaf garment, no worldly citizen dress, can be worn by those who sit down with Christ and angels at the marriage supper of the Lamb." *-Christ's Object Lessons, p. 311.*

MODEST DRESS**3. What coverings did God provide for Eve and Adam after they sinned? Whom did they symbolize?**

Genesis 3:21 *Unto Adam also and to his wife did the Lord God make coats of skins, and clothed them.*

Revelation 13:8 *And all that dwell upon the earth shall worship him, whose names are not written in the book of life of the Lamb slain from the foundation of the world.*

“The working out of the plan of salvation reveals not only to men but to angels, the character of God, and through the ages of eternity the malignant character of sin will be understood by the cost to the Father and the Son of the redemption of a rebel race. In Christ, the Lamb slain from the foundation of the world, all worlds will behold the marks of the curse, and angels as well as men will ascribe honor and glory to the Redeemer through whom they are all made secure from apostasy.”—*The Truth About Angels*, p. 296.

WEDNESDAY

4. What was the apostle Paul’s concern for the believers? What did the apostles instruct the daughters of Eve in regard to their apparel?

2 Corinthians 11:3 *But I fear, lest by any means, as the serpent beguiled Eve through his subtilty, so your minds should be corrupted from the simplicity that is in Christ.*

1 Timothy 2:9, 10 *In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array; ¹⁰But (which becometh women professing godliness) with good works.*

1 Peter 3:3, 4 *Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; ⁴but let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.*

“Pride and extravagance in dress is a sin to which woman is especially prone. Hence the injunction of the apostle relates directly to her: ‘In like manner, also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broided hair, or gold, or pearls, or costly array; but (which becometh women professing godliness) with good works.’”—*Messages to Young People*, p. 355.

“In the day when the accounts of all are balanced, will you feel ... that the beauty of the outward man was sought, while the inward beauty of the soul was almost entirely neglected?... Have not our sisters sufficient zeal and moral courage to place themselves without excuse upon the Bible platform? The apostle has given most explicit directions on this point...”—*Testimonies for the Church*, vol. 4, pp. 629, 630.

“Love of dress and pleasure is wrecking the happiness of thousands.... To dress plainly, abstaining from display of jewelry and ornaments of every kind, is in keeping with our faith.”—*Testimonies for the Church*, vol. 3, p. 366.

5. Why does God command that unisex clothing styles not be worn? What does the apostle Paul write about men and women's hair?

Deuteronomy 22:5 *The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the Lord thy God.*

1 Corinthians 11:8-12, 14, 15 *For the man is not of the woman; but the woman of the man. ⁹Neither was the man created for the woman; but the woman for the man. ¹⁰For this cause ought the woman to have power on her head because of the angels. ¹¹Nevertheless neither is the man without the woman, neither the woman without the man, in the Lord. ¹²For as the woman is of the man, even so is the man also by the woman; but all things of God.... ¹⁴Doth not even nature itself teach you, that, if a man have long hair, it is a shame unto him? ¹⁵But if a woman have long hair, it is a glory to her: for her hair is given her for a covering.*

"There is an increasing tendency to have women in their dress and appearance as near like the other sex as possible and to fashion their dress very much like that of men, but God pronounces it abomination." —*Child Guidance*, p. 427.

"They will imitate the opposite sex, as nearly as possible. They will wear the cap, pants, vest, coat, and boots, the last of which is the most sensible part of the costume. Those who adopt and advocate this style of dress, are carrying the so-called dress reform to very objectionable lengths. Confusion will be the result. Some who adopt this costume may be correct in their views in general upon the health question, and they could be instrumental in accomplishing vastly more good if they did not carry the matter of dress to such extremes.

"In this style of dress God's order has been reversed, and His special directions disregarded. Deuteronomy 22:5. 'The woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment for all that do so are abomination unto the Lord thy God.' This style of dress, God would not have His people adopt. It is not modest apparel, and is not at all fitting for modest, humble females who profess to be Christ's followers. God's prohibitions are lightly regarded by all who would advocate the doing away of the distinction of dress between males and females." —*Selected Messages*, book 2, p. 477.

6. Whom should we please by our dress? According to the virtuous woman of Proverbs, what should characterize our clothing and that of our families?

1 Corinthians 10:31-33 *Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. ³²Give none offence, neither to the Jews, nor to the Gentiles, nor to the church of God: ³³Even as I please all men in all things, not seeking mine own profit, but the profit of many, that they may be saved.*

Proverbs 31:13, 21, 22, 25 *She seeketh wool, and flax, and worketh willingly with her hands.... ²¹She is not afraid of the snow for her household: for all her household are clothed with scarlet. ²²She maketh herself coverings of tapestry; her clothing is silk and purple.... ²⁵Strength and honour are her clothing; and she shall rejoice in time to come.*

"In order to follow the fashions, mothers dress their children with limbs nearly naked; and the blood is chilled back from its natural course and thrown upon the internal organs, breaking up the circulation and producing disease. The limbs were not formed by our Creator to endure exposure, as was the face. The Lord provided,... also, large veins and nerves for the limbs and feet, to contain a large amount of the current of human life, that the limbs might be uniformly as warm as the body. They should be so thoroughly clothed as to induce the blood to the extremities." —*Child Guidance*, p. 426.

"Once a week each is brought face to face with the doings of the past week, the income that he might have had if he had been economical, and the means that he does not have because of indulgence. His conscience is reined up, as it were, before God and either commends or accuses him. He learns that if he retains peace of mind and the favor of God, he must eat and drink and dress to His glory. —*The Adventist Home*, p. 369.

SABBATH

CHRIST OUR RIGHTEOUSNESS

7. Under what circumstances might the Christian accept a fashion of the world? What must all the chosen sons and daughters of Eve wear?

Romans 4:15 *Because the law worketh wrath: for where no law is, there is no transgression.*

Matthew 22:11-14 *And when the king came in to see the guests, he saw there a man which had not on a wedding garment: ¹²And he saith unto him, Friend, how camest thou in hither not having a wedding garment? And he was speechless. ¹³Then said the king to the servants, Bind him hand and foot, and take him away, and cast him into outer darkness; there shall be weeping and gnashing of teeth. ¹⁴For many are called, but few are chosen.*

Zechariah 3:4, 5 *And he answered and spake unto those that stood before him, saying, Take away the filthy garments from him. And unto him he said, Behold, I have caused thine iniquity to pass from thee, and I will clothe thee with change of raiment. ⁵And I said, Let them set a fair mitre upon his head. So they set a fair mitre upon his head, and clothed him with garments. And the angel of the Lord stood by.*

"Christians should not take pains to make themselves gazingstocks by dressing differently from the world. But if, in accordance with their faith and duty in respect to their dressing modestly and healthfully, they find themselves out of fashion, they should not change their dress in order to be like the world. But they should manifest a noble independence and moral courage to be right, if all the world differs from them. If the world introduces a modest, convenient, and healthful mode of dress, which is in accordance with the Bible, it will not change our relation to God or to the world to adopt such a style of dress. Christians should follow Christ, and conform their dress to God's word. They should shun extremes. They should humbly pursue a straightforward course, irrespective of applause or of censure, and should cling to the right because of its own merits." — (Review and Herald, January 30, 1900) *Messages to Young People*, p. 350.

"The fact that the acknowledged people of God are represented as standing before the Lord in filthy garments should lead to humility and deep searching of heart on the part of all who profess His name. Those

who are indeed purifying their souls by obeying the truth will have a most humble opinion of themselves. The more closely they view the spotless character of Christ, the stronger will be their desire to be conformed to His image, and the less will they see of purity or holiness in themselves. But while we should realize our sinful condition, we are to rely upon Christ as our righteousness, our sanctification, and our redemption. We cannot answer the charges of Satan against us. Christ alone can make an effectual plea in our behalf. He is able to silence the accuser with arguments founded not upon our merits, but on His own.” —*Testimonies for the Church*, vol. 4, p. 471.

FOR FURTHER STUDY: THE NARROW ROAD VS. THE BROAD ROAD

“The glory and majesty of God were made to pass before me. Said the angel: ‘He is terrible in His majesty, yet ye realize it not; terrible in His anger, yet ye offend Him daily. “Strive to enter in at the strait gate;” “for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it.” These roads are distinct, separate, in opposite directions. One leads to eternal life, the other to eternal death. I saw the distinction between these roads, also the distinction between the companies traveling them. The roads are opposite; one is broad and smooth, the other narrow and rugged. So the parties that travel them are opposite in character, in life, in dress, and in conversation.” —*Testimonies for the Church*, vol. 1, p. 127.

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3

Sabbath, April 15, 2023

God and the Sabbath Rest

God in Hebrew is Elohim and means “gods,” “powerful.”

“And God blessed the seventh day, and sanctified it: because that in it He had rested from all His work which God created and made.” Genesis 2:3.

“In establishing new churches, ministers should give careful instruction as to the proper observance of the Sabbath. We must be guarded, lest the lax practices that prevail among Sunday keepers shall be followed by those who profess to observe God’s holy rest day. The line of demarcation is to be made clear and distinct between those who bear the mark of God’s kingdom and those who bear the sign of the kingdom of rebellion.” —*Testimonies for the Church*, vol. 6, p. 353.

“The Sabbath mark must be placed upon God’s commandment-keeping people. The Sabbath, if kept in the spirit of true obedience, will show that all God’s commandments are to be practiced, ‘that ye may know that I am the Lord that doth sanctify you.’” —*Medical Ministry*, p. 121.

SUNDAY

THE SABBATH’S PURPOSE

- 1. What did God do on the first Sabbath of earth’s history? Why does God command His people to observe the Sabbath? How does this encompass the family?**

Genesis 2:1-3 *Thus the heavens and the earth were finished, and all the host of them. ²And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made. ³And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.*

Hebrews 4:4 *For he spake in a certain place of the seventh day on this wise, And God did rest the seventh day from all his works.*

Exodus 20:8-11 *Remember the sabbath day, to keep it holy. ⁹Six days shalt thou labour, and do all thy work: ¹⁰But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: ¹¹For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.*

“The Sabbath and the family were alike instituted in Eden, and in God’s purpose they are indissolubly linked together. On this day more than on any other, it is possible for us to live the life of Eden. It was God’s plan for the members of the family to be associated in work and study, in worship and recreation, the father as priest of his household, and both father and mother as teachers and companions of their children. But the results of sin, having changed the conditions of life, to a great degree prevent this association. Often the father hardly sees the faces of his children throughout the week. He is almost wholly deprived of opportunity for companionship or instruction. But God’s love has set a limit to the demands of toil. Over the Sabbath He places His merciful hand. In His own day He preserves for the family opportunity for communion with Him, with nature, and with one another.

“Since the Sabbath is the memorial of creative power, it is the day above all others when we should acquaint ourselves with God through His works. In the minds of the children the very thought of the Sabbath should be bound up with the beauty of natural things. Happy is the family who can go to the place of worship on the Sabbath as Jesus and His disciples went to the synagogue, across the fields, along the shores of the lake, or through the groves. Happy the father and mother who can teach their children God’s written word with illustrations from the open pages of the book of nature; who can gather under the green trees, in the fresh, pure air, to study the word and to sing the praise of the Father above.”
—*Education*, pp. 250, 251.

MONDAY

2. According to Jesus, for whom was the Sabbath created? What is the actual Lord’s day?

Mark 2:27, 28 *And he said unto them, The sabbath was made for man, and not man for the sabbath: ²⁸Therefore the Son of man is Lord also of the sabbath.*

Hebrews 4:9, margin *There remaineth therefore keeping of a sabbath rest to the people of God.*

Revelation 1:10 *I was in the Spirit on the Lord’s day, and heard behind me a great voice, as of a trumpet.*

“‘The Sabbath was made for man, and not man for the Sabbath,’ Jesus said. The institutions that God has established are for the benefit of mankind....

“All things were created by the Son of God. ‘In the beginning was the Word, and the Word was with God.... All things were made by Him; and without Him was not anything made that was made.’ John 1:1-3. And since the Sabbath is a memorial of the work of creation, it is a token of the love and power of Christ.” —*The Desire of Ages*, pp. 288, 281.

“In order to keep the Sabbath holy, it is not necessary that we enclose ourselves in walls, shut away from the beautiful scenes of nature and from the free, invigorating air of heaven. We should in no case allow burdens and business transactions to divert our minds upon the Sabbath of the Lord, which He has sanctified. We should not allow our minds to dwell upon things of a worldly character even. But the mind cannot be refreshed, enlivened, and elevated by being confined nearly all the Sabbath hours within walls, listening to long sermons and tedious, formal prayers. The Sabbath of the Lord is put to a wrong use if thus celebrated. The object for which it was instituted is not attained. The Sabbath was made for man, to be a blessing to him by calling his mind from secular labor to contemplate the goodness and glory of God.... During a portion of the day, all should have an opportunity to be out of doors.” —*Testimonies for the Church*, vol. 2, p. 583.

TUESDAY

3. What day of the week did Jehovah declare to be holy? What day is in conflict with this?

Isaiah 58:13, 14 *If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: ¹⁴Then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken.*

Acts 20:7 *And upon the first day of the week, when the disciples came together to break bread, Paul preached unto them, ready to depart on the morrow; and continued his speech until midnight.*

Ezekiel 13:10 *Because, even because they have seduced my people, saying, Peace; and there was no peace; and one built up a wall, and, lo, others daubed it with untempered mortar.*

“Protestants now urge that the resurrection of Christ on Sunday made it the Christian Sabbath. But Scripture evidence is lacking. No such honor was given to the day by Christ or His apostles. The observance of Sunday as a Christian institution had its origin in that ‘mystery of lawlessness’ (2 Thessalonians 2:7) which, even in Paul’s day, had begun its work. Where and when did the Lord adopt this child of the papacy? What valid reason can be given for a change which the Scriptures do not sanction?” —*The Great Controversy*, p. 54.

“The Protestant churches have accepted the spurious sabbath, the child of the papacy, and have exalted it above God’s holy, sanctified day. It is our work to make plain to our children that the first day of the week is not the true Sabbath, and that its observance, after light has come to us as to what is the true Sabbath, is a plain contradiction of the law of God. Do our children receive from the teachers in the public schools ideas that are in harmony with the word of God? Is sin presented as an offense against God? Is obedience to all the commandments of God taught as the beginning of all wisdom? We send our children to the Sabbath school

that they may be instructed in regard to the truth, and then as they go to the day school, lessons containing falsehood are given them to learn. These things confuse the mind, and should not be; for if the young receive ideas that pervert the truth, how will the influence of this education be counteracted?"—*Testimonies for the Church*, vol. 6, p. 193.

WEDNESDAY

GENTILE SABBATHKEEPERS

4. What Biblical evidence shows that the command to keep the Sabbath holy includes both Jews and Gentiles? What will all those who are saved and chosen observe in the last days?

Isaiah 56:2-8 *Blessed is the man that doeth this, and the son of man that layeth hold on it; that keepeth the sabbath from polluting it, and keepeth his hand from doing any evil. ³Neither let the son of the stranger, that hath joined himself to the Lord, speak, saying, The Lord hath utterly separated me from his people: neither let the eunuch say, Behold, I am a dry tree. ⁴For thus saith the Lord unto the eunuchs that keep my sabbaths, and choose the things that please me, and take hold of my covenant; ⁵Even unto them will I give in mine house and within my walls a place and a name better than of sons and of daughters: I will give them an everlasting name, that shall not be cut off. ⁶Also the sons of the stranger, that join themselves to the Lord, to serve him, and to love the name of the Lord, to be his servants, every one that keepeth the sabbath from polluting it, and taketh hold of my covenant; ⁷Even them will I bring to my holy mountain, and make them joyful in my house of prayer: their burnt offerings and their sacrifices shall be accepted upon mine altar; for mine house shall be called an house of prayer for all people. ⁸The Lord God which gathereth the outcasts of Israel saith, Yet will I gather others to him, beside those that are gathered unto him.*

Acts 17:2-4 *And Paul, as his manner was, went in unto them, and three sabbath days reasoned with them out of the scriptures, ³Opening and alleging, that Christ must needs have suffered, and risen again from the dead; and that this Jesus, whom I preach unto you, is Christ. ⁴And some of them believed, and consorted with Paul and Silas; and of the devout Greeks a great multitude, and of the chief women not a few.*

Revelation 12:17 *And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.*

"These words apply in the Christian age, as shown by the context: 'The Lord God which gathereth the outcasts of Israel saith, Yet will I gather others to him, beside those that are gathered unto him.' Verse 8. Here is foreshadowed the gathering in of the Gentiles by the gospel. And upon those who then honor the Sabbath, a blessing is pronounced. Thus the obligation of the fourth commandment extends past the crucifixion, resurrection, and ascension of Christ, to the time when His servants should preach to all nations the message of glad tidings."—*The Great Controversy*, p. 451.

"There are those who hold that the Sabbath was given only for the Jews; but God has never said this. He committed the Sabbath to His people Israel as a sacred trust; but the very fact that the desert of Sinai,

and not Palestine, was the place selected by Him in which to proclaim His law, reveals that He intended it for all mankind. The law of ten commandments is as old as creation. Therefore the Sabbath institution has no special relation to the Jews, any more than to all other created beings. God has made the observance of the Sabbath obligatory upon all men. 'The sabbath,' it is plainly stated, 'was made for man.' Let every one, therefore, who is in danger of being deceived on this point give heed to the Word of God rather than the assertions of men." —*Lift Him Up*, p. 53.

THURSDAY

5. What is the Sabbath a sign of, and how does it impart health to the one who observes it? Also, how can it be seen that the Sabbath is the seal of God's law?

Exodus 31:13, 17 *Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you....* ¹⁷*It is a sign between me and the children of Israel for ever: for in six days the Lord made heaven and earth, and on the seventh day he rested, and was refreshed.*

Ezekiel 20:11, 12, 20 *And I gave them my statutes, and shewed them my judgments, which if a man do, he shall even live in them.* ¹²*Moreover also I gave them my sabbaths, to be a sign between me and them, that they might know that I am the Lord that sanctify them....* ²⁰*And hallow my sabbaths; and they shall be a sign between me and you, that ye may know that I am the Lord your God.*

Isaiah 8:16 *Bind up the testimony, seal the law among my disciples.*

"The Lord commands by the same prophet: 'Bind up the testimony, seal the law among My disciples.' Isaiah 8:16. The seal of God's law is found in the fourth commandment. This only, of all the ten, brings to view both the name and the title of the Lawgiver. It declares Him to be the Creator of the heavens and the earth, and thus shows His claim to reverence and worship above all others. Aside from this precept, there is nothing in the Decalogue to show by whose authority the law is given. When the Sabbath was changed by the papal power, the seal was taken from the law. The disciples of Jesus are called upon to restore it by exalting the Sabbath of the fourth commandment to its rightful position as the Creator's memorial and the sign of His authority." —*The Great Controversy*, p. 452.

"The value of the Sabbath as a means of education is beyond estimate. Whatever of ours God claims from us, He returns again, enriched, transfigured, with His own glory. The tithe that He claimed from Israel was devoted to preserving among men, in its glorious beauty, the pattern of His temple in the heavens, the token of His presence on the earth. So the portion of our time which He claims is given again to us, bearing His name and seal. 'It is a sign,' He says, 'between Me and you;... that ye may know that I am the Lord;' because 'in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it.' Exodus 31:13; 20:11. The Sabbath is a sign of creative and redeeming power; it points to God as the source of life and knowledge; it recalls man's primeval glory, and thus witnesses to God's purpose to re-create us in His own image." —*Education*, p. 250.

6. Following the example of Christ, the apostles, and the virtuous women, list several activities that are a great blessing on the holy Sabbath day.

Luke 4:16 *And he came to Nazareth, where he had been brought up: and, as his custom was, he went into the synagogue on the sabbath day, and stood up for to read.*

Mark 1:29-31 *And forthwith, when they were come out of the synagogue, they entered into the house of Simon and Andrew, with James and John.³⁰ But Simon's wife's mother lay sick of a fever, and anon they tell him of her.³¹ And he came and took her by the hand, and lifted her up; and immediately the fever left her, and she ministered unto them.*

Acts 16:13; 18:24, 26 *And on the sabbath we went out of the city by a river side, where prayer was wont to be made; and we sat down, and spake unto the women which resorted thither....^{18:24} And a certain Jew named Apollos, born at Alexandria, an eloquent man, and mighty in the scriptures, came to Ephesus....²⁶ And he began to speak boldly in the synagogue: whom when Aquila and Priscilla had heard, they took him unto them, and expounded unto him the way of God more perfectly.*

"There is another work that should receive attention on the preparation day. On this day all differences between brethren, whether in the family or in the church, should be put away. Let all bitterness and wrath and malice be expelled from the soul. In a humble spirit, 'confess your faults one to another, and pray one for another, that ye may be healed.' James 5:16.

"Before the Sabbath begins, the mind as well as the body should be withdrawn from worldly business. God has set His Sabbath at the end of the six working days, that men may stop and consider what they have gained during the week in preparation for the pure kingdom which admits no transgressor. We should each Sabbath reckon with our souls to see whether the week that has ended has brought spiritual gain or loss.

"It means eternal salvation to keep the Sabbath holy unto the Lord. God says: 'Them that honor Me I will honor.' 1 Samuel 2:30."—*Testimonies for the Church*, vol. 6, p. 356.

"Everyone should feel that he has a part to act in making the Sabbath meetings interesting. You are not to come together simply as a matter of form, but for the interchange of thought, for the relation of your daily experiences, for the expression of thanksgiving, for the utterance of your sincere desire for divine enlightenment, that you may know God, and Jesus Christ, whom He has sent. Communing together in regard to Christ will strengthen the soul for life's trials and conflicts. Never think that you can be Christians and yet withdraw yourselves within yourselves. Each one is a part of the great web of humanity, and the experience of each will be largely determined by the experience of his associates....

"The Sabbath school and the meeting for worship occupy only a part of the Sabbath. The portion remaining to the family may be made the most sacred and precious season of all the Sabbath hours. Much of this time parents should spend with their children. In many families the younger children are left to themselves to find entertainment as best they can. Left alone, the children soon become restless and begin to play or engage in some kind of mischief. Thus the Sabbath has to them no sacred significance.

"In pleasant weather let parents walk with their children in the fields and groves. Amid the beautiful things of nature tell them the reason

for the institution of the Sabbath. Describe to them God's great work of creation. Tell them that when the earth came from His hand, it was holy and beautiful. Every flower, every shrub, every tree, answered the purpose of its Creator. Everything upon which the eye rested was lovely and filled the mind with thoughts of the love of God. Every sound was music in harmony with the voice of God. Show that it was sin which marred God's perfect work; that thorns and thistles, sorrow and pain and death, are all the result of disobedience to God. Bid them see how the earth, though marred with the curse of sin, still reveals God's goodness. The green fields, the lofty trees, the glad sunshine, the clouds, the dew, the solemn stillness of the night, the glory of the starry heavens, and the moon in its beauty all bear witness of the Creator. Not a drop of rain falls, not a ray of light is shed on our unthankful world, but it testifies to the forbearance and love of God."—*Testimonies for the Church*, vol. 6, pp. 362, 358.

SABBATH

7. **What day did Jesus and the Father observe as holy when Jesus died on the cross? In the new heaven and earth, on what special day will the redeemed come together to worship God?**

John 19:31-33 *The Jews therefore, because it was the preparation, that the bodies should not remain upon the cross on the sabbath day, (for that sabbath day was an high day,) besought Pilate that their legs might be broken, and that they might be taken away. ³²Then came the soldiers, and brake the legs of the first, and of the other which was crucified with him. ³³But when they came to Jesus, and saw that he was dead already, they brake not his legs.*

Luke 23:54-56 *And that day was the preparation, and the sabbath drew on. ⁵⁵And the women also, which came with him from Galilee, followed after, and beheld the sepulchre, and how his body was laid. ⁵⁶And they returned, and prepared spices and ointments; and rested the sabbath day according to the commandment.*

Isaiah 66:22, 23 *For as the new heavens and the new earth, which I will make, shall remain before me, saith the Lord, so shall your seed and your name remain. ²³And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the Lord.*

"In the beginning the Father and the Son had rested upon the Sabbath after Their work of creation. When 'the heavens and the earth were finished, and all the host of them' (Genesis 2:1), the Creator and all heavenly beings rejoiced in contemplation of the glorious scene. 'The morning stars sang together, and all the sons of God shouted for joy.' Job 38:7. Now Jesus rested from the work of redemption; and though there was grief among those who loved Him on earth, yet there was joy in heaven. Glorious to the eyes of heavenly beings was the promise of the future. A restored creation, a redeemed race, that having conquered sin could never fall, this, the result to flow from Christ's completed work, God and angels saw. With this scene the day upon which Jesus rested is forever linked. For 'His work is perfect;' and 'whatsoever God doeth, it shall be forever.' Deuteronomy 32:4; Ecclesiastes 3:14. When there shall be a 'restitution of all things, which God hath spoken by the mouth of all His holy prophets since the world began' (Acts 3:21), the creation Sabbath, the day on which Jesus lay at rest in Joseph's tomb, will still be a day of rest and rejoicing. Heaven and earth will unite in praise, as 'from one Sabbath to another' (Isaiah 66:23) the nations of the saved shall bow in joyful worship to God and the Lamb."—*The Desire of Ages*, p. 769.

"I was shown that the law of God would stand fast forever, and exist in the new earth to all eternity.... I saw that the Sabbath never will be done away; but that the redeemed saints, and all the angelic host, will observe it in honor of the great Creator to all eternity." —*Early Writings*, p. 217.

FOR FURTHER STUDY

"On Friday let the preparation for the Sabbath be completed. See that all the clothing is in readiness and that all the cooking is done. Let the boots be blacked and the baths be taken. It is possible to do this. If you make it a rule you can do it. The Sabbath is not to be given to the repairing of garments, to the cooking of food, to pleasure seeking, or to any other worldly employment. Before the setting of the sun let all secular work be laid aside and all secular papers be put out of sight. Parents, explain your work and its purpose to your children, and let them share in your preparation to keep the Sabbath according to the commandment.

"We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time. Whenever it is possible, employers should give their workers the hours from Friday noon until the beginning of the Sabbath. Give them time for preparation, that they may welcome the Lord's day with quietness of mind. By such a course you will suffer no loss even in temporal things." —*Testimonies for the Church*, vol. 6, pp. 355, 356.

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4

Sabbath, April 22, 2023

Cain and the Corrupt Cities

Cain means "to acquire."

"Upon receiving the curse of God, Cain had withdrawn from his father's household. He had first chosen his occupation as a tiller of the soil, and he now founded a city, calling it after the name of his eldest son. Genesis 4:17. He had gone out from the presence of the Lord, cast away the promise of the restored Eden, to seek his possessions and enjoyment in the earth under the curse of sin, thus standing at the head of that great class of men who worship the god of this world." —*Last Day Events*, p. 109.

SUNDAY

THE WAY OF CAIN

1. According to the Biblical account, what characterized Cain? What human conduct after the fall did he cultivate?

Genesis 4:5, 8 *But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell....* ⁸*And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him.*

Jude 1:10, 11 *But these speak evil of those things which they know not: but what they know naturally, as brute beasts, in those things they corrupt themselves.* ¹¹*Woe unto them! for they have gone in the way of Cain, and ran greedily after the error of Balaam for reward, and perished in the gainsaying of Core.*

Genesis 4:7 *If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.*

“What untold mischief has this evil trait of character worked in our world! The same enmity existed in the heart of Saul that stirred the heart of Cain against his brother Abel, because Abel’s works were righteous, and God honored him, and his own works were evil, and the Lord could not bless him. Envy is the offspring of pride, and if it is entertained in the heart, it will lead to hatred and eventually to revenge and murder. Satan displayed his own character in exciting the fury of Saul against him who had never done him harm.” —*Mind, Character, and Personality*, vol.2, p. 526.

MONDAY

2. **What consequence did Cain receive for his transgression? Similarly, during the global Sunday law, what will those who are disobedient do, and what will they receive as a result?**

Genesis 4:15 *And the Lord said unto him, Therefore whosoever slayeth Cain, vengeance shall be taken on him sevenfold. And the Lord set a mark upon Cain, lest any finding him should kill him.*

Matthew 23:35 *That upon you may come all the righteous blood shed upon the earth, from the blood of righteous Abel unto the blood of Zacharias son of Barachias, whom ye slew between the temple and the altar.*

Revelation 16:5, 6; 14:9-11 *And I heard the angel of the waters say, Thou art righteous, O Lord, which art, and wast, and shalt be, because thou hast judged thus. ⁶For they have shed the blood of saints and prophets, and thou hast given them blood to drink; for they are worthy.... ^{14,9}And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, ¹⁰The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: ¹¹And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name.*

“If the light of truth has been presented to you, revealing the Sabbath of the fourth commandment, and showing that there is no foundation in the Word of God for Sunday observance, and yet you still cling to the false sabbath, refusing to keep holy the Sabbath which God calls ‘My holy day,’ you receive the mark of the beast. When does this take place? When you obey the decree that commands you to cease from labor on Sunday and worship God, while you know that there is not a word in the Bible showing Sunday to be other than a common working day, you consent to receive the mark of the beast, and refuse the seal of God.” —(Review and Herald, July 13, 1897) *Evangelism*, p. 235.

TUESDAY

3. **Despite having declared that he would be a wanderer, what did he and his wife build, thus demonstrating that his declaration was a lie? Who else was a liar and a murderer from the beginning?**

Genesis 4:14, 17 *Behold, thou hast driven me out this day from the face of the earth; and from thy face shall I be hid; and I shall be a fugitive and a vagabond in the earth; and it shall come to pass, that every one that findeth me shall slay me.... ¹⁷And Cain knew his wife; and she conceived,*

and bare Enoch: and he builded a city, and called the name of the city, after the name of his son, Enoch.

John 8:44 *Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it.*

“Upon receiving the curse of God, Cain had withdrawn from his father’s household. He had first chosen his occupation as a tiller of the soil, and he now founded a city, calling it after the name of his eldest son. He had gone out from the presence of the Lord, cast away the promise of the restored Eden, to seek his possessions and enjoyment in the earth under the curse of sin, thus standing at the head of that great class of men who worship the god of this world. In that which pertains to mere earthly and material progress, his descendants became distinguished. But they were regardless of God, and in opposition to His purposes for man.”—*Patriarchs and Prophets*, p. 81.

“We are all to understand that there is a fallen angel who was once next to Christ in honor among the heavenly host. His work of deception was done in so great secrecy that the angels in less exalted positions supposed that he was the Ruler of heaven. Satan made the representation that all wrong insinuations existing in heaven originated among the angels, while he himself had made suggestions which would never have been entertained by the angels, had he not created them. He artfully presented these things to God, as having come from the angels, while they all originated with Satan himself.

“Because he was not able to insinuate his deceptions upon Christ, he determined to undermine Him by false statements and reports. War in heaven was the result, and Satan was expelled. He became Christ’s most deadly foe.”—*This Day with God*, p. 256.

WEDNESDAY

EXITING THE CENTERS OF CORRUPTION

4. In this last time, what does God instruct us to leave—literally and spiritually? Ironically, Jesus grew up in a city in Galilee. What was the saying about that city?

Revelation 18:4, 5 *And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues. ⁵For her sins have reached unto heaven, and God hath remembered her iniquities.*

Hosea 11:1 *When Israel was a child, then I loved him, and called my son out of Egypt.*

1 John 2:15, 16 *Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. ¹⁶For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.*

John 1:46, first part *And Nathanael said unto him, Can there any good thing come out of Nazareth?*

“Many parents who choose a city home for their children, thinking to give them greater advantages, meet with disappointment, and too late repent their terrible mistake. The cities of today are fast becoming like Sodom and Gomorrah. The many holidays encourage idleness. The exciting sports -theater-going, horse-racing, gambling, liquor-drinking, and reveling- stimulate every passion to intense activity. The youth are swept away by the popular current.”—(Christ’s Object Lessons, p. 54 [1900]).

"Light has been given me that the cities will be filled with confusion, violence, and crime, and that these things will increase till the end of this earth's history." —(Testimonies for the Church, vol. 7, p. 84 [1902]).

"The world over, cities are becoming hotbeds of vice. On every hand are the sights and sounds of evil. Everywhere are enticements to sensuality and dissipation." —(The Ministry of Healing, p. 363 [1905]) *Last Day Events*, p. 110.

"It is time for our people to take their families from the cities into more retired localities, else many of the youth, and many also of those older in years, will be ensnared and taken by the enemy. 'Out of the cities; out of the cities!'—this is the message the Lord has been giving me." —*Maranatha*, p. 141.

THURSDAY

5. What is the healthiest place to live, and why? Why should God's children not gather in colonies?

Isaiah 65:21, 22 *And they shall build houses, and inhabit them ; and they shall plant vineyards, and eat the fruit of them. ²²They shall not build, and another inhabit; they shall not plant, and another eat: for as the days of a tree are the days of my people, and mine elect shall long enjoy the work of their hands.*

Acts 8:1 *And Saul was consenting unto his death. And at that time there was a great persecution against the church which was at Jerusalem; and they were all scattered abroad throughout the regions of Judaea and Samaria, except the apostles.*

"The Protestant world have set up an idol sabbath in the place where God's Sabbath should be, and they are treading in the footsteps of the Papacy. For this reason I see the necessity of the people of God moving out of the cities into retired country places, where they may cultivate the land and raise their own produce. Thus they may bring their children up with simple, healthful habits. I see the necessity of making haste to get all things ready for the crisis." —(Letter 90, 1897).

"In our day the Lord desires that His people shall be dispersed throughout the earth. They are not to colonize. Jesus said, 'Go ye into all the world, and preach the gospel to every creature.' Mark 16:15. When the disciples followed their inclination to remain in large numbers in Jerusalem, persecution was permitted to come upon them, and they were scattered to all parts of the inhabited world.

"Many of the members of our large churches are doing comparatively nothing. They might accomplish a good work if, instead of crowding together, they would scatter into places that have not yet been entered by the truth. Trees that are planted too thickly do not flourish. They are transplanted by the gardener, that they may have room to grow, and not become dwarfed and sickly. The same rule would work well for our large churches. Many of the members are dying spiritually for want of this very work. They are becoming sickly and inefficient. Transplanted, they would have room to grow strong and vigorous." —*Country Living*, p. 21.

FRIDAY

6. What is the "eternal city" that reigns over the people and works iniquity against God's law? Who had to face the same spirit of that spiritual city, also known as Babylon, that was ruled by the spirit of the wicked Cain?

Revelation 17:18 *And the woman which thou sawest is that great city, which reigneth over the kings of the earth.*

1 Peter 5:13 *The church that is at Babylon, elected together with you, saluteth you; and so doth Marcus my son.*

Hebrews 11:35-38 *Others were tortured, not accepting deliverance; that they might obtain a better resurrection: ³⁶And others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment: ³⁷They were stoned, they were sawn asunder, were tempted, were slain with the sword: they wandered about in sheepskins and goatskins; being destitute, afflicted, tormented; ³⁸(Of whom the world was not worthy:) they wandered in deserts, and in mountains, and in dens and caves of the earth.*

“Though few in numbers, without wealth, position, or honorary titles, they were a terror to evildoers wherever their character and doctrines were known. Therefore they were hated by the wicked, even as Abel was hated by the ungodly Cain. For the same reason that Cain slew Abel, did those who sought to throw off the restraint of the Holy Spirit, put to death God’s people. It was for the same reason that the Jews rejected and crucified the Saviour—because the purity and holiness of His character was a constant rebuke to their selfishness and corruption. From the days of Christ until now His faithful disciples have excited the hatred and opposition of those who love and follow the ways of sin.” —*The Great Controversy*, p. 46.

“When Cain, moved by the spirit of the wicked one, saw that he could not control Abel, he was so enraged that he destroyed his life. And wherever there are any who will stand in vindication of the righteousness of the law of God, the same spirit will be manifested against them. It is the spirit that through all the ages has set up the stake and kindled the burning pile for the disciples of Christ. But the cruelties heaped upon the follower of Jesus are instigated by Satan and his hosts because they cannot force him to submit to their control. It is the rage of a vanquished foe. Every martyr of Jesus has died a conqueror. Says the prophet, ‘They overcame him [‘that old serpent, called the devil, and Satan’] by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.’ Revelation 12:11, 9.” —*Patriarchs and Prophets*, p. 77.

SABBATH

- 7. For ages without end, where will the elect and those who are holy live, after facing the spirit of Cain? Explain how it is that the holy city will not need the sun, which is necessary for health.**

Revelation 21:2, 3, 23, 24 *And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband. ³And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God... ²³And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb is the light thereof. ²⁴And the nations of them which are saved shall walk in the light of it: and the kings of the earth do bring their glory and honour into it.*

2 Kings 23:5 *And he put down the idolatrous priests, whom the kings of Judah had ordained to burn incense in the high places in the cities of Judah, and in the places round about Jerusalem; them also that burned incense unto Baal, to the sun, and to the moon, and to the planets, and to all the host of heaven.*

Malachi 4:2 *But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall.*

“Still the absence of Scriptural authority for Sunday keeping occasioned no little embarrassment. The people questioned the right of their teachers to set aside the positive declaration of Jehovah, ‘The seventh day is the Sabbath of the Lord thy God,’ in order to honor the day of the sun. To supply the lack of Bible testimony, other expedients were necessary. A zealous advocate of Sunday, who about the close of the twelfth century visited the churches of England, was resisted by faithful witnesses for the truth; and so fruitless were his efforts that he departed from the country for a season and cast about him for some means to enforce his teachings. When he returned, the lack was supplied, and in his after labors he met with greater success. He brought with him a roll purporting to be from God Himself, which contained the needed command for Sunday observance, with awful threats to terrify the disobedient. This precious document—as base a counterfeit as the institution it supported—was said to have fallen from heaven and to have been found in Jerusalem, upon the altar of St. Simeon, in Golgotha. But, in fact, the pontifical palace at Rome was the source whence it proceeded. Frauds and forgeries to advance the power and prosperity of the church have in all ages been esteemed lawful by the papal hierarchy.” —*The Great Controversy*, p. 576.

“In the city of God ‘there shall be no night.’ None will need or desire repose. There will be no weariness in doing the will of God and offering praise to His name. We shall ever feel the freshness of the morning and shall ever be far from its close. ‘And they need no candle, neither light of the sun; for the Lord God giveth them light.’... The people of God are privileged to hold open communion with the Father and the Son.” —*Maranatha*, p. 356.

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5

Sabbath, April 29, 2023

Abel and Obedience

Abel means “God is my Father.”

“The first curse was pronounced upon the posterity of Adam and upon the earth, because of disobedience. The second curse came upon the ground after Cain slew his brother Abel. The third most dreadful curse from God came upon the earth at the flood.” —*Counsels on Diet and Foods*, p. 373.

SUNDAY

BLESSINGS FOR OBEDIENCE

1. **What does the name Abel mean, and what was his occupation? What cities in and around Israel were named in his honor?**

Genesis 4:2; 50:10, 11 *And she again bare his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground....^{50:10} And they came to the threshingfloor of Atad, which is beyond Jordan, and there they mourned with a great and very sore lamentation: and he made a mourning for his father seven days. ¹¹And when the inhabitants of the land, the Canaanites, saw the mourning in the floor of Atad, they said, This is a grievous mourning to the Egyptians: wherefore the name of it was called Abelmizraim, which is beyond Jordan.*

Numbers 33:48, 49 *And they departed from the mountains of Abarim, and pitched in the plains of Moab by Jordan near Jericho. ⁴⁹And they pitched by Jordan, from Bethjesimoth even unto Abelshittim in the plains of Moab.*

2 Samuel 20:14, 15 *And he went through all the tribes of Israel unto Abel, and to Bethmaachah, and all the Berites: and they were gathered together, and went also after him. ¹⁵And they came and besieged him in Abel of Bethmaachah, and they cast up a bank against the city, and it stood in the trench: and all the people that were with Joab battered the wall, to throw it down.*

MONDAY

2. What example did Abel give? What are the holistic health benefits of such a lifestyle?

Genesis 4:4 *And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the Lord had respect unto Abel and to his offering.*

Ezekiel 44:30 *And the first of all the firstfruits of all things, and every oblation of all, of every sort of your oblations, shall be the priest's: ye shall also give unto the priest the first of your dough, that he may cause the blessing to rest in thine house.*

Acts 20:35 *I have shewed you all things, how that so labouring ye ought to support the weak, and to remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive.*

“Abel brought of the firstlings of his flock, and of the fat as God had commanded; and in full faith of the Messiah to come, and with humble reverence, he presented the offering. God had respect unto his offering. A light flashes from heaven and consumes the offering of Abel. Cain sees no manifestation that his is accepted. He is angry with the Lord, and with his brother. God condescends to send an angel to Cain to converse with him.” —*The Truth About Angels*, p. 64.

“Spiritual prosperity is closely bound up with Christian liberality. The followers of Christ should rejoice in the privilege of revealing in their lives the beneficence of their Redeemer. As they give to the Lord they have the assurance that their treasure is going before them to the heavenly courts. Would men make their property secure? Let them place it in the hands that bear the marks of the crucifixion. Would they enjoy their substance? Let them use it to bless the needy and suffering. Would they increase their possessions? Let them heed the divine injunction, ‘Honor the Lord with thy substance, and with the first fruits of all thine increase: so shall thy barns be filled with plenty, and thy presses shall burst out with new wine.’ Proverbs 3:9, 10. Let them seek to retain their possessions for selfish purposes, and it will be to their eternal loss. But let their treasure be given to God, and from that moment it bears His inscription. It is sealed with His immutability.” —*The Acts of the Apostles*, p. 344.

3. What additional health benefits come from obeying God's law?

Leviticus 26:3-6 *If ye walk in my statutes, and keep my commandments, and do them; ⁴Then I will give you rain in due season, and the land shall yield her increase, and the trees of the field shall yield their fruit. ⁵And your threshing shall reach unto the vintage, and the vintage shall reach unto the sowing time: and ye shall eat your bread to the full, and dwell in your land safely. ⁶And I will give peace in the land, and ye shall lie down, and none shall make you afraid: and I will rid evil beasts out of the land, neither shall the sword go through your land.*

Deuteronomy 6:2, 3 *That thou mightest fear the Lord thy God, to keep all his statutes and his commandments, which I command thee, thou, and thy son, and thy son's son, all the days of thy life; and that thy days may be prolonged. ³Hear therefore, O Israel, and observe to do it; that it may be well with thee, and that ye may increase mightily, as the Lord God of thy fathers hath promised thee, in the land that floweth with milk and honey.*

Proverbs 3:1, 2, 8 *My son, forget not my law; but let thine heart keep my commandments: ²For length of days, and long life, and peace, shall they add to thee.... ⁸It shall be health to thy navel, and marrow to thy bones.*

"Health, life, and happiness are the result of obedience to physical laws governing our bodies. If our will and way are in accordance with God's will and way; if we do the pleasure of our Creator, He will keep the human organism in good condition, and restore the moral, mental, and physical powers, in order that He may work through us to His glory. If we cooperate with Him in this work, health and happiness, peace and usefulness, are the sure result."—*Our Father Cares*, p. 30.

"As the man is converted by the truth, the work of transformation of character goes on. He has an increased measure of understanding, in becoming a man of obedience to God. The mind and will of God become his will, and by constantly looking to God for counsel, he becomes a man of increased understanding. There is a general development of the mind that is unreservedly placed under the guidance of the Spirit of God."—*Ye Shall Receive Power*, p. 58.

4. Why did God make Himself known by the name of Jehovah-rofi? What curses come to all who are disobedient?

Exodus 15:26 *And said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee.*

Deuteronomy 28:15, 22, 27, 28 *But it shall come to pass, if thou wilt not hearken unto the voice of the Lord thy God, to observe to do all his commandments and his statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee.... ²²The Lord shall smite thee with a consumption, and with a fever, and with an inflammation, and with an extreme burning, and with the sword, and with blasting, and with mildew; and they shall pursue thee until thou perish.... ²⁷The Lord will smite thee with the botch of Egypt, and with the emerods, and with the scab, and with the itch, whereof thou canst not be healed. ²⁸The Lord shall smite thee with madness, and blindness, and astonishment of heart.*

"Sickness, suffering, and death are work of an antagonistic power. Satan is the destroyer; God is the Restorer. The words spoken to Israel are true today of those who recover health of body or health of soul: 'I am the Lord that healeth thee.' The desire of God for every human being is expressed in the words, 'Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.' He it is who 'forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with loving-kindness and tender mercies.'" —(Counsels on Health, p. 168) *Medical Ministry*, p. 11.

THURSDAY

A MARTYR FOR CHRIST

5. Why was Cain moved to anger and fratricide? How did he want to justify his sin?

Genesis 4:5 *But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell.*

Proverbs 27:4 *Wrath is cruel, and anger is outrageous; but who is able to stand before envy?*

Genesis 4:9 *And the Lord said unto Cain, Where is Abel thy brother? And he said, I know not: Am I my brother's keeper?*

"When Cain, moved by the spirit of the wicked one, saw that he could not control Abel, he was so enraged that he destroyed his life. And wherever there are any who will stand in vindication of the righteousness of the law of God, the same spirit will be manifested against them. It is the spirit that through all the ages has set up the stake and kindled the burning pile for the disciples of Christ. But the cruelties heaped upon the follower of Jesus are instigated by Satan and his hosts because they cannot force him to submit to their control. It is the rage of a vanquished foe. Every martyr of Jesus has died a conqueror....

"Cain the murderer was soon called to answer for his crime. 'The Lord said unto Cain, Where is Abel thy brother? And he said, I know not: Am I my brother's keeper?' Cain had gone so far in sin that he had lost a sense of the continual presence of God and of His greatness and omniscience. So he resorted to falsehood to conceal his guilt." —*Patriarchs and Prophets*, p. 77.

FRIDAY

6. How was Abel's death considered by the Lord Jesus? What foundational attribute did this noble Christian have?

Luke 11:51 *From the blood of Abel unto the blood of Zacharias, which perished between the altar and the temple: verily I say unto you, It shall be required of this generation.*

Hebrews 11:4 *By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous, God testifying of his gifts: and by it he being dead yet speaketh.*

"When men shall revile you, and persecute you,' said Jesus, 'rejoice, and be exceeding glad.' And He pointed His hearers to the prophets who had spoken in the name of the Lord, as 'an example of suffering affliction, and of patience.' James 5:10. Abel, the very first Christian of Adam's children, died a martyr. Enoch walked with God, and the world knew him

not. Noah was mocked as a fanatic and an alarmist. 'Others had trial of cruel mockings and scourgings, yea, moreover of bonds and imprisonment.' 'Others were tortured, not accepting deliverance; that they might obtain a better resurrection.'" Hebrews 11:36, 35.

"In every age God's chosen messengers have been reviled and persecuted, yet through their affliction the knowledge of God has been spread abroad. Every disciple of Christ is to step into the ranks and carry forward the same work, knowing that its foes can do nothing against the truth, but for the truth. God means that truth shall be brought to the front and become the subject of examination and discussion, even through the contempt placed upon it. The minds of the people must be agitated; every controversy, every reproach, every effort to restrict liberty of conscience, is God's means of awakening minds that otherwise might slumber." —*Thoughts from the Mount of Blessing*, p. 33.

SABBATH

7. List some traits in Abel's life that were similar to those of Christ. Also, whom does Abel symbolize?

John 1:36 *And looking upon Jesus as he walked, he saith, Behold the Lamb of God!*

1 Corinthians 15:20, 23 *But now is Christ risen from the dead, and become the firstfruits of them that slept.... ²³But every man in his own order: Christ the firstfruits; afterward they that are Christ's at his coming.*

Hebrews 12:24 *And to Jesus the mediator of the new covenant, and to the blood of sprinkling, that speaketh better things than that of Abel.*

Revelation 12:11 *And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.*

"Cain and Abel represent two classes that will exist in the world till the close of time. One class avail themselves of the appointed sacrifice for sin; the other venture to depend upon their own merits; theirs is a sacrifice without the virtue of divine mediation, and thus it is not able to bring man into favor with God. It is only through the merits of Jesus that our transgressions can be pardoned. Those who feel no need of the blood of Christ, who feel that without divine grace they can by their own works secure the approval of God, are making the same mistake as did Cain. If they do not accept the cleansing blood, they are under condemnation. There is no other provision made whereby they can be released from the thralldom of sin." —*Patriarchs and Prophets*, p. 72.

"By the decree enforcing the institution of the papacy in violation of the law of God, our nation will disconnect herself fully from righteousness.... As the approach of the Roman armies was a sign to the disciples of the impending destruction of Jerusalem, so may this apostasy be a sign to us that the limit of God's forbearance is reached, that the measure of our nation's iniquity is full, and that the angel of mercy is about to take her flight, never to return. The people of God will then be plunged into those scenes of affliction and distress which prophets have described as the time of Jacob's trouble. The cries of the faithful, persecuted ones ascend to heaven. And as the blood of Abel cried from the ground, there are voices also crying to God from martyrs' graves, from the sepulchers of the sea, from mountain caverns, from convent vaults: 'How long, O Lord, holy and true, dost Thou not judge and avenge our blood on them that dwell on the earth?'" —*Testimonies for the Church*, vol. 5, p. 451.

“Christ arose from the dead as the first fruits of those that slept. He was the antitype of the wave sheaf, and His resurrection took place on the very day when the wave sheaf was to be presented before the Lord. For more than a thousand years this symbolic ceremony had been performed. From the harvest fields the first heads of ripened grain were gathered, and when the people went up to Jerusalem to the Passover, the sheaf of first fruits was waved as a thank offering before the Lord. Not until this was presented could the sickle be put to the grain, and it be gathered into sheaves. The sheaf dedicated to God represented the harvest. So Christ the first fruits represented the great spiritual harvest to be gathered for the kingdom of God. His resurrection is the type and pledge of the resurrection of all the righteous dead. ‘For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with Him.’ 1 Thessalonians 4:14.

“As Christ arose, He brought from the grave a multitude of captives. The earthquake at His death had rent open their graves, and when He arose, they came forth with Him. They were those who had been co-laborers with God, and who at the cost of their lives had borne testimony to the truth. Now they were to be witnesses for Him who had raised them from the dead.

“During His ministry, Jesus had raised the dead to life. He had raised the son of the widow of Nain, and the ruler’s daughter and Lazarus. But these were not clothed with immortality. After they were raised, they were still subject to death. But those who came forth from the grave at Christ’s resurrection were raised to everlasting life. They ascended with Him as trophies of His victory over death and the grave. These, said Christ, are no longer the captives of Satan; I have redeemed them. I have brought them from the grave as the first fruits of My power, to be with Me where I am, nevermore to see death or experience sorrow.” —*The Desire of Ages*, pp. 785, 786.

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MISSIONARY REPORT FROM UGANDA

To be read on Sabbath, April 29, 2023
The Special Sabbath School Offering
will be collected on Sabbath, May 6, 2023

“Then said I unto them, Ye see the distress that we are in, how Jerusalem lieth waste, and the gates thereof are burned with fire: come, and let us build up the wall of Jerusalem, that we be no more a reproach. Then I told them of the hand of my God which was good upon me; as also the king’s words that he had spoken unto me. And they said, Let us rise up and build. So they strengthened their hands for this good work.” Nehemiah 2:17, 18.

The Republic of Uganda is a landlocked country that is located in East Africa. It is bordered on the north by South Sudan, on the east by Kenya, on the south by Tanzania, on the west by the Democratic Republic of Congo, and on the southwest by Rwanda. The southern part of the country includes a substantial part of Lake Victoria, which is shared with Kenya and Tanzania. Uganda is in the African Great Lakes region. The country also lies in the Nile basin and has a varied but generally modified equatorial climate. It covers 241,037 square kilometers (149,773 square miles), with a population 48,314,812 as of April 2022. About 8.5 million people live in Kampala, the capital city.

Uganda is a multilingual country. Forty-three of its existing languages fall into five main families—Bantu, Nilotic, Central Sudanic, and Kuliak, as well as English, which was inherited from the colonial period. English is the country’s official language, and Kiswahili (Swahili) is a national language.

Uganda is known as a Christian country. About 84.5 percent of the population are considered Christians, with 39.3 percent Roman Catholics, 32 percent Anglicans, 11.1 percent Pentecostals, 11.1 percent Seventh-day Adventists, 0.3 percent Baptists, and 0.1 percent Orthodox. The remainder are 13.7 percent Muslim and 1.8 percent other.

The message of Reformation entered the African continent from South Africa in the 1920s, but only in the 1970s did it extend to eastern Africa, such as Tanzania, Kenya, and other countries. It reached Uganda in 1996 from Kenya through eastern Uganda, but the early work suffered under the unfaithfulness of those participated in the church. But then God worked on the hearts of other people, who were refugees in Tanzania, and His work sprang up in the southwestern areas and gradually spread to the western, central, and northern parts of the country.

Because of various factors, the work moved very slowly; the current membership of the Ugandan Field is 467. We are grateful that in many areas the local churches are being normalized and improved. One great challenge for the Lord’s cause is instability among the church families. Originally, almost all of the couples were not legally married, which often led to marital separations, divorces, and remarriages. All of this had a negative effect on God’s work. To solve this, we needed to follow the resolution of the General Conference and have all of the marriages be legalized. Praise God that the members have been willing. There tends to be a lot of corruption in most regions of the country, and this leads to

the marriage certificate being very expensive. The solution to this is for the church organization to be registered with the government, in which case the ministers can marry the members and issue their marriage certificates.

But then there is another difficulty that still prevails. Permission from the government requires the organization to have a wedding hall that meets the legal standards. This is now our biggest challenge. We do not have the required church hall! By the grace of God, we have a piece of land in Kampala that was purchased some years back with a donation made by the late Elder Branko Cholich for the Ugandan Field headquarters. Through the combined efforts of our members and the support and donations of Bridge to Life in Germany, led by Brother Gerhard Köbele and his late wife Felicidad, we were able to begin building the meeting hall, offices, and minister's residence. The foundation was laid in 2016, but the project is only 46 percent completed. Thus, the greater part is still unfinished. Since our members were severely affected by the lockdowns of COVID-19 for two years, it has been impossible to complete the construction. If we depend only on our own resources, this work will take many more years, causing the church great hardship.

Therefore, the brethren in the Ugandan Field are asking the believers around the world to extend your helping hands by sharing the financial burdens of finishing this project. Let us strengthen our "hands for this good work" through prayer and dedication!

"God has made men His stewards. The property which He has placed in their hands is the means that He has provided for the spread of the gospel. To those who prove themselves faithful stewards He will commit greater trusts. Saith the Lord, 'Them that honor Me I will honor.' 1 Samuel 2:30. 'God loveth a cheerful giver,' and when His people, with grateful hearts, bring their gifts and offerings to Him, 'not grudgingly, or of necessity,' His blessing will attend them, as He has promised." —*Patriarchs and Prophets*, p. 529.

May the Lord's rich blessing accompany your generous gifts and sacrifices.

Your brother in Christ's service,
—Elder Mulatu Tekle
Uganda Field president

SPECIAL SABBATH SCHOOL OFFERING FOR UGANDA

May the God of all blessings protect and sustain you!

6

Sabbath, May 6, 2023

Seth and Healing Prayer

Seth means “substitution.”

“The name Seth, given to this son, signified ‘appointed,’ or ‘compensation;’ ‘for,’ said the mother, ‘God hath appointed me another seed instead of Abel, whom Cain slew.’” —*Patriarchs and Prophets*, p. 80.

“And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.” James 5:15.

“But the instructions which God gave to Adam, and which were repeated by Seth and fully exemplified by Enoch, cleared away the darkness and gloom, and gave hope to man, that as through Adam came death, through Jesus, the promised Redeemer, would come life and immortality.” —*The Story of Redemption*, p. 60.

SUNDAY

ADAM’S NOBLE SON

- 1. After Abel’s death, what son was born to Eve, and what was the meaning of his name? What type of a person was Seth, and how did he contribute to the progress of divine truth?**

Genesis 4:25, 26; 5:3 *And Adam knew his wife again; and she bare a son, and called his name Seth: For God, said she, hath appointed me another seed instead of Abel, whom Cain slew. ²⁶And to Seth, to him also there was born a son; and he called his name Enos: then began men to call upon the name of the Lord.... ^{5:3}And Adam lived an hundred and thirty years, and begat a son in his own likeness, after his image; and called his name Seth.*

“Seth was of more noble stature than Cain or Abel, and resembled Adam more closely than did his other sons. He was a worthy character, following in the steps of Abel. Yet he inherited no more natural goodness than did Cain. Concerning the creation of Adam it is said, ‘In the likeness of God made He him’; but Adam, after the Fall, ‘begat a son in his own likeness, after his image.’” —*Christ Triumphant*, p. 38.

“Seth was a worthy character, and was to take the place of Abel in right doing. Yet he was a son of Adam, like sinful Cain, and inherited from the nature of Adam no more natural goodness than did Cain. He was born in sin, but by the grace of God, in receiving the faithful instructions of his father Adam, he honored God in doing His will. He separated himself from the corrupt descendants of Cain and labored, as Abel would have done had he lived, to turn the minds of sinful men to revere and obey God.” —*The Story of Redemption*, p. 57.

2. **What fundamental spiritual therapy should be applied for the healing of the sick and of the earth itself? Additionally, what ordinance and basic Christian actions help to bring healing?**

2 Chronicles 7:14 *If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.*

James 5:13-16 *Is any among you afflicted? let him pray. Is any merry? let him sing psalms. ¹⁴Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: ¹⁵And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. ¹⁶Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.*

“There are those among Seventh-day Adventists who will not heed the light given them in regard to this matter. They make flesh meat a part of their diet. Disease comes upon them. Sick and suffering as a result of their own wrong course, they ask for the prayers of the servants of God. But how can the Lord work in their behalf when they are not willing to do His will, when they refuse to heed His instruction in regard to health reform?...

“For thirty years the light on health reform has been coming to the people of God, but many have made it a subject of jest. They have continued to use tea, coffee, spices, and flesh meat. Their bodies are full of disease. How can we, I ask, present such ones to the Lord for healing?” —*Counsels on Diet and Foods*, p. 400.

“Many have expected that God would keep them from sickness merely because they have asked Him to do so. But God did not regard their prayers, because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health and make no efforts to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if His name can be glorified thereby. But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick, by their careless inattention to the laws of health.” —*Medical Ministry*, p. 13.

3. **How old was Seth when his first child was born. Why did the patriarchs live such long lives? What did God reveal through the meaning of each patriarch's name, from Adam to Noah?**

Genesis 5:6-8 *And Seth lived an hundred and five years, and begat Enos: ⁷And Seth lived after he begat Enos eight hundred and seven years, and begat sons and daughters: ⁸And all the days of Seth were nine hundred and twelve years: and he died.*

Colossians 1:26, 27 *Even the mystery which hath been hid from ages and from generations, but now is made manifest to his saints: ²⁷To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory.*

“God endowed man with so great vital force that he has withstood the accumulation of disease brought upon the race in consequence of perverted habits, and has continued for six thousand years. This fact of itself is enough to evidence to us the strength and electrical energy that God gave to man at his creation. It took more than two thousand years of crime and indulgence of base passions to bring bodily disease upon the race to any great extent. If Adam, at his creation, had not been endowed with twenty times as much vital force as men now have, the race, with their present habits of living in violation of natural law, would have become extinct. At the time of Christ’s first advent, the race had degenerated so rapidly that an accumulation of disease pressed upon that generation, bringing in a tide of woe, and a weight of misery inexpressible.” —*Fundamentals of Christian Education*, p. 22.

WEDNESDAY

4. **What king was healed of a fatal disease by calling on the name of Jehovah, as did the patriarch Seth? What natural remedy was applied to support his prayer for healing?**

2 Kings 20:1-7 *In those days was Hezekiah sick unto death. And the prophet Isaiah the son of Amoz came to him, and said unto him, Thus saith the Lord, Set thine house in order; for thou shalt die, and not live. ²Then he turned his face to the wall, and prayed unto the Lord, saying, ³I beseech thee, O Lord, remember now how I have walked before thee in truth and with a perfect heart, and have done that which is good in thy sight. And Hezekiah wept sore. ⁴And it came to pass, afore Isaiah was gone out into the middle court, that the word of the Lord came to him, saying, ⁵Turn again, and tell Hezekiah the captain of my people, Thus saith the Lord, the God of David thy father, I have heard thy prayer, I have seen thy tears: behold, I will heal thee: on the third day thou shalt go up unto the house of the Lord. ⁶And I will add unto thy days fifteen years; and I will deliver thee and this city out of the hand of the king of Assyria; and I will defend this city for mine own sake, and for my servant David’s sake. ⁷And Isaiah said, Take a lump of figs. And they took and laid it on the boil, and he recovered.*

“He whose ‘compassions fail not,’ heard the prayer of His servant. Lamentations 3:22. ‘It came to pass, afore Isaiah was gone out into the middle court, that the word of the Lord came to him, saying, Turn again, and tell Hezekiah the captain of My people, Thus saith the Lord, the God of David thy father, I have heard thy prayer, I have seen thy tears: behold, I will heal thee.... Gladly the prophet returned with the words of assurance and hope. Directing that a lump of figs be laid upon the diseased part, Isaiah delivered to the king the message of God’s mercy and protecting care.” —*Prophets and Kings*, pp. 341, 342.

“Those who seek healing by prayer should not neglect to make use of the remedial agencies within their reach. It is not a denial of faith to use such remedies as God has provided to alleviate pain and to aid nature in her work of restoration. It is no denial of faith to cooperate with God, and to place themselves in the condition most favorable to recovery. God has put it in our power to obtain a knowledge of the laws of life. This knowledge has been placed within our reach for use. We should employ every facility for the restoration of health, taking every advantage possible, working in harmony with natural laws. When we have prayed for the recovery of the sick, we can work with all the more energy, thanking God that we have the privilege of cooperating with Him, and asking His blessing on the means which He Himself has provided.” —*The Ministry of Healing*, p. 231.

MAN'S SUBSTITUTE AND EXAMPLE**5. Who was the descendant of Seth and man's Substitute? How did He become the Substitute before God's law?**

Leviticus 27:32, 33 *And concerning the tithe of the herd, or of the flock, even of whatsoever passeth under the rod, the tenth shall be holy unto the Lord. ³³He shall not search whether it be good or bad, neither shall he change it: and if he change it at all, then both it and the change thereof shall be holy; it shall not be redeemed.*

Isaiah 53:4-6 *Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. ⁵But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed. ⁶All we like sheep have gone astray; we have turned every one to his own way; and the Lord hath laid on him the iniquity of us all.*

"This hope of redemption through the advent of the Son of God as Saviour and King, has never become extinct in the hearts of men. From the beginning there have been some whose faith has reached out beyond the shadows of the present to the realities of the future. Adam, Seth, Enoch, Methuselah, Noah, Shem, Abraham, Isaac, and Jacob, through these and other worthies the Lord has preserved the precious revealings of His will. And it was thus that to the children of Israel, the chosen people through whom was to be given to the world the promised Messiah, God imparted a knowledge of the requirements of His law, and of the salvation to be accomplished through the atoning sacrifice of His beloved Son." —*Prophets and Kings*, p. 682.

"In the work of creation Christ was with God. He was one with God, equal with Him.... He alone, the Creator of man, could be his Saviour.... He proposed to take upon Himself the guilt and shame of sin—sin so offensive in the sight of God that it would necessitate separation from His Father. Christ proposed to reach to the depths of man's degradation and woe, and restore the repenting, believing soul to harmony with God. Christ, the Lamb slain from the foundation of the world, offered Himself as a sacrifice and substitute for the fallen sons of Adam." —*That I May Know Him*, p. 18.

"Oh, what soul hunger and longing had Christ to save that which was lost! The body crucified upon the cross did not detract from His divinity, His power of God to save through the human sacrifice, all who would accept His righteousness. In dying upon the cross, He transferred the guilt from the person of the transgressor to that of the divine Substitute through faith in Him as his personal Redeemer. The sins of a guilty world, which in figure are represented as 'red as crimson,' were imputed to the divine Surety." —*Our Father Cares*, p. 240.

FRIDAY

6. In what ways was Seth like Christ?

Genesis 4:26 *And to Seth, to him also there was born a son; and he called his name Enos: then began men to call upon the name of the Lord.*

Luke 6:12; 9:18, 28; 11:1 *And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God.... ^{9:18}And it came to pass, as he was alone praying, his disciples were with him: and he asked them, saying, Whom say the people that I am?... ²⁸And it came to pass about an eight days after these sayings, he took Peter and John and James, and went up into a mountain to pray.... ^{11:1}And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples.*

“Jesus said, ‘Therefore doth My Father love Me, because I lay down My life, that I might take it again.’ John 10:17. That is, ‘My Father has so loved you that He even loves Me more for giving My life to redeem you. In becoming your Substitute and Surety, by surrendering My life, by taking your liabilities, your transgressions, I am endeared to My Father; for by My sacrifice, God can be just, and yet the Justifier of him who believeth in Jesus.’—*Steps to Christ*, p. 14.

SABBATH

7. **Just as in the days of Seth there was an attack by the sons of Cain and the faithful cried out to God, for what will the sons of God cry out during the last great battle? Where will they flee? What holy day will they observe, as did Seth and Jesus?**

Psalm 119:126 *It is time for thee, Lord, to work: for they have made void thy law.*

Song of Solomon 4:6 *Until the day break, and the shadows flee away, I will get me to the mountain of myrrh, and to the hill of frankincense.*

Mark 13:14 *But when ye shall see the abomination of desolation, spoken of by Daniel the prophet, standing where it ought not, (let him that readeth understand,) then let them that be in Judaea flee to the mountains.*

Luke 21:21, 22 *Then let them which are in Judaea flee to the mountains; and let them which are in the midst of it depart out; and let not them that are in the countries enter thereinto. ²²For these be the days of vengeance, that all things which are written may be fulfilled.*

Hebrews 4:9 *There remaineth therefore a rest to the people of God.*

“The Sabbath was honored by all the children of Adam that remained loyal to God. But Cain and his descendants did not respect the day upon which God had rested. They chose their own time for labor and for rest, regardless of Jehovah’s express command.

“For some time the two classes remained separate. The race of Cain, spreading from the place of their first settlement, dispersed over the plains and valleys where the children of Seth had dwelt; and the latter, in order to escape from their contaminating influence, withdrew to the mountains, and there made their home.”—*Christ Triumphant*, p. 38.

“Pointing to God as the maker of the heavens and the earth, it distinguishes the true God from all false gods. All who keep the seventh day, signify by this act that they are worshippers of Jehovah. Thus the Sabbath is the sign of man’s allegiance to God as long as there are any upon the earth to serve Him.”—*Sons and Daughters of God*, p. 59.

FOR FURTHER STUDY

Find the interpretation of the first ten patriarchs’ names, and write a sentence about the different meanings—Adam, Seth, Enos, Cainan, Mahalaleel, Jared, Enoch, Methuselah, Lamech, Noah.

* * *

Lamech and Immorality

Lamech means “wild man.” Adah means “pleasure.”

Zillah means “protection,” or “ringing.”

“And Lamech took unto him two wives: the name of the one was Adah, and the name of the other Zillah.” Genesis 4:19.

“Polygamy had been early introduced, contrary to the divine arrangement at the beginning. The Lord gave to Adam one wife, showing His order in that respect. But after the Fall, men chose to follow their own sinful desires; and as the result, crime and wretchedness rapidly increased. Neither the marriage relation nor the rights of property were respected. Whoever coveted the wives or the possessions of his neighbor, took them by force, and men exulted in their deeds of violence. They delighted in destroying the life of animals; and the use of flesh for food rendered them still more cruel and bloodthirsty, until they came to regard human life with astonishing indifference.” —*Patriarchs and Prophets*, p. 91.

SUNDAY

LAMECH'S FAMILY

1. **What generation was Lamech in relation to Adam, and how many members of his family are well known (see Genesis 4:18-24)? What is the meaning of Lamech's name? How alone could God's grace have reached him?**

Genesis 4:1, 17, first part, 18 *And Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the Lord....¹⁷And Cain knew his wife; and she conceived, and bare Enoch....¹⁸And unto Enoch was born Irad: and Irad begat Mehujael: and Mehujael begat Methusael: and Methusael begat Lamech.*

“In the depths of heathenism, men who have had no knowledge of the written law of God, who have never even heard the name of Christ, have been kind to His servants, protecting them at the risk of their own lives. Their acts show the working of a divine power. The Holy Spirit has implanted the grace of Christ in the heart of the savage, quickening his sympathies contrary to his nature, contrary to his education. The ‘Light which lighteth every man that cometh into the world’ (John 1:9), is shining in his soul; and this light, if heeded, will guide his feet to the kingdom of God.” —*Christ's Object Lessons*, p. 385.

MONDAY

2. **Who might have been a contemporary of Lamech? How different were their lives? What were two particularly sinful attributes of Lamech's character?**

Genesis 5:24; 4:19, 23 *And Enoch walked with God: and he was not; for God took him....^{4:19}And Lamech took unto him two wives: the name of the one was Adah, and the name of the other Zillah....²³And Lamech said unto his wives, Adah and Zillah, Hear my voice; ye wives of Lamech, hearken unto my speech: for I have slain a man to my wounding, and a young man to my hurt.*

"To the crime of murder, in which Cain had led the way, Lamech, the fifth in descent, added polygamy, and, boastfully defiant, he acknowledged God, only to draw from the avenging of Cain an assurance of his own safety." —*Patriarchs and Prophets*, p. 81.

TUESDAY

3. **What phrase spoken by Lamech was used by Jesus, but in reverse? What did the names of Lamech's wives signify, and in what way did they foreshadow the sins of the last days?**

Genesis 4:24 *If Cain shall be avenged sevenfold, truly Lamech seventy and sevenfold.*

Matthew 18:21, 22 *Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? ²²Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven.*

2 Timothy 3:1, 4 *This know also, that in the last days perilous times shall come.... ⁴[Men shall be] Traitors, heady, highminded, lovers of pleasures more than lovers of God.*

"Peter had come to Christ with the question, 'How oft shall my brother sin against me, and I forgive him? till seven times?' The rabbis limited the exercise of forgiveness to three offenses. Peter, carrying out, as he supposed, the teaching of Christ, thought to extend it to seven, the number signifying perfection. But Christ taught that we are never to become weary of forgiving. Not 'Until seven times,' He said, 'but, Until seventy times seven....'

"If your brethren err, you are to forgive them. When they come to you with confession, you should not say, I do not think they are humble enough. I do not think they feel their confession. What right have you to judge them, as if you could read the heart? The word of God says, 'If he repent, forgive him. And if he trespasses against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him.' Luke 17:3, 4. And not only seven times, but seventy times seven: just as often as God forgives you." —*Christ's Object Lessons*, pp. 243, 249.

"When there is much forgiven, the heart loves much. Love is a tender plant. It needs to be constantly cultured or it will wither and die." —*Our High Calling*, p. 73.

WEDNESDAY

OTHER FORMS OF POLYGAMY

4. **Although there were several polygamists in the centuries that were described in Genesis, what did the apostle Paul teach about polygamy? Furthermore, considering that the church is the bride of Christ in a spiritual sense, to how many churches is He married?**

1 Timothy 5:9; 3:12 *Let not a widow be taken into the number under threescore years old, having been the wife of one man.... ^{3:12}Let the deacons be the husbands of one wife, ruling their children and their own houses well.*

Song of Solomon 6:9 *My dove, my undefiled is but one; she is the only one of her mother, she is the choice one of her that bare her. The daughters saw her, and blessed her; yea, the queens and the concubines, and they praised her.*

2 Corinthians 11:2 *For I am jealous over you with godly jealousy: for I have espoused you to one husband, that I may present you as a chaste virgin to Christ.*

"Polygamy had become so widespread that it had ceased to be regarded as a sin, but it was no less a violation of the law of God, and was fatal to the sacredness and peace of the family relation." —*Daughters of God*, p. 27.

"Noah had but one wife, and their united family discipline was blessed of God. Because Noah's sons were righteous they were preserved in the ark with their righteous father. God has not sanctioned polygamy in a single instance. It is contrary to His will. He knew that the happiness of man would be destroyed by it." —*The Story of Redemption*, p. 76.

THURSDAY

5. What sin is polygamy a form of? What does the apostle Paul write about it?

Exodus 20:14 *Thou shalt not commit adultery.*

Romans 7:2, 3 *For the woman which hath an husband is bound by the law to her husband so long as he liveth; but if the husband be dead, she is loosed from the law of her husband. ³So then if, while her husband liveth, she be married to another man, she shall be called an adulteress: but if her husband be dead, she is free from that law; so that she is no adulteress, though she be married to another man.*

"Not all who profess to keep the commandments of God possess their bodies in sanctification and honor. The most solemn message ever committed to mortals has been entrusted to this people, and they can have a powerful influence if they will be sanctified by it. They profess to be standing upon the elevated platform of eternal truth, keeping all of God's commandments; therefore, if they indulge in sin, if they commit fornication and adultery, their crime is of tenfold greater magnitude than is that of the classes I have named, who do not acknowledge the law of God as binding upon them. In a peculiar sense do those who profess to keep God's law dishonor Him and reproach the truth by transgressing its precepts." —*Counsels on Health*, p. 567.

FRIDAY

6. Biblically, what should a husband or wife do, even if they have differences of religion with their spouse? What divine principle did Christ give in regard to marriage?

1 Corinthians 7:10-14 *And unto the married I command, yet not I, but the Lord, Let not the wife depart from her husband: ¹¹But and if she depart, let her remain unmarried, or be reconciled to her husband: and let not the husband put away his wife. ¹²But to the rest speak I, not the Lord: If any brother hath a wife that believeth not, and she be pleased to dwell with him, let him not put her away. ¹³And the woman which hath an husband that believeth not, and if he be pleased to dwell with her, let her not leave him. ¹⁴For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband: else were your children unclean; but now are they holy.*

Matthew 19:4-6 *And he answered and said unto them, Have ye not read, that he which made them at the beginning made them male and female, and said, For this cause shall a man leave father and mother, and shall cleave to his wife: and they twain shall be one flesh? ⁵Wherefore they are no more twain, but one flesh. ⁶What therefore God hath joined together, let not man put asunder.*

"My dear brother and sister: You have united in a life long covenant. Your education in married life has begun. The first year of married life is a year of experience, a year in which husband and wife learn each other's different traits of character, as a child learns lessons in school. In this, the first year of your married life, let there be no chapters that will mar your future happiness....

"If there is any subject that should be considered with calm reason and unimpassioned judgment, it is the subject of marriage. If ever the Bible is needed as a counselor, it is before taking a step that binds persons together for life....

"Marriage, a union for life, is a symbol of the union between Christ and His church. The spirit that Christ manifests toward the church is the spirit that husband and wife are to manifest toward each other."—*Counsels for the Church*, pp. 126, 115, 127.

"Every marriage engagement should be carefully considered, for marriage is a step taken for life. Both the man and the woman should carefully consider whether they can cleave to each other through the vicissitudes of life as long as they both shall live."—*The Adventist Home*, p. 340.

SABBATH

7. What diseases and family problems are prevented when one is faithful to his or her spouse? What does the prophecy of the 144,000 show regarding spiritual and literal polygamy?

Deuteronomy 28:15, 22 *But it shall come to pass, if thou wilt not hearken unto the voice of the Lord thy God, to observe to do all his commandments and his statutes which I command thee this day; that all these curses shall come upon thee, and overtake thee.... ²²The Lord shall smite thee with a consumption, and with a fever, and with an inflammation, and with an extreme burning, and with the sword, and with blasting, and with mildew; and they shall pursue thee until thou perish.*

Genesis 42:36 *And Jacob their father said unto them, Me have ye bereaved of my children: Joseph is not, and Simeon is not, and ye will take Benjamin away: all these things are against me.*

Revelation 14:3, 4 *And they sung as it were a new song before the throne, and before the four beasts, and the elders; and no man could learn that song but the hundred and forty and four thousand, which were redeemed from the earth. ⁴These are they which were not defiled with women; for they are virgins. These are they which follow the Lamb whithersoever he goeth. These were redeemed from among men, being the firstfruits unto God and to the Lamb.*

"The results of polygamy were manifest in the household. This terrible evil tends to dry up the very springs of love, and its influence weakens the most sacred ties. The jealousy of the several mothers had embittered the family relation, the children had grown up contentious and impatient of control, and the father's life was darkened with anxiety and grief."—*Patriarchs and Prophets*, p. 208.

"Polygamy was countenanced. Idolatrous mothers brought their children up to observe heathen rites. In the lives of some, the pure religious service instituted by God was replaced by idolatry of the darkest hue."—*Prophets and Kings*, p. 58.

FOR FURTHER STUDY—ABRAHAM, SARAH, AND HAGAR

"If God had sanctioned polygamy, He would not have thus directed Abraham to send away Hagar and her son. He would teach all a lesson in this, that the rights and happiness of the marriage relation are to be

ever respected and guarded, even at a great sacrifice. Sarah was the first and only true wife of Abraham. She was entitled to rights, as a wife and mother, which no other could have in the family. She revered her husband, calling him lord, but she was jealous lest his affections should be divided with Hagar. God did not rebuke Sarah for the course she pursued. Abraham was reproved by the angels for distrusting God's power, which had led him to take Hagar as his wife and to think that through her the promise would be fulfilled." —*The Story of Redemption*, p. 80.

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8

Sabbath, May 20, 2023

Enoch and Exercise

"For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come." 1 Timothy 4:8.

"How selfish was the expression that he would live a different life if he knew his Lord was to come in ten years! Why, Enoch walked with God 300 years. This is a lesson for us that we shall walk with God every day, and we are not safe unless we are waiting and watching." —(Manuscript 10, 1886) *Last Day Events*, p. 42.

SUNDAY

A SPIRITUAL WALK

1. How and for how long did Enoch walk with God? What was the world like in his days, and where was his home located?

Genesis 5:22, 23; 6:11, 12 *And Enoch walked with God after he begat Methuselah three hundred years, and begat sons and daughters: ²³And all the days of Enoch were three hundred sixty and five years: And Enoch walked with God: and he was not; for God took him.... ^{16:11}The earth also was corrupt before God, and the earth was filled with violence. ¹²And God looked upon the earth, and, behold, it was corrupt; for all flesh had corrupted his way upon the earth.*

Exodus 15:17 *Thou shalt bring them in, and plant them in the mountain of thine inheritance, in the place, O Lord, which thou hast made for thee to dwell in, in the Sanctuary, O Lord, which thy hands have established.*

Psalms 91:9; 121:1 *Because thou hast made the Lord, which is my refuge, even the most High, thy habitation.... ^{121:1}I will lift up mine eyes unto the hills, from whence cometh my help.*

"Enoch walked with God three hundred years previous to his translation to heaven, and the state of the world was not then more favorable for the perfection of Christian character than it is today. And how did Enoch walk with God? He educated his mind and heart to ever feel that he was in the presence of God, and when in perplexity his prayers would ascend to God to keep him." —*Last Day Events*, p. 71.

“Enoch walked with God, and yet he did not live in the midst of any city, polluted with every kind of violence and wickedness, as did Lot in Sodom.” –(Evangelism, p. 79) *Country Living*, p. 30.

“As God’s commandment-keeping people, we must leave the cities. As did Enoch, we must work in the cities but not dwell in them.... He [Enoch] did not make his abode with the wicked.... He placed himself and his family where the atmosphere would be as pure as possible. Then at times he went forth to the inhabitants of the world with his God-given message.... After proclaiming his message, he always took back with him to his place of retirement some who had received the warning.” –*Maranatha*, p. 184.

MONDAY

2. In his walk with God, on what law did he meditate? Whom did Enoch symbolize?

Joshua 1:8 *This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*

Psalms 1:1, 2 *Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. ²But his delight is in the law of the Lord; and in his law doth he meditate day and night.*

2 Chronicles 34:31 *And the king stood in his place, and made a covenant before the Lord, to walk after the Lord, and to keep his commandments, and his testimonies, and his statutes, with all his heart, and with all his soul, to perform the words of the covenant which are written in this book.*

“Now Enoch was a representative of those who will be upon the earth when Christ shall come, who will be translated to heaven without seeing death.” –*Last Day Events*, p. 71

“Enoch was a marked character. Many look upon his life as something above what the generality of mortals can ever reach. But Enoch’s life and character ... represent what the lives and characters of all must be if, like Enoch, they are subjects to be translated when Christ shall come. His life was what the life of every individual may be if he closely connects with God. We should remember that Enoch was surrounded with influences so depraved that God brought a flood of waters on the world to destroy its inhabitants for their corruption.” –*Conflict and Courage*, p. 29.

TUESDAY

3. What did Enoch find in his walk with God as he proclaimed the gospel? Where does Enoch appear as a hero in the New Testament?

James 5:17, first part *Elias was a man subject to like passions as we are.*

Hebrews 11:5 *By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God.*

“Enoch had temptations as well as we. He was surrounded with society no more friendly to righteousness than is that which surrounds us. The

atmosphere he breathed was tainted with sin and corruption the same as ours, yet he lived a life of holiness. He was unsullied with the prevailing sins of the age in which he lived. So may we remain pure and uncorrupted.” —*Last Day Events*, p. 71.

“He who truly loves and fears God, striving with a singleness of purpose to do His will, will place his body, his mind, his heart, his soul, his strength, under service to God. Thus it was with Enoch. He walked with God. His mind was not defiled by an impure, defective eyesight. Those who are determined to make the will of God their own must serve and please God in everything. Then the character will be harmonious and well balanced, consistent, cheerful, and true.” —*In Heavenly Places*, p. 190.

WEDNESDAY

4. **What are two of the best physical exercises? Despite all of the benefits of exercise, how does physical exercise compare to that which is spiritual?**

Genesis 2:15 *And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it.*

Ecclesiastes 6:8 *For what hath the wise more than the fool? what hath the poor, that knoweth to walk before the living?*

Mark 5:42 *And straightway the damsel arose, and walked; for she was of the age of twelve years. And they were astonished with a great astonishment.*

1 Timothy 4:7, 8 *But refuse profane and old wives' fables, and exercise thyself rather unto godliness. ⁸For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.*

“Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use. Many who depend upon the movement cure could accomplish more for themselves by muscular exercise than the movements can do for them. In some cases, want of exercise causes the bowels and muscles to become enfeebled and shrunken, and these organs that have become enfeebled for want of use will be strengthened by exercise. There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved.” —(Testimonies for the Church, vol. 3, p. 78 [1871]) *Counsels on Health*, p. 200.

“Exercise will aid the work of digestion. To walk out after a meal, hold the head erect, put back the shoulders, and exercise moderately, will be a great benefit. The mind will be diverted from self to the beauties of nature. The less the attention is called to the stomach after a meal, the better. If you are in constant fear that your food will hurt you, it most assuredly will. Forget self, and think of something cheerful.” —(Testimonies for the Church, vol. 2, p. 530 [1870]) *Mind, Character, and Personality*, vol. 2, p. 401.

“Let men and women work in field and orchard and garden. This will bring health and strength to nerve and muscle. Living indoors and cherishing invalidism is a very poor business. If those who are sick will give nerves and muscles and sinews proper exercise in the open air, their health will be renewed.” —*Medical Ministry*, p. 296.

THURSDAY

5. **According to the apostles, what should God's people, as spiritual athletes like Enoch, abstain from?**

1 Peter 2:11 *Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul.*

1 Corinthians 9:24-27 *Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain. ²⁵And 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. ²⁶I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: ²⁷But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.*

“He refused to take any course that would offend his God. He kept the Lord continually before him. He would pray, ‘Teach me Thy way, that I may not err. What is Thy pleasure concerning me? What shall I do to honor Thee, my God?’ Thus he was constantly shaping his way and course in accordance with God’s commandments, and he had perfect confidence and trust in his heavenly Father, that He would help him. He had no thought or will of his own. It was all submerged in the will of his Father.”
—*Last Day Events*, p. 71.

FRIDAY

A WARNING

6. As he sought to develop his body, mind, and spirit, what warning message did Enoch give to his contemporaries?

Jude 1:14-16 *And Enoch also, the seventh from Adam, prophesied of these, saying, Behold, the Lord cometh with ten thousands of his saints, ¹⁵To execute judgment upon all, and to convince all that are ungodly among them of all their ungodly deeds which they have ungodly committed, and of all their hard speeches which ungodly sinners have spoken against him. ¹⁶These are murmurers, complainers, walking after their own lusts; and their mouth speaketh great swelling words, having men’s persons in admiration because of advantage.*

“Enoch became a preacher of righteousness, making known to the people what God had revealed to him. Those who feared the Lord sought out this holy man, to share his instruction and his prayers. He labored publicly also, bearing God’s messages to all who would hear the words of warning. His labors were not restricted to the Sethites. In the land where Cain had sought to flee from the divine Presence, the prophet of God made known the wonderful scenes that had passed before his vision....

“He was a fearless reprover of sin. While he preached the love of God in Christ to the people of his time, and pleaded with them to forsake their evil ways, he rebuked the prevailing iniquity and warned the men of his generation that judgment would surely be visited upon the transgressor. It was the Spirit of Christ that spoke through Enoch; that Spirit is manifested, not alone in utterances of love, compassion, and entreaty; it is not smooth things only that are spoken by holy men. God puts into the heart and lips of His messengers truths to utter that are keen and cutting as a two-edged sword.” —*Patriarchs and Prophets*, p. 86.

SABBATH

7. Hearing the story of the fall from Adam himself, in whom did Enoch learn to hope and trust for his redemption? What was his great longing? Just as Enoch warned the world of the flood, what other catastrophe do we expect at the end of time?

2 Peter 3:5-7 *For this they willingly are ignorant of, that by the word of God the heavens were of old, and the earth standing out of the water and in the water: ⁶Whereby the world that then was, being overflowed with water, perished: ⁷But the heavens and the earth, which are now, by the same word are kept in store, reserved unto fire against the day of judgment and perdition of ungodly men.*

“Enoch learned from the lips of Adam the painful story of the fall, and the precious story of God’s condescending grace in the gift of His Son as the world’s Redeemer. He believed and relied upon the promise given.” –*The Truth About Angels*, p. 66.

“Enoch was a holy man. He served God with singleness of heart. He realized the corruptions of the human family and separated himself from the descendants of Cain and reproved them for their great wickedness. There were those upon the earth who acknowledged God, who feared and worshiped Him. Yet righteous Enoch was so distressed with the increasing wickedness of the ungodly, that he would not daily associate with them, fearing that he should be affected by their infidelity and that his thoughts might not ever regard God with that holy reverence which was due His exalted character. His soul was vexed as he daily witnessed their trampling upon the authority of God. He chose to be separate from them, and spent much of his time in solitude, which he devoted to reflection and prayer. He waited before God and prayed to know His will more perfectly, that he might perform it. God communed with Enoch through His angels and gave him divine instruction. He made known to him that He would not always bear with man in his rebellion: that His purpose was to destroy the sinful race by bringing a flood of waters upon the earth.” –*The Story of Redemption*, p. 57.

FOR FURTHER STUDY—BENEFITS OF PHYSICAL EXERCISE

“When physical exercise is taken, the circulation is quickened. The heart receives blood faster and sends it to the lungs faster. The lungs work more vigorously, furnishing a greater amount of blood, which is sent with stronger power through the entire being. Exercise gives new life and strength to every part of the body.

“The nerves gain or lose strength in accordance with the way in which they are treated. If used too long and too severely, they are overtaxed and weakened. If used properly, they gain strength.

“In order to have health, equilibrium of action must be maintained. The mind must harmonize with this.... If physical exercise is regarded as drudgery, if the mind takes no interest in the exercise of the different parts of the body [the benefits will not be realized]. The mind must be interested in exercise of the muscles.” –*Reflecting Christ*, p. 147

* * *

Jabal and Meat Consumption

Jabal means “stream” and “inventor.”

“Yet ye say, The way of the Lord is not equal. O ye house of Israel, I will judge you every one after his ways.” Ezekiel 33:20.

“The people who lived before the flood ate animal food and gratified their lusts until their cup of iniquity was full, and God cleansed the earth of its moral pollution by a flood. Then the third dreadful curse rested upon the earth. The first curse was pronounced upon the posterity of Adam and upon the earth, because of disobedience. The second curse came upon the ground after Cain slew his brother Abel. The third most dreadful curse from God came upon the earth at the flood.” —*Counsels on Diet and Foods*, p. 373.

SUNDAY

1. Who was Jabal's father? What characterized the environment in which Jabal grew up?

Genesis 4:19, 20, first part *And Lamech took unto him two wives: the name of the one was Adah, and the name of the other Zillah. ²⁰And Adah bare Jabal....*

“In the beginning God gave to Adam one wife, thus showing His order. He never designed that man should have a plurality of wives. Lamech was the first who departed in this respect from God's wise arrangement. He had two wives, which created discord in his family. The envy and jealousy of both made Lamech unhappy. When men began to multiply upon the face of the earth, and daughters were born unto them, they took them wives of all which they chose. This was one of the great sins of the inhabitants of the old world, which brought the wrath of God upon them. This custom was practiced after the Flood, and became so common that even righteous men fell into the practice and had a plurality of wives. Yet it was no less sin because they became corrupted and departed in this thing from God's order.” —*The Story of Redemption*, p. 75.

MONDAY

2. What did he invent? What diet did the antediluvians adopt, according to Jesus?

Genesis 4:20 *He [Jabal] was the father of such as dwell in tents, and of such as have cattle.*

Matthew 24:38 *For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noah entered into the ark.*

“The same sins that brought judgments upon the world in the days of Noah exist in our day. Men and women now carry their eating and drinking so far that it ends in gluttony and drunkenness. This prevailing sin, the indulgence of perverted appetite, inflamed the passions of men in the days of Noah, and led to widespread corruption. Violence and sin reached to heaven. This moral pollution was finally swept from the earth by means of the Flood.” —*Counsels on Health*, p. 23.

3. Who in the New Testament had the same tent-making profession as Jabal? However, how did he view the consumption of flesh meat?

Acts 18:1-3 *After these things Paul departed from Athens, and came to Corinth; ²And found a certain Jew named Aquila, born in Pontus, lately come from Italy, with his wife Priscilla; (because that Claudius had commanded all Jews to depart from Rome:) and came unto them. ³And because he was of the same craft, he abode with them, and wrought: for by their occupation they were tentmakers.*

1 Corinthians 8:12, 13 *But when ye sin so against the brethren, and wound their weak conscience, ye sin against Christ. ¹³Wherefore, if meat make my brother to offend, I will eat no flesh while the world standeth, lest I make my brother to offend.*

Romans 14:21 *It is good neither to eat flesh, nor to drink wine, nor any thing whereby thy brother stumbleth, or is offended, or is made weak.*

James 4:17 *Therefore to him that knoweth to do good, and doeth it not, to him it is sin.*

“It is sin to be intemperate in the quantity of food eaten, even if the quality is unobjectionable. Many feel that, if they do not eat meat and the grosser articles of food, they may eat of simple food until they cannot well eat more. This is a mistake.” —*Testimonies for the Church*, vol. 2, p. 412.

“I was instructed that the use of flesh meat has a tendency to animalize the nature, and to rob men and women of the love and sympathy which they should feel for every one. We are built up from that which we eat, and those whose diet is largely composed of animal food are brought into a condition where they allow the lower passions to assume control of the high powers of the being....” —*Counsels on Diet and Foods*, p. 390.

4. How did the meat diet change the temperaments of the antediluvians? What was the end of that generation?

Genesis 6:11-13 *The earth also was corrupt before God, and the earth was filled with violence. ¹²And God looked upon the earth, and, behold, it was corrupt; for all flesh had corrupted his way upon the earth. ¹³And God said unto Noah, The end of all flesh is come before me; for the earth is filled with violence through them; and, behold, I will destroy them with the earth.*

Matthew 24:39 *And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be.*

“I am instructed to say that if meat eating ever were safe, it is not safe now. Diseased animals are taken to the large cities and to the villages, and sold for food. Many of these poor creatures would have died of disease in a very short time if they had not been slaughtered; yet the carcasses of these diseased animals are prepared for the market, and people eat freely of this poisonous food. Such a diet contaminates the blood and stimulates the lower passions.” —*Medical Ministry*, p. 280.

“Satan is no novice in the business of destroying souls. He well knows that if he can lead men and women into wrong habits of eating and drinking, he has gained, in a great degree, the control of their minds and

baser passions. In the beginning man ate of the fruits of the earth, but sin brought into use the flesh of dead animals as food. This diet works directly against the spirit of true refinement and moral purity. The substance of that which is taken into the stomach, passes into the circulation, and is converted into flesh and blood....” —*Temperance*, p. 161.

THURSDAY

5. **About 2,000 years later, who had this custom of eating flesh? What was the end of those among God’s people who coveted such a diet?**

Numbers 11:4, 5, 32, 33 *And the mixt multitude that was among them fell a lusting: and the children of Israel also wept again, and said, Who shall give us flesh to eat? ⁵We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlick.... ³²And the people stood up all that day, and all that night, and all the next day, and they gathered the quails: he that gathered least gathered ten homers: and they spread them all abroad for themselves round about the camp. ³³And while the flesh was yet between their teeth, ere it was chewed, the wrath of the Lord was kindled against the people, and the Lord smote the people with a very great plague.*

“A strong wind blowing from the sea now brought flocks of quails, ‘about a day’s journey on this side, and a day’s journey on the other side, round about the camp, and about two cubits above the face of the earth.’ Numbers 11:31, R.V. All that day and night, and the following day, the people labored in gathering the food miraculously provided. Immense quantities were secured. ‘He that gathered least gathered ten homers.’ All that was not needed for present use was preserved by drying, so that the supply, as promised, was sufficient for a whole month.

“God gave the people that which was not for their highest good, because they persisted in desiring it; they would not be satisfied with those things that would prove a benefit to them. Their rebellious desires were gratified, but they were left to suffer the result. They feasted without restraint, and their excesses were speedily punished. ‘The Lord smote the people with a very great plague.’ Large numbers were cut down by burning fevers, while the most guilty among them were smitten as soon as they tasted the food for which they had lusted.” —*Patriarchs and Prophets*, p. 382.

FRIDAY

6. **Who humbled Himself and lived in human habitations to teach man to return to God? What did He say to the disciples of His time that Peter passed on to his readers, including God’s people today?**

John 1:14 *And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth.*

Luke 21:34, 35 *And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. ³⁵For as a snare shall it come on all them that dwell on the face of the whole earth.*

1 Peter 2:11 *Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul.*

“Christ has here left us a most important lesson. He does not in His teaching encourage indolence. His example was the opposite of this. Christ was an earnest worker. His life was one of self-denial, diligence,

perseverance, industry, and economy. He would lay before us the danger of making eating and drinking paramount. He reveals the result of giving up to indulgence of appetite. The moral powers are enfeebled so that sin does not appear sinful. Crimes are winked at, and base passions control the mind until general corruption roots out good principles and impulses, and God is blasphemed. All this is the result of eating and drinking to excess. This is the very condition of things which He declares will exist at His second coming.” —*Testimonies for the Church*, vol. 3. p. 164.

SABBATH

7. Just as Christ fasted to prepare for His mission, what fast does God require of those who live in the time of the atonement that began in 1844? As Elijah, what is a prerequisite for being baptized into the remnant and then translated to heaven?

Leviticus 23:32 *It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even, shall ye celebrate your sabbath.*

Daniel 10:3 *I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.*

1 Kings 19:6-8 *And he looked, and, behold, there was a cake baked on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. And the angel of the Lord came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee. And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.*

2 Kings 2:11 *And it came to pass, as they still went on, and talked, that, behold, there appeared a chariot of fire, and horses of fire, and parted them both asunder; and Elijah went up by a whirlwind into heaven.*

“The true fasting which should be recommended to all, is abstinence from every stimulating kind of food, and the proper use of wholesome, simple food, which God has provided in abundance....

“When the use of flesh food is discontinued, there is often a sense of weakness, a lack of vigor. Many urge this as evidence that flesh food is essential; but it is because foods of this class are stimulating, because they fever the blood and excite the nerves, that they are so missed. Some will find it as difficult to leave off flesh eating as it is for the drunkard to give up his dram; but they will be the better for the change....

“Those who have received instruction regarding the evils of the use of flesh foods, tea, and coffee, and rich and unhealthful food preparations, and who are determined to make a covenant with God by sacrifice, will not continue to indulge their appetite for food that they know to be unhealthful. God demands that the appetite be cleansed, and that self-denial be practiced in regard to those things which are not good. This is a work that will have to be done before His people can stand before Him a perfected people.” —*Counsels on Diet and Foods*, pp. 188, 396, 381.

FOR FURTHER STUDY—JOHN THE BAPTIST AS A VEGETARIAN, REFORMER, AND FORERUNNER OF JESUS

“John separated himself from friends and from the luxuries of life. The simplicity of his dress, a garment woven of camel’s hair, was a standing rebuke to the extravagance and display of the Jewish priests, and of the people generally. His diet, purely vegetable, of locusts and wild honey, was

a rebuke to the indulgence of appetite and the gluttony that everywhere prevailed. The prophet Malachi declares: 'Behold, I will send you Elijah the prophet before the coming of the great and dreadful day of the Lord: and he shall turn the heart of the fathers to the children, and the heart of the children to their fathers.' Here the prophet describes the character of the work. Those who are to prepare the way for the second coming of Christ are represented by faithful Elijah, as John came in the spirit of Elijah to prepare the way for Christ's first advent. The great subject of reform is to be agitated, and the public mind is to be stirred. Temperance in all things is to be connected with the message, to turn the people of God from their idolatry, their gluttony, and their extravagance in dress and other things."—*Testimonies for the Church*, vol. 3, p. 62.

"For years the Lord has been calling the attention of His people to health reform. This is one of the great branches of the work of preparation for the coming of the Son of man. John the Baptist went forth in the spirit and power of Elijah, to prepare the way of the Lord, and to turn the people to the wisdom of the just. He was a representative of those living in these last days, to whom God has entrusted sacred truths to present before the people, to prepare the way for the second appearing of Christ. John was a reformer."—*Counsels on Diet and Foods*, p. 70.

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Sabbath, June 3, 2023

Jubal and Ungodly Music

Jubal means "inventor."

"And his brother's name was Jubal: he was the father of all such as handle the harp and organ." Genesis 4:21.

"The art of sacred melody was diligently cultivated [in the schools of the prophets]. No frivolous waltz was heard, nor flippant song that should extol man and divert the attention from God; but sacred, solemn psalms of praise to the Creator, exalting His name and recounting His wondrous works. Thus music was made to serve a holy purpose, to lift the thoughts to that which was pure and noble and elevating, and to awaken in the soul devotion and gratitude to God."—*Counsels for the Church*, p. 172.

SUNDAY

SOURCES OF UNHOLY MUSIC

1. **What was the name of Jabal's brother, and what was his proficiency? Who else was supremely proficient in music and musical instruments?**

Genesis 4:21 *And his brother's name was Jubal: he was the father of all such as handle the harp and organ.*

Ezekiel 28:13-15 *Thou hast been in Eden the garden of God; every precious stone was thy covering, the sardius, topaz, and the diamond, the beryl, the onyx, and the jasper, the sapphire, the emerald, and the carbuncle, and gold: the workmanship of thy tabrets and of thy pipes was prepared in*

thee in the day that thou wast created. ¹⁴Thou art the anointed cherub that covereth; and I have set thee so: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire. ¹⁵Thou wast perfect in thy ways from the day that thou wast created, till iniquity was found in thee.

“The hour for joyful, happy songs of praise to God and His dear Son had come. Satan had led the heavenly choir. He had raised the first note; then all the angelic host had united with him, and glorious strains of music had resounded through heaven in honor of God and His dear Son. But now, instead of strains of sweetest music, discord and angry words fall upon the ear of the great rebel leader. Where is he? Is it not all a horrible dream? Is he shut out of heaven? Are the gates of heaven never more to open to admit him? The hour of worship draws nigh, when bright and holy angels bow before the Father. No more will he unite in heavenly song. No more will he bow in reverence and holy awe before the presence of the eternal God.” —*The Story of Redemption*, p. 25.

“Music, when not abused, is a great blessing; but when put to a wrong use, it is a terrible curse. It excites, but does not impart that strength and courage which the Christian can find only at the throne of grace while humbly making known his wants and, with strong cries and tears pleading for heavenly strength to be fortified against the powerful temptations of the evil one. Satan is leading the young captive. Oh, what can I say to lead them to break his power of infatuation! He is a skillful charmer, luring them on to perdition.” —*Counsels for the Church*, p. 172.

MONDAY

2. What did the development of the impious music invented by Jubal contribute to? According to what Moses wrote, what are some characteristics of ungodly music?

Genesis 6:5, 12 *And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.... ¹²And God looked upon the earth, and, behold, it was corrupt; for all flesh had corrupted his way upon the earth.*

Exodus 32:17-19 *And when Joshua heard the noise of the people as they shouted, he said unto Moses, There is a noise of war in the camp. ¹⁸And he said, It is not the voice of them that shout for mastery, neither is it the voice of them that cry for being overcome: but the noise of them that sing do I hear. ¹⁹And it came to pass, as soon as he came nigh unto the camp, that he saw the calf, and the dancing; and Moses' anger waxed hot, and he cast the tables out of his hands, and brake them beneath the mount.*

“The things you have described as taking place in Indiana, the Lord has shown me would take place just before the close of probation. Every uncouth thing will be demonstrated. There will be shouting, with drums, music, and dancing. The senses of rational beings will become so confused that they cannot be trusted to make right decisions.” —*Last Day Events*, p. 159.

“A bedlam of noise shocks the senses and perverts that which if conducted aright might be a blessing. The powers of satanic agencies blend with the din and noise to have a carnival, and this is termed the Holy Spirit's working....

“Those things which have been in the past will be in the future. Satan will make music a snare by the way in which it is conducted.” —(Selected Messages, book 2, pp. 36, 38 [1900]) *Last Day Events*, p. 159.

“In some of our churches I have heard solos that were altogether unsuitable for the service of the Lord's house. The long-drawn-out notes and the peculiar sounds common in operatic singing are not pleasing to the angels. They delight to hear the simple songs of praise sung in a natural

tone. The songs in which every word is uttered clearly, in a musical tone, are the songs that they join us in singing. They take up the refrain that is sung from the heart with the spirit and the understanding.”—(Manuscript 91, 1903) *Evangelism*, p. 510.

TUESDAY

3. **What effects does unholy music have on the body, mind, and spirit? On what special day every year in Israel was there no dancing?**

Daniel 3:7 *Therefore at that time, when all the people heard the sound of the cornet, flute, harp, sackbut, psaltery, and all kinds of musick, all the people, the nations, and the languages, fell down and worshipped the golden image that Nebuchadnezzar the king had set up.*

Amos 6:5-7 *That chant to the sound of the viol, and invent to themselves instruments of musick, like David; ⁶That drink wine in bowls, and anoint themselves with the chiefointments: but they are not grieved for the affliction of Joseph. ⁷Therefore now shall they go captive with the first that go captive, and the banquet of them that stretched themselves shall be removed.*

Leviticus 16:29-31 *And this shall be a statute for ever unto you: that in the seventh month, on the tenth day of the month, ye shall afflict your souls, and do no work at all, whether it be one of your own country, or a stranger that sojourneth among you: ³⁰For on that day shall the priest make an atonement for you, to cleanse you, that ye may be clean from all your sins before the Lord. ³¹It shall be a sabbath of rest unto you, and ye shall afflict your souls, by a statute for ever.*

“A view of one such company was presented to me, where were assembled those who profess to believe the truth. One was seated at the instrument of music, and such songs were poured forth as made the watching angels weep. There was mirth, there was coarse laughter, there was abundance of enthusiasm and a kind of inspiration; but the joy was such as Satan only is able to create. This is an enthusiasm and infatuation of which all who love God will be ashamed. It prepares the participants for unholy thought and action. I have reason to think that some who were engaged in that scene heartily repented of the shameful performance.”—*The Adventist Home*, p. 514.

WEDNESDAY

4. **What happened as David and the entire house of Israel were playing music before the ark of the covenant on the first attempt to move it to Jerusalem? What was the sad result after Herod the Tetrarch and his officers were entranced by impious music and sensual dance?**

2 Samuel 6:5-8 *And David and all the house of Israel played before the Lord on all manner of instruments made of fir wood, even on harps, and on psalteries, and on timbrels, and on cornets, and on cymbals. ⁶And when they came to Nachon's threshingfloor, Uzzah put forth his hand to the ark of God, and took hold of it; for the oxen shook it. ⁷And the anger of the Lord was kindled against Uzzah; and God smote him there for his error; and there he died by the ark of God. ⁸And David was displeased, because the Lord had made a breach upon Uzzah: and he called the name of the place Perezuzzah to this day.*

Mark 6:22, 25, 27, 28 *And when the daughter of the said Herodias came in, and danced, and pleased Herod and them that sat with him, the king said unto the damsel, Ask of me whatsoever thou wilt, and I will give it thee....²⁵ And she came in straightway with haste unto the king, and asked, saying, I will that thou give me by and by in a charger the head of John the Baptist....²⁷ And immediately the king sent an executioner, and commanded his head to be brought: and he went and beheaded him in the prison,²⁸ And brought his head in a charger, and gave it to the damsel: and the damsel gave it to her mother.*

“David’s dancing in reverent joy before God has been cited by pleasure lovers in justification of the fashionable modern dance, but there is no ground for such an argument. In our day dancing is associated with folly and midnight reveling. Health and morals are sacrificed to pleasure. By the frequenters of the ballroom God is not an object of thought and reverence; prayer or the song of praise would be felt to be out of place in their assemblies. This test should be decisive. Amusements that have a tendency to weaken the love for sacred things and lessen our joy in the service of God are not to be sought by Christians. The music and dancing in joyful praise to God at the removal of the ark had not the faintest resemblance to the dissipation of modern dancing. The one tended to the remembrance of God and exalted His holy name. The other is a device of Satan to cause men to forget God and to dishonor Him.” —*Counsels for the Church*, p. 164.

“The false enchantment of the dizzy scene seemed to take away reason and dignity from Herod and his guests, who were flushed with wine. The music and wine and dancing, had removed the fear and reverence of God from them. Nothing seemed sacred to Herod’s perverted senses. He was desirous to make some display which would exalt him still higher before the great men of his kingdom. And he rashly promised, and confirmed his promise with an oath, to give the daughter of Herodias whatever she might ask.... The intoxicating cup prepared the way for this terrible crime.” —*Review and Herald*, March 11, 1873.

THURSDAY

SACRED MUSIC AND ITS BLESSINGS

5. What type of music does God want His people to enjoy and sing? What health benefits does sacred music impart?

Ephesians 5:19 *Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.*

Colossians 3:16 *Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.*

Philippians 4:8 *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.*

1 Samuel 16:16, 23 *Let our lord now command thy servants, which are before thee, to seek out a man, who is a cunning player on an harp: and it shall come to pass, when the evil spirit from God is upon thee, that he shall play with his hand, and thou shalt be well....²³ And it came to pass, when the evil spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him.*

"Music forms a part of God's worship in the courts above, and we should endeavor, in our songs of praise, to approach as nearly as possible to the harmony of the heavenly choirs. The proper training of the voice is an important feature in education and should not be neglected. Singing, as a part of religious service, is as much an act of worship as is prayer. The heart must feel the spirit of the song to give it right expression."—*Counsels for the Church*, p. 172.

"I have been shown the order, the perfect order, of heaven, and have been enraptured as I listened to the perfect music there. After coming out of vision, the singing here has sounded very harsh and discordant. I have seen companies of angels, who stood in a hollow square, everyone having a harp of gold. At the end of the harp was an instrument to turn to set the harp or change the tunes. Their fingers did not sweep over the strings carelessly, but they touched different strings to produce different sounds. There is one angel who always leads, who first touches the harp and strikes the note, then all join in the rich, perfect music of heaven. It cannot be described. It is melody, heavenly, divine, while from every countenance beams the image of Jesus, shining with glory unspeakable."—*Counsels for the Church*, p. 172.

FRIDAY

6. **What instrument did the priests of the order of Aaron play that will also be played by the high priest of the order of Melchizedek? How should the voice and instruments be used in religious services?**

Zechariah 9:14 *And the Lord shall be seen over them, and his arrow shall go forth as the lightning: and the Lord God shall blow the trumpet, and shall go with whirlwinds of the south.*

1 Thessalonians 4:16 *For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first.*

1 Corinthians 14:7-9 *And even things without life giving sound, whether pipe or harp, except they give a distinction in the sounds, how shall it be known what is piped or harped? ⁸For if the trumpet give an uncertain sound, who shall prepare himself to the battle? ⁹So likewise ye, except ye utter by the tongue words easy to be understood, how shall it be known what is spoken? for ye shall speak into the air.*

"And let the singing be accompanied with musical instruments skilfully handled. We are not to oppose the use of instrumental music in our work."—*Evangelism*, p. 507.

"The human voice that sings the music of God from a heart filled with gratitude and thanksgiving is far more pleasing to Him than the melody of all the musical instruments ever invented by human hands."—*Evangelism*, p. 506.

"Music can be a great power for good, yet we do not make the most of this branch of worship. The singing is generally done from impulse or to meet special cases, and at other times those who sing are left to blunder along, and the music loses its proper effect upon the minds of those present. Music should have beauty, pathos, and power. Let the voices be lifted in songs of praise and devotion. Call to your aid, if practicable, instrumental music, and let the glorious harmony ascend to God, an acceptable offering."—*Testimonies for the Church*, vol. 4, p. 71.

SABBATH

7. **Since sacred music is a blessing to calm restless spirits, what did Jesus do in Nazareth and also just before the coming danger of His arrest? With whom will the saved sing?**

1 Chronicles 16:8-10 Give thanks unto the Lord, call upon his name, make known his deeds among the people. ⁹Sing unto him, sing psalms unto him, talk ye of all his wondrous works. ¹⁰Glory ye in his holy name: let the heart of them rejoice that seek the Lord.

Matthew 26:30 And when they had sung an hymn, they went out into the mount of Olives.

“Often the dwellers in Nazareth heard His voice raised in praise and thanksgiving to God. He held communion with heaven in song; and as His companions complained of weariness from labor, they were cheered by the sweet melody from His lips. His praise seemed to banish the evil angels, and, like incense, fill the place with fragrance. The minds of His hearers were carried away from their earthly exile, to the heavenly home.”—*The Desire of Ages*, p. 73.

“When Christ was a child like these children here, He was tempted to sin, but He did not yield to temptation. As He grew older He was tempted, but the songs His mother had taught Him to sing came into His mind, and He would lift His voice in praise. And before His companions were aware of it, they would be singing with Him. God wants us to use every facility which Heaven has provided for resisting the enemy.”—(Manuscript 65, 1901).

“With a song, Jesus in His earthly life met temptation. Often when sharp, stinging words were spoken, often when the atmosphere about Him was heavy with gloom, with dissatisfaction, distrust, or oppressive fear, was heard His song of faith and holy cheer.”—(Education, p. 166) *The Voice in Speech and Song*, p. 412.

“I saw the beauty of heaven. I heard the angels sing their rapturous songs, ascribing praise, honor, and glory to Jesus. I could then realize something of the wondrous love of the Son of God. He left all the glory, all the honor which He had in heaven, and was so interested for our salvation that He patiently and meekly bore every indignity and slight which man could heap upon Him. He was wounded, smitten, and bruised; He was stretched on Calvary’s cross and suffered the most agonizing death to save us from death, that we might be washed in His blood and be raised up to live with Him in the mansions He is preparing for us, to enjoy the light and glory of heaven, to hear the angels sing, and to sing with them.”—*Counsels for the Church*, p. 41.

FOR FURTHER STUDY—MINISTRY TO THE AGED AND SICK

“We can use the small volumes of Sabbath Readings and other works to good advantage in orphans’ homes and in many other places where these little books will be highly valued. We could use some of them in the Soldiers’ Home at Yountville, where many hundreds of old soldiers are provided for in large government buildings. We are giving these men every attention possible. Every other Sabbath a party from the sanitarium and the St. Helena churches visits them, to sing religious hymns and to speak to them. They are interested in these meetings, and seem delighted with everything that our people do for them.”—*Welfare Ministry*, p. 339.

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Tubalcain and Modern Idols

“And Zillah, she also bare Tubalcain, an instructor of every artificer in brass and iron: and the sister of Tubalcain was Naamah.” Genesis 4:22.

“Many are eagerly participating in worldly, demoralizing amusements which God’s word forbids. Thus they sever their connection with God and rank themselves with the pleasure lovers of the world. The sins that destroyed the antediluvians and the cities of the plain exist today—not merely in heathen lands, not only among popular professors of Christianity, but with some who profess to be looking for the coming of the Son of man. If God should present these sins before you as they appear in His sight, you would be filled with shame and terror.”—*Counsels for the Church*, p. 164.

SUNDAY

TUBALCAIN AND MODERN IDOLS

1. What was the occupational proficiency of another son of Lamech and Zillah?

Genesis 4:22 *And Zillah, she also bare Tubalcain, an instructor of every artificer in brass and iron: and the sister of Tubalcain was Naamah.*

Jude 1:11 *Woe unto them! for they have gone in the way of Cain, and ran greedily after the error of Balaam for reward, and perished in the gainsaying of Core.*

“Many idols are worshiped, even by professed Sabbathkeepers. God especially charged His ancient people to guard against idolatry, for if they should be led away from serving the living God, His curse would rest upon them, while if they would love Him with all their heart, with all their soul, and with all their might, He would abundantly bless them in basket and in store, and would remove sickness from the midst of them.”—*Testimonies for the Church*, vol. 1, p. 609.

MONDAY

2. As happened later in Israel and Babylon, what was the result of Tubalcain’s work among the antediluvians? What does the apostle John urgently advise young people?

Isaiah 2:8, 9 *Their land also is full of idols; they worship the work of their own hands, that which their own fingers have made: ⁹And the mean man boweth down, and the great man humbleth himself: therefore forgive them not.*

Daniel 5:23 *But hast lifted up thyself against the Lord of heaven; and they have brought the vessels of his house before thee, and thou, and thy lords, thy wives, and thy concubines, have drunk wine in them; and thou hast praised the gods of silver, and gold, of brass, iron, wood, and stone, which see not, nor hear, nor know: and the God in whose hand thy breath is, and whose are all thy ways, hast thou not glorified.*

1 John 5:21 *Little children, keep yourselves from idols.*

"Looking upon the world, God saw that the intellect He had given man was perverted, that the imagination of his heart was evil and that continually. God had given these men knowledge. He had given them valuable ideas, that they might carry out His plan. But the Lord saw that those whom He designed should possess wisdom, tact, and judgment, were using every quality of the mind to glorify self. By the waters of the Flood, He blotted this long-lived race from the earth, and with them perished the knowledge they had used only for evil." —*Conflict and Courage*, p. 34.

"Those who would be worshipers of the true God must sacrifice every idol. Jesus said to the lawyer, 'Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first commandment.'...

"The great Head of the church, who has chosen His people out of the world, requires them to be separate from the world. He designs that the spirit of His commandments, by drawing His followers to Himself, shall separate them from worldly elements. To love God and keep His commandments is far away from loving the world's pleasures and its friendship. There is no concord between Christ and Belial." —*Messages to Young People*, p. 377.

TUESDAY

MODERN IDOLATRY—VIDEO GAMES

3. What did Jeremiah prophesy when he foresaw the addiction to video games come into the world? Who was tempted by the projection of images and scenes of great excitement?

Jeremiah 9:21 *For death is come up into our windows, and is entered into our palaces, to cut off the children from without, and the young men from the streets.*

Matthew 4:8-10 *Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; ⁹And saith unto him, All these things will I give thee, if thou wilt fall down and worship me. ¹⁰Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.*

Isaiah 33:14-16 *The sinners in Zion are afraid; fearfulness hath surprised the hypocrites. Who among us shall dwell with the devouring fire? who among us shall dwell with everlasting burnings? ¹⁵He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil. ¹⁶He shall dwell on high: his place of defence shall be the munitions of rocks: bread shall be given him; his waters shall be sure.*

"The desire for excitement and pleasing entertainment is a temptation and a snare to God's people, and especially to the young. Satan is constantly preparing inducements to attract minds from the solemn work of preparation for scenes just in the future. Through the agency of worldlings he keeps up a continual excitement to induce the unwary to join in worldly pleasures. There are shows, lectures, and an endless variety of entertainments that are calculated to lead to a love of the world; and through this union with the world, faith is weakened.

"God does not own the pleasure seeker as His follower. Those only who are self-denying, and who live lives of sobriety, humility, and holiness, are true followers of Jesus. And such cannot enjoy the frivolous, empty conversation of the lover of the world." —*Counsels for the Church*, pp. 164, 165.

4. What other God-given talents are wasted on video games?

Zephaniah 1:12 *And it shall come to pass at that time, that I will search Jerusalem with candles, and punish the men that are settled on their lees: that say in their heart, The Lord will not do good, neither will he do evil.*

Ephesians 5:16, 17 *Redeeming the time, because the days are evil. ¹⁷Wherefore be ye not unwise, but understanding what the will of the Lord is.*

James 4:3 *Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.*

“The young generally conduct themselves as though the precious hours of probation, while mercy lingers, were one grand holiday, and they were placed in this world merely for their own amusement, to be gratified with a continued round of excitement. Satan has been making special efforts to lead them to find happiness in worldly amusements and to justify themselves by endeavoring to show that these amusements are harmless, innocent, and even important for health.”—*Counsels for the Church*, p. 164.

“It is wrong to waste our time, wrong to waste our thoughts. We lose every moment that we devote to self-seeking. If every moment were valued and rightly employed, we should have time for everything that we need to do for ourselves or for the world. In the expenditure of money, in the use of time, strength, opportunities, let every Christian look to God for guidance. ‘If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.’ James 1:5.”—*The Ministry of Healing*, p. 208.

THURSDAY

5. Along with other addictions, what self-deception is projected by video games? Like alcohol and drugs, what do such games and other modern idols cause?

Deuteronomy 29:19 *And it come to pass, when he heareth the words of this curse, that he bless himself in his heart, saying, I shall have peace, though I walk in the imagination of mine heart, to add drunkenness to thirst.*

2 Corinthians 4:4 *In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.*

Luke 21:34, 35 *And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares. ³⁵For as a snare shall it come on all them that dwell on the face of the whole earth.*

“It is not safe for us to linger to contemplate the advantages to be reaped through yielding to Satan’s suggestions. Sin means dishonor and disaster to every soul that indulges in it; but it is blinding and deceiving in its nature, and it will entice us with flattering presentations. If we venture on Satan’s ground, we have no assurance of protection from his power. So far as in us lies, we should close every avenue by which the tempter may find access to us....

“You will have to become a faithful sentinel over your eyes, ears, and all your senses if you would control your mind and prevent vain and corrupt

thoughts from staining your soul. The power of grace alone can accomplish this most desirable work.

“Satan and his angels are busy creating a paralyzed condition of the senses so that cautions, warnings, and reproofs shall not be heard; or, if heard, that they shall not take effect upon the heart and reform the life.”
—*Counsels for the Church*, p. 166.

FRIDAY

6. With whom do those who practice “gaming” and play video games make a pact without realizing it? What forbidden habits are encouraged by worldly games, theater, and movies?

Isaiah 28:28, 19 *And your covenant with death shall be disannulled, and your agreement with hell shall not stand; when the overflowing scourge shall pass through, then ye shall be trodden down by it. ¹⁹From the time that it goeth forth it shall take you: for morning by morning shall it pass over, by day and by night: and it shall be a vexation only to understand the report.*

Deuteronomy 18:10-14 *There shall not be found among you any one that maketh his son or his daughter to pass through the fire, or that useth divination, or an observer of times, or an enchanter, or a witch, ¹¹Or a charmer, or a consulter with familiar spirits, or a wizard, or a necromancer. ¹²For all that do these things are an abomination unto the Lord; and because of these abominations the Lord thy God doth drive them out from before thee. ¹³Thou shalt be perfect with the Lord thy God. ¹⁴For these nations, which thou shalt possess, hearkened unto observers of times, and unto diviners: but as for thee, the Lord thy God hath not suffered thee so to do.*

Romans 7:5 *For when we were in the flesh, the motions of sins, which were by the law, did work in our members to bring forth fruit unto death.*

“Among the most dangerous resorts for pleasure is the theater. Instead of being a school for morality and virtue, as is so often claimed, it is the very hotbed of immorality. Vicious habits and sinful propensities are strengthened and confirmed by these entertainments. Low songs, lewd gestures, expressions, and attitudes, deprave the imagination and debase the morals. Every youth who habitually attends such exhibitions will be corrupted in principle. There is no influence in our land more powerful to poison the imagination, to destroy religious impressions, and to blunt the relish for the tranquil pleasures and sober realities of life than theatrical amusements. The love for these scenes increases with every indulgence, as the desire for intoxicating drink strengthens with its use. The only safe course is to shun the theater, the circus, and every other questionable place of amusement.” —*Counsels for the Church*, p. 164.

“The blessing of God would not be invoked upon the hour spent at the theater or in the dance. No Christian would wish to meet death in such a place. No one would wish to be found there when Christ shall come.”
—(Messages to Young People, p. 398 [1882]) *Last Day Events*, p. 87.

SABBATH

STEPS TO OVERCOMING ADDICTION

7. List the steps one needs to take to break an addiction to video games and violent, spiritualistic movies. What powerful invitation does Jesus extend to everyone to overcome addictions of all kinds?

Matthew 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

1 John 5:19-21 And we know that we are of God, and the whole world lieth in wickedness. ²⁰And we know that the Son of God is come, and hath given us an understanding, that we may know him that is true, and we are in him that is true, even in his Son Jesus Christ. This is the true God, and eternal life. ²¹Little children, keep yourselves from idols.

James 4:7-10 Draw nigh to God, and he will draw nigh to you. ⁸Cleanse your hands, ye sinners; and purify your hearts, ye double minded. ⁹Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness. ¹⁰Humble yourselves in the sight of the Lord, and he shall lift you up.

“Every Christian must stand on guard continually, watching every avenue of the soul where Satan might find access. He must pray for divine help and at the same time resolutely resist every inclination to sin. By courage, by faith, by persevering toil, he can conquer. But let him remember that to gain the victory Christ must abide in him and he in Christ.

“Everything that can be done should be done to place ourselves and our children where we shall not see the iniquity that is practiced in the world. We should carefully guard the sight of our eyes and the hearing of our ears so that these awful things shall not enter our minds.”—*Counsels for the Church*, p. 166.

“The youth often urge that they need something to enliven and divert the mind. The Christian’s hope is just what is needed. Religion will prove to the believer a comforter, a sure guide to the Fountain of true happiness. The young should study the word of God, giving themselves to meditation and prayer. They will find that their spare moments cannot be better employed. Wisdom’s ways are ways of pleasantness, and all her paths are peace.”—*Messages to Young People*, p. 368.

FOR FURTHER STUDY—WHOLESOME RECREATION

“Do not think that God wishes us to yield up everything which it is for our happiness here to retain. All He requires us to give up is that which would not be for our good and happiness to retain.”—*Counsels for the Church*, p. 163.

“It is the privilege and duty of Christians to seek to refresh their spirits and invigorate their bodies by innocent recreation, with the purpose of using their physical and mental powers to the glory of God.”—(*Messages to Young People*, p. 364 [1871]).

“Christians have many sources of happiness at their command, and they may tell with unerring accuracy what pleasures are lawful and right. They may enjoy such recreations as will not dissipate the mind or debase the soul, such as will not disappoint and leave a sad after-influence to destroy self-respect or bar the way to usefulness. If they can take Jesus with them and maintain a prayerful spirit they are perfectly safe.”—(*Messages to Young People*, p. 38 [1884])....

“The only safe amusements are such as will not banish serious and religious thoughts. The only safe places of resort are those to which we can take Jesus with us.”—(*Our High Calling*, p. 284 [1883]) *Last Day Events*, pp. 85, 88.

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Giants and Mental Health

“And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.” Genesis 6:5.

“But many who profess to believe the truth do not want God in their thoughts, any more than did the antediluvians or Sodomites. One sensible thought of God, awakened by the Holy Spirit, would spoil all their schemes. Self, self, self, has been their god, their alpha and their omega.” —*Counsels on Stewardship*, p. 141.

SUNDAY

ORIGIN OF THE ANTEDILUVIAN GIANTS' CORRUPTION

1. Who were the ancestors of the giants before the flood? For what were these giants known?

Genesis 6:1, 2, 4, 5 *And it came to pass, when men began to multiply on the face of the earth, and daughters were born unto them, ²That the sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose.... ⁴There were giants in the earth in those days; and also after that, when the sons of God came in unto the daughters of men, and they bare children to them, the same became mighty men which were of old, men of renown. ⁵And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.*

Psalms 10:4-9 *The wicked, through the pride of his countenance, will not seek after God: God is not in all his thoughts. ⁵His ways are always grievous; thy judgments are far above out of his sight: as for all his enemies, he puffeth at them. ⁶He hath said in his heart, I shall not be moved: for I shall never be in adversity. ⁷His mouth is full of cursing and deceit and fraud: under his tongue is mischief and vanity. ⁸He sitteth in the lurking places of the villages: in the secret places doth he murder the innocent: his eyes are privily set against the poor. ⁹He lieth in wait secretly as a lion in his den: he lieth in wait to catch the poor: he doth catch the poor, when he draweth him into his net.*

“There were many giants, men of great stature and strength, renowned for wisdom, skillful in devising the most cunning and wonderful works; but their guilt in giving loose rein to iniquity was in proportion to their skill and mental ability. God bestowed upon these antediluvians many and rich gifts; but they used His bounties to glorify themselves, and turned them into a curse by fixing their affections upon the gifts instead of the Giver. They employed the gold and silver, the precious stones and the choice wood, in the construction of habitations for themselves, and endeavored to excel one another in beautifying their dwellings with the most skillful workmanship. They sought only to gratify the desires of their own proud hearts, and reveled in scenes of pleasure and wickedness.” —*Patriarchs and Prophets*, p. 90.

“We have the history of the antediluvians, and of the cities of the plain, whose course of conduct degenerated from lightness and frivolity to debasing sins that called down the wrath of God in a most dreadful destruction, in order to rid the earth of the curse of their contaminating influence. Inclination and passion bore sway over reason. Self was their

god, and the knowledge of the Most High was nearly obliterated through the selfish indulgence of corrupt passions.”—(Letter 74, 1896) *Seventh-day Adventist Bible Commentary*, vol. 1, p. 1090.

MONDAY

2. As for religion, what foolish thoughts did the antediluvians cherish?

Psalm 14:1 *The fool hath said in his heart, There is no God. They are corrupt, they have done abominable works, there is none that doeth good.*

Romans 1:21-23 *Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. ²²Professing themselves to be wise, they became fools, ²³And changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and fourfooted beasts, and creeping things.*

“In the condition of the world that existed before the Flood they saw illustrated the results of the administration which Lucifer had endeavored to establish in heaven, in rejecting the authority of Christ and casting aside the law of God. In those high-handed sinners of the antediluvian world they saw the subjects over whom Satan held sway. The thoughts of men’s hearts were only evil continually. Genesis 6:5. Every emotion, every impulse and imagination, was at war with the divine principles of purity and peace and love. It was an example of the awful depravity resulting from Satan’s policy to remove from God’s creatures the restraint of His holy law....

“Not desiring to retain God in their knowledge, they soon came to deny His existence. They adored nature in place of the God of nature. They glorified human genius, worshiped the works of their own hands, and taught their children to bow down to graven images....

“Men put God out of their knowledge and worshiped the creatures of their own imagination; and as the result, they became more and more debased. The psalmist describes the effect produced upon the worshiper by the adoration of idols. He says, ‘They that make them are like unto them; so is every one that trusteth in them.’ Psalm 115:8.”—*Patriarchs and Prophets*, pp. 78, 90, 91.

TUESDAY

3. What vices warped the reason and conscience of the antediluvian giants and others as well?

Leviticus 10:9-11 *Do not drink wine nor strong drink, thou, nor thy sons with thee, when ye go into the tabernacle of the congregation, lest ye die: it shall be a statute for ever throughout your generations: ¹⁰And that ye may put difference between holy and unholy, and between unclean and clean; ¹¹And that ye may teach the children of Israel all the statutes which the Lord hath spoken unto them by the hand of Moses.*

1 Samuel 30:16 *And when he had brought him down, behold, they were spread abroad upon all the earth, eating and drinking, and dancing, because of all the great spoil that they had taken out of the land of the Philistines, and out of the land of Judah.*

Deuteronomy 29:18 *Lest there should be among you man, or woman, or family, or tribe, whose heart turneth away this day from the Lord our God, to go and serve the gods of these nations; lest there should be among you a root that beareth gall and wormwood.*

Luke 17:27 *They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all.*

“The inhabitants of the Old World were intemperate in eating and drinking. They would have flesh meats, although God had given them no permission to eat animal food. They ate and drank to excess, and their depraved appetites knew no bounds. They gave themselves up to abominable idolatry. They became violent and ferocious, and so corrupt that God could bear with them no longer. Their cup of iniquity was full, and God cleansed the earth of its moral pollution by a flood. As men multiplied upon the face of the earth after the flood, they forgot God, and corrupted their ways before Him. Intemperance in every form increased to a great extent.” —*Counsels on Diet and Foods*, p. 373.

“The sin of the antediluvians was in perverting that which in itself was lawful. They corrupted God’s gifts by using them to minister to their selfish desires. The indulgence of appetite and base passion made their imaginations altogether corrupt. The antediluvians were slaves of Satan, led and controlled by him.” —(Manuscript 24, 1891) *Seventh-day Adventist Bible Commentary*, vol. 1, p. 1090.

“But who reads the warnings given by the fast-fulfilling signs of the times? What impression is made upon worldlings? What change is seen in their attitude? No more than was seen in the attitude of the inhabitants of the Noachian world. Absorbed in worldly business and pleasure, the antediluvians ‘knew not until the Flood came, and took them all away’ (Matthew 24:39) ... on to eternal ruin.” —*Counsels for the Church*, p. 38.

WEDNESDAY

4. How did God feel about the actions of the giants, and why? What did the faithful pray to God in view of this corrupt situation in the antediluvian world?

Genesis 6:6 *And it repented the Lord that he had made man on the earth, and it grieved him at his heart.*

Psalms 103:13, 14; 119:126 *Like as a father pitieth his children, so the Lord pitieth them that fear him. ¹⁴For he knoweth our frame; he remembereth that we are dust.... ^{119:126}It is time for thee, Lord, to work: for they have made void thy law.*

“The inhabitants of the world at this time are represented by the dwellers upon the earth at the time of the Flood. The wickedness of the inhabitants of the old world is plainly stated: ‘And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.’ Genesis 6:5. God became weary of these people whose only thoughts were of pleasure and indulgence. They sought not the counsel of the God who had created them, nor cared to do His will. The rebuke of God was upon them because they followed the imagination of their own hearts continually; and there was violence in the land.” —*Selected Messages*, book 2, p. 151.

“We are living in the last days of this earth’s history, in an age of sin and corruption, and like Noah we are to so live that we shall be a pleasure to God, showing forth the praises of Him ‘who hath called you out of darkness into His marvelous light.’ 1 Peter 2:9. In the prayer which Christ offered to His Father just before His crucifixion, He said, ‘I pray not that Thou shouldest take them out of the world, but that Thou shouldest keep them from the evil.’ John 17:15.” —*Selected Messages*, book 1, p. 90.

THURSDAY

CHARACTER TRANSFORMATION

5. According to the holy Scriptures, what strongly influences one’s character and mental health?

Proverbs 23:7 *For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.*

Isaiah 55:7, 8 *Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon. ⁸For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord.*

Hebrews 4:12 *For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.*

“As the man is converted by the truth, the work of transformation of character goes on. He has an increased measure of understanding, in becoming a man of obedience to God. The mind and will of God become his will, and by constantly looking to God for counsel, he becomes a man of increased understanding. There is a general development of the mind that is unreservedly placed under the guidance of the Spirit of God.

“This is not a one-sided education, which develops a one-sided character; but there is revealed a harmoniously developed character. Weaknesses that have been seen in the powerless, vacillating character are overcome, and continual devotion and piety bring the man in such close relation to Jesus Christ that he has the mind of Christ. He is one with Christ, having soundness and strength of principle, and clearness of perception, which is that wisdom that comes from God, who is the source of all light and understanding.” —*Ye Shall Receive Power*, p. 58.

“There is an intimate relation between the mind and the body, and in order to reach a high standard of moral and intellectual attainment the laws that control our physical being must be heeded. To secure a strong, well-balanced character, both the mental and the physical powers must be exercised and developed. What study can be more important for the young than that which treats of this wonderful organism that God has committed to us, and of the laws by which it may be preserved in health?” —*Patriarchs and Prophets*, p. 601.

FRIDAY

6. Only how is it possible to maintain pure thoughts? What is the responsibility of God's people to their fellow men who live as did the antediluvians?

2 Corinthians 10:4-6 *(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) ⁵Casting 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; ⁶And having in a readiness to revenge all disobedience, when your obedience is fulfilled.*

James 4:7 *Submit yourselves therefore to God. Resist the devil, and he will flee from you.*

Ezekiel 3:18, 19 *When I say unto the wicked, Thou shalt surely die; and thou givest him not warning, nor speakest to warn the wicked from his wicked way, to save his life; the same wicked man shall die in his iniquity; but his blood will I require at thine hand. ¹⁹Yet if thou warn the wicked, and he turn not from his wickedness, nor from his wicked way, he shall die in his iniquity; but thou hast delivered thy soul.*

“By tamely presenting the truth, merely repeating the theory without being stirred by it themselves, they can never convert men. If they should live as long as did Noah, their efforts would be without effect. Their love for souls must be intense, and their zeal fervent. A listless, unfeeling manner of presenting the truth will never arouse men and women from their deathlike slumber. They must show by their manners, by their acts and words, and by their preaching and praying, that they believe that Christ is at the door. Men and women are in the last hours of probation, and yet are careless and stupid, and preachers have no power to arouse them; they are asleep themselves. Sleeping ministers preaching to a sleeping people!”
 –(Testimonies for the Church, vol. 2, p. 337) *Pastoral Ministry*, p. 197.

SABBATH

7. On what should a person meditate to be able to have good health and to do good deeds?

2 Corinthians 5:14, 15 *For the love of Christ constraineth us; because we thus judge, that if one died for all, then were all dead: ¹⁵And that he died for all, that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.*

Philippians 4:6-8 *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. ⁸Finally, 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.*

“If those who are suffering can be impressed with the fact that Christ is their sympathizing, compassionate Saviour, they will have rest of mind, which is so essential to recovery of health.” –*Counsels to Parents, Teachers, and Students*, p. 482.

“It is good, sanctified mind cure she needs, an increase of faith, and active service for Christ.” –*Counsels on Diet and Foods*, p. 293.

“The reason why the youth, and even those of mature years, are so easily led into temptation and sin, is that they do not study the word of God and meditate upon it as they should. The lack of firm, decided will power, which is manifest in life and character, results from neglect of the sacred instruction of God’s word. They do not by earnest effort direct the mind to that which would inspire pure, holy thought and divert it from that which is impure and untrue.” –*The Ministry of Healing*, p. 458.

FOR FURTHER STUDY—WRONG HABITS ALTER THE BRAIN

“Those who obey the laws of health will give time and thought to the needs of the body and to the laws of digestion. And they will be rewarded by clearness of thought and strength of mind. On the other hand it is possible for one to spoil his Christian experience by abuse of the stomach. Those things that derange the digestion have a benumbing influence on the finer feelings of the heart.... Every habit that injures the health reacts upon the mind. That time is well spent which is directed to the establishment and preservation of sound physical and mental health. Firm, quiet nerves and a healthy circulation help men to follow right principles and to listen to the promptings of conscience....

"The brain is the citadel of the being. Wrong physical habits affect the brain, and prevent the attainment of ... good mental discipline. Unless the youth are versed in the science of how to care for the body as well as for the mind, they will not be successful students. Study is not the principal cause of breakdown of the mental powers. The main cause is improper diet, irregular meals, a lack of physical exercise, and careless inattention in other respects to the laws of health. When we do all that we can to preserve the health, then we can ask God in faith to bless our efforts." —*Reflecting Christ*, p. 151.

"By the thoughts and feelings cherished in early years every youth is determining his own life history. Correct, virtuous, manly habits formed in youth will become a part of the character and will usually mark the course of the individual through life. The youth may become vicious or virtuous, as they choose. They may as well be distinguished for true and noble deeds as for great crime and wickedness." —*Child Guidance*, p. 196.

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13

Sabbath, June 24, 2023

Noah and Drunkenness

Alcohol means "bad spirit." Noah means "rest," "relief," or "comfort."
Genesis 5:29.

"But Noah found grace in the eyes of the Lord. These are the generations of Noah: Noah was a just man and perfect in his generations, and Noah walked with God." Genesis 6:8, 9.

"Had the antediluvians believed the warning, and repented of their evil deeds, the Lord would have turned aside His wrath, as He afterward did from Nineveh. But by their obstinate resistance to the reproofs of conscience and the warnings of God's prophet, that generation filled up the measure of their iniquity, and became ripe for destruction. The period of their probation was about to expire. Noah had faithfully followed the instructions which he had received from God. The ark was finished in every part as the Lord had directed, and was stored with food for man and beast. And now the servant of God made his last solemn appeal to the people. With an agony of desire that words cannot express, he entreated them to seek a refuge while it might be found. Again they rejected his words, and raised their voices in jest and scoffing." —*Patriarchs and Prophets*, p. 97.

SUNDAY

THE WORLDWIDE FLOOD

1. **What did Moses write about Noah and his family? For how many years did he preach and warn the antediluvian world of the approaching cataclysm?**

Genesis 6:8, 9 *But Noah found grace in the eyes of the Lord. ⁹These are the generations of Noah: Noah was a just man and perfect in his generations, and Noah walked with God.*

"The world's Redeemer had many hearers, but few followers. Noah preached one hundred and twenty years to the people before the Flood, and yet there were few who appreciated this precious, probationary time. Save Noah and his family, not one was numbered with the believers and entered into the ark. Of all the inhabitants of the earth, only eight souls

received the message; but that message condemned the world. The light was given in order that they might believe; their rejection of the light proved their ruin. Our message to the world will be a savor of life unto life to all who accept it, and of condemnation to all who reject it.”—*Testimonies for the Church*, vol. 7, p. 36.

“The inhabitants of the Noachian world were destroyed because, after being granted a period of one hundred and twenty years in which to choose between the evil and the good, they deliberately chose to follow their own wicked ways. Because they did not avail themselves of the opportunity God gave them to repent and turn to Him, they were destroyed by the flood.”—*The Upward Look*, p. 88.

MONDAY

2. **How large was the ark, and how many stories did it have? What significance does the number of floors and the single door of the ark have for Seventh-day Adventist Reformers today?**

Genesis 6:14-16 *Make thee an ark of gopher wood; rooms shalt thou make in the ark, and shalt pitch it within and without with pitch.* ¹⁵*And this is the fashion which thou shalt make it of: The length of the ark shall be three hundred cubits, the breadth of it fifty cubits, and the height of it thirty cubits.* ¹⁶*A window shalt thou make to the ark, and in a cubit shalt thou finish it above; and the door of the ark shalt thou set in the side thereof; with lower, second, and third stories shalt thou make it.*

Revelation 14:6-12 *And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people.* ⁷*Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters.* ⁸*And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication.* ⁹*And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand,* ¹⁰*The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb:* ¹¹*And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name.* ¹²*Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus.”*

“God gave Noah the exact dimensions of the ark and explicit directions in regard to the construction of it in every particular. In many respects it was not made like a vessel but prepared like a house, the foundation like a boat which would float upon water. There were no windows in the sides of the ark. It was three stories high, and the light they received was from a window in the top. The door was in the side. The different apartments prepared for the reception of different animals were so made that the window in the top gave light to all. The ark was made of the cypress or gopher wood, which would know nothing of decay for hundreds of years. It was a building of great durability, which no wisdom of man could invent. God was the designer, and Noah His master builder.”—*The Story of Redemption*, p. 63.

TUESDAY

3. **What was the difference between the animals that entered with seven pairs and those that entered as only one pair? Describe the year of the flood from beginning to end.**

“Suddenly a silence fell upon the mocking throng. Beasts of every description, the fiercest as well as the most gentle, were seen coming from mountain and forest and quietly making their way toward the ark. A noise as of a rushing wind was heard, and lo, birds were flocking from all directions, their numbers darkening the heavens, and in perfect order they passed to the ark. Animals obeyed the command of God, while men were disobedient. Guided by holy angels, they went in two and two unto Noah into the ark, and the clean beasts by sevens. The world looked on in wonder, some in fear. Philosophers were called upon to account for the singular occurrence, but in vain. It was a mystery which they could not fathom. But men had become so hardened by their persistent rejection of light that even this scene produced but a momentary impression. As the doomed race beheld the sun shining in its glory, and the earth clad in almost Eden beauty, they banished their rising fears by boisterous merriment, and by their deeds of violence they seemed to invite upon themselves the visitation of the already awakened wrath of God.” —*Patriarchs and Prophets*, p. 97.

WEDNESDAY

CONSEQUENCES OF DRUNKENNESS

4. Despite being a man of God, what did Noah do after the flood? Why?

Genesis 9:20, 21 *And Noah began to be an husbandman, and he planted a vineyard: ²¹And he drank of the wine, and was drunken; and he was uncovered within his tent.*

“God has written His law upon every nerve and muscle, every fiber and function of the human body. The indulgence of unnatural appetite, whether for tea, coffee, tobacco, or liquor, is intemperance, and is at war with the laws of life and health. By using these forbidden articles a condition of things is created in the system which the Creator never designed. This indulgence in any of the members of the human family is sin.... The eating of food that does not make good blood is working against the laws of our physical organism, and is a violation of the law of God. The cause produces the effect. Suffering, disease, and death are the sure penalty of indulgence.” —(Letter 123, 1899) *Evangelism*, p. 265.

“Satan is corrupting minds and destroying souls through his subtle temptations. Will our people see and feel the sin of indulging perverted appetite? Will they discard tea, coffee, flesh meats, and all stimulating food, and devote the means expended for those hurtful indulgences to spreading the truth?... What power can the tobacco devotee have to stay the progress of intemperance? There must be a revolution in our world upon the subject of tobacco before the ax is laid at the root of the tree. We press the subject still closer. Tea and coffee are fostering the appetite which is developing for stronger stimulants, as tobacco and liquor.” —*Counsels on Diet and Foods*, p. 430.

THURSDAY

5. What happens to everyone who becomes intoxicated? What damage is thus caused to human health and society?

Proverbs 23:29-33 *Who hath woe? who hath sorrow? who hath contentions? who hath babbling? who hath wounds without cause? who hath redness of eyes? ³⁰They that tarry long at the wine; they that go to seek mixed wine. ³¹Look not thou upon the wine when it is red, when it giveth his colour in the cup, when it moveth itself aright. ³²At the last it biteth like a serpent, and stingeth like an adder. ³³Thine eyes shall behold strange women, and thine heart shall utter perverse things.*

Isaiah 28:7, 8 *But they also have erred through wine, and through strong drink are out of the way; the priest and the prophet have erred through strong drink, they are swallowed up of wine, they are out of the way through strong drink; they err in vision, they stumble in judgment. ⁸For all tables are full of vomit and filthiness, so that there is no place."*

Habakkuk 2:5 *Yea also, because he transgresseth by wine, he is a proud man, neither keepeth at home, who enlargeth his desire as hell, and is as death, and cannot be satisfied, but gathereth unto him all nations, and heapeth unto him all people.*

"When the appetite for spirituous liquor is indulged, the man voluntarily places to his lips the draft which debases below the level of the brute him who was made in the image of God. Reason is paralyzed, the intellect is benumbed, the animal passions are excited, and then follow crimes of the most debasing character."—(Testimonies for the Church, vol. 3, p. 561).

"We read of steamboat disasters, and railroad accidents, and what is the matter? Somebody in many, many cases has beclouded the mind with intoxicating drink. He did not feel the weight of responsibility resting upon him. Many, many lives have been lost because somebody got drunk. Thus lives will be charged to the man that put the bottle to his neighbor's lips....

"The relation of crime to intemperance is well understood by men who have to deal with those who transgress the laws of the land. In the words of a Philadelphia judge: 'We can trace four fifths of the crimes that are committed to the influence of rum. There is not one case in twenty where a man is tried for his life, in which rum is not the direct or indirect cause of the murder. Rum and blood, I mean the shedding of blood, go hand in hand.'"—*Temperance*, pp. 23, 288, 23.

FRIDAY

JESUS, NOAH, AND GRAPE JUICE

6. How did Ham's attitude differ greatly from that of his brothers when he came across the results of Noah's drunkenness? What did Jesus prophesy concerning the last days in relation to the times of Noah and before the flood?

Matthew 24:37 *But as the days of Noe were, so shall also the coming of the Son of man be.*

Luke 21:34, 36 *And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares.... ³⁶Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.*

"Jesus, seated on the Mount of Olives, gave instruction to His disciples concerning the signs which should precede His coming: 'As the days of Noah were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noah entered into the ark, and knew not until the flood came and took them all away; so shall also the coming of the Son of man be.' The same sins that brought judgments upon the world in the days of Noah, exist in our day. Men and women now carry their eating and drinking so far that it ends in gluttony and drunkenness. This prevailing sin, the indulgence of perverted appetite, inflamed the passions of men in the days of Noah, and led to widespread corruption. Violence and sin reached to heaven. This moral pollution was finally swept from the earth by means of the flood. ... 'Even thus shall it be in the day when the Son of man is revealed.'"—*Counsels on Diet and Foods*, p. 145.

7. What type of wine did Jesus produce by a miracle at the wedding feast in Cana and use at the Lord's supper? What was His reaction when, on the cross, He was offered a liquid containing intoxicants?

Luke 22:17, 18 *And he took the cup, and gave thanks, and said, Take this, and divide it among yourselves: ¹⁸For I say unto you, I will not drink of the fruit of the vine, until the kingdom of God shall come.*

Mark 15:23 *And they gave him to drink wine mingled with myrrh: but he received it not.*

1 Corinthians 5:11; 10:21 *But now I have written unto you not to keep company, if any man that is called a brother be a fornicator, or covetous, or an idolater, or a railer, or a drunkard, or an extortioner; with such an one no not to eat. ^{10:21}Ye cannot drink the cup of the Lord, and the cup of devils: ye cannot be partakers of the Lord's table, and of the table of devils.*

“Christ did not contradict His own teaching. The unfermented wine that He provided for the wedding guests was a wholesome and refreshing drink. This is the wine that was used by our Saviour and His disciples in the first Communion. It is the wine that should always be used on the Communion table as a symbol of the Saviour's blood. The sacramental service is designed to be soul-refreshing and life-giving. There is to be connected with it nothing that could minister to evil.” —(The Ministry of Healing, p. 333) *Pastoral Ministry*, p. 171.

FOR FURTHER STUDY

“We talk of the results, tremble at the results, and wonder what we can do with the terrible results, while too often we tolerate and even sanction the cause. The advocates of temperance fail to do their whole duty unless they exert their influence by precept and example—by voice and pen and vote—in favor of prohibition and total abstinence. We need not expect that God will work a miracle to bring about this reform, and thus remove the necessity for our exertion. We ourselves must grapple with this giant foe, our motto, No compromise and no cessation of our efforts till the victory is gained....

“What can be done to press back the inflowing tide of evil? Let laws be enacted and rigidly enforced prohibiting the sale and the use of ardent spirits as a beverage. Let every effort be made to encourage the inebriate's return to temperance and virtue. But even more than this is needed to banish the curse of inebriety from our land. Let the appetite for intoxicating liquors be removed, and their use and sale is at an end. This work must to a great degree devolve upon parents. Let them, by observing strict temperance themselves, give the right stamp of character to their children, and then educate and train these children, in the fear of God, to habits of self-denial and self-control. Youth who have been thus trained will have moral stamina to resist temptation, and to control appetite and passion. They will stand unmoved by the folly and dissipation that are corrupting society.” —*Gospel Workers*, pp. 387, 388.

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MISSIONARY REPORT FROM MALAWI

To be read on Sabbath, June 24, 2023
The Special Sabbath School Offering
will be collected on Sabbath, July 1, 2023

“Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.” 2 Corinthians 9:7.

The Republic of Malawi is a landlocked country in southeastern Africa that was formerly known as Nyasaland. It is bordered by Zambia on the west, Tanzania on the north and northeast, and Mozambique on the east, south, and southwest. Covering 118,484 square kilometers (45,747 square miles), Malawi has a population of about 19.4 million (as of January 2021). The capital city is Lilongwe, and the three other main cities are Blantyre, Mzuzu, and the former capital, Zomba. The country is called “The Warm Heart of Africa,” because the people are so friendly.

About 82 percent of the population are Christians, including 58 percent Protestants, 17 percent Catholics, and 7 percent others. Muslims compose 14 percent, and traditional faiths and atheists number 4 percent.

The message of Reformation reached Malawi in 1981 through Brother Mwabwagilo from Tanzania, who brought God’s message to Malawi with his friend Brother Kayira, a blind man. Brother Kayira shared the message with Brother F.S.K. Mwakhwawa, after which the two of them traveled to Dar es Salaam in Tanzania to inquire more about the Reformation. They met with the late Elder Andrew Mangwe, who shared information with them for two weeks. When they returned to Malawi, they began to preach the message, which thus began to spread.

The country has four provinces and 28 districts. The message of the IMS has reached all four regions and all 28 districts, including those with many Muslims. The membership is 1,600, and there are 410 interested souls studying the Bible. Unfortunately, the question with which we are most often confronted is, “Where is your headquarters in Malawi?” We have difficulty answering this question. We want to construct a primary school, Union headquarters building, and publishing house in one location.

“We desire to erect a church school building for our children.” —*Child Guidance*, p. 315. By the grace of the Lord, construction of a primary school has already begun in an area with a high population density—Likuni, in Lilongwe District. The teacher-to-student ratio in this place is 1:150. This is evidence of a high demand for primary school education. We believe the income from the school will help to raise the funds for building the headquarters and publishing house, however the school project needs more funding for its completion.

Malawi is one of the world’s least-developed countries. Its economy is heavily based on agriculture, and the population is largely rural and growing rapidly. The government depends on aid from outside the country to meet its development needs. Despite their economic struggles, the members in Malawi are making a lot of sacrifices.

It is our hope and prayer that the believers around the world will help Malawi generously. Since the message has reached all the districts in Malawi, it is our plan to broaden the work in the districts. This will need additional workers, more missionary support, and more means.

“The liberal soul shall be made fat: and he that watereth shall be watered also himself.” Proverbs 11:25. We thank you for your prayers for Malawi and for your generous offerings next Sabbath for the school project, Union headquarters, and publishing house.

God bless His church worldwide.

—Elder Evance Mtikama
Malawi Union President

FIRST HALF - 2023

THE SPIRIT
VERSUS
The Flesh

THE ANTEDILUVIAN WORLD
AND
Modern Health



"The warfare between good and evil has not grown less fierce than it was in the days of the Saviour. The path to heaven is no smoother now than it was then. All our sins must be put away. Every darling indulgence that hinders our spiritual progress must be cut off. The right eye or the right hand must be sacrificed, if it causes us to offend. Are we willing to renounce our own wisdom, and to receive the kingdom of heaven as a little child? Are we willing to part with our self-righteousness? Are we willing to sacrifice the approbation of men? The prize of eternal life is of infinite value. Are we willing to welcome the Holy Spirit's aid, and cooperate with it, putting forth efforts and making sacrifices proportionate to the value of the object to be obtained?" —*Review and Herald*, February 10, 1903.