

SABBATH BIBLE LESSONS

Senior Division



Deliverance

Vol. 95, No. 2

April–June, 2019

O. STENLER

Contents

1. The Promised Deliverer	5
2. Deliverance From Sin	10
3. Deliverance From Egypt	15
4. Deliverance From the Education of Egypt	20
5. Deliverance From Death	26
6. Deliverance Through the Resurrection .	31
7. The Ministry of Deliverance	36
8. Delivering Our Neighbor	41
9. Delivering From Disease	47
10. Deliverance From Our Enemies	52
11. God Delivers His People	57
12. Deliverance From Destruction	62
13. At Home With Our Deliverer	67

Sabbath Bible Lessons, a daily study program, is based solely on the Bible and Spirit of Prophecy without additional comments. The quotations are as brief as possible to provide concise, direct thoughts. Brackets [] are supplied in some cases to ensure clarity, proper context, and smooth readability. Further study in the source materials is strongly recommended.

Illustrations: Good Salt on the front cover, and Google Maps on pp. 25, 46, 72.

Sabbath Bible Lessons (USPS 005-118), Vol. 95, No. 2, April–June, 2019. Published quarterly by the Seventh Day Adventist Reform Movement General Conference, Sabbath School Department. Copyright © 2019, printed, and distributed by Reformation Herald Publishing Association, 5240 Hollins Road, Roanoke, Virginia 24019–5048, U.S.A. Periodical postage paid at Roanoke, Virginia 24022–9993.

● U.S.A. AND CANADA

Contact: Telephone 1-540-366-9400 * Fax 1-540-366-2814 * Website: www.sdarm.org * E-mail: info@sdarm.org

Annual subscriptions in U.S.A.: U.S. \$16.95. Large print \$24.95. international (airmail) \$16.95 plus shipping. Single copies \$5.50. Large print \$8.50. Please send subscription requests and payments (in U.S. currency only) to the address below. Prices subject to change without notice.

POSTMASTER, please send address changes to: *Sabbath Bible Lessons*, P. O. Box 7240, Roanoke, VA 24019–0240.

● AUSTRALIA

Contact: Telephone 61-2-9627-7553 * Fax 61-2-9627-7554 * Website: www.sdarm.org.au * E-mail: info@sdarm.org.au

Annual subscriptions in Australia: AU \$20.50 (individual copies \$6.00). Other countries, economy air \$26.00. Please send subscription requests and payments (in Australian currency) to the address below.

POSTMASTER, please send address changes to: *Sabbath Bible Lessons*, P. O. Box 132, Riverstone NSW 2765, Australia.

● SOUTH AFRICA

Contact: Telephone & Fax 27-011-336-7064 * Website: www.sdarm.sa.org.za * E-mail: admin@sdarm.sa.org.za

Annual subscriptions in South Africa: R120-00 (single copies R35-00). Please send subscription requests and payments to the address below.

POSTMASTER, please send address changes to: *Sabbath Bible Lessons*, P. O. Box 7950, Johannesburg 2000, South Africa.

Foreword

When Adam and Eve sinned, God did not leave them without hope. Instead, He provided a ransom for them. He gave His only Son to die in their place, thus providing eternal deliverance for all who would accept the free gift of grace.

“Satan bruised Christ’s heel, but Christ bruised Satan’s head. Through death the Saviour destroyed him that had the power of death. In the very act of grasping his prey, death was vanquished; for by dying, Christ brought to light life and immortality through the gospel.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 7, p. 924.

“The whole heavenly force is enlisted in the great work of elevating, refining, and sanctifying the human soul. Divine power is exercised to save rather than to destroy the work of God’s hands. All this stupendous machinery is set in motion to save men from Satan’s army, from the slavery of sin, and to lead them to enlist in the work of salvation.”—*The Bible Echo*, March 8, 1897.

God desires us to have deliverance from sin today and then help others find this deliverance as well. As we study through this quarter’s lessons, we will see some of the practical ways of bringing deliverance to others, as Jesus did when He walked on this earth. One thing to consider about Jesus’ ministry was that “His will was put into active exercise to save the souls of men, but He waited and lived and worked in dependence upon God. In everything He moved in perfect harmony with the Father.”—*The Signs of the Times*, December 20, 1899.

As we see evidences today of the nearness of Jesus’ coming, with strife and commotion on every hand, let us look forward to the final deliverance of God’s people. Let us take courage from the many promises of Scripture and wait for our great Deliverer to take us home.

“In the Psalms David speaks of God’s being a refuge and a strong tower, a refuge and a fortress; unto Him we can run and we can be saved. How precious is the thought that God is our refuge and that He will be our helper in all times and in all places, and that in every emergency we have God with us. He says that He will give His angels charge over us to keep us in all our ways. . . .

“When Christ engaged to fight the battles for man on this little speck of a world, He engaged to stand as our substitute and surety, and God put all heaven into His hands, with all the facilities and all the powers that heaven could afford.”—*Sermons and Talks*, vol. 2, pp. 58, 59.

May God help us to avail ourselves of this power and thus find deliverance for ourselves and those we meet each day.

The General Conference Sabbath School Department

First Sabbath Offering for the GC Educational Center

“How can our brethren and sisters continue to live close to large numbers of people who have never been warned, without devising methods of setting to work every agency through whom the Lord can work to the glory of His name?



“Our leaders who have had long experience will understand the importance of these matters, and can do much to increase the working forces. They can plan to reach many in the highways and in the hedges. As they put forth calm, steady, devoted effort to educate the church members to engage in personal work for souls wherever there are favorable openings, success will mark their labors.”—*Evangelism*, p. 114.

“By the word coming from God, we are instructed to **educate, educate, educate**, young men and young women to understand the living oracles of God. This knowledge will be of the greatest possible value to them as they labor for God. God requires that minds shall not be dwarfed by a connection with the church, but strengthened, elevated, enriched, ennobled, and made fit for the most sacred work ever committed to mortals.”—*The Review and Herald*, March 22, 1898. [Emphasis added.]

With these goals in mind, the General Conference Educational Center needs a consistent financial support to cover the entire cost to complete the building.

The GC Education Center will provide:

- Continuing education for GC officers, gospel workers, and missionaries on doctrinal, administrative, and spiritual areas.
- Online education. While live seminars are being conducted, all the important sessions will be recorded and made available online for anyone unable to attend in person. That includes you!
- A conference center. This new facility has been designed to hold regional conferences—and even General Conference sessions.
- A house of worship to be a lighthouse to the community.

Be one of those that side with the Lord in rebuilding His kingdom, be one who can hear the voice of the sincere and honest soul crying: “Come down to me and help....”

With great faith in your willing generosity to assist in this project we thank you and pray that the Lord will bless you richly. Amen.

Your Brother in Christ, Liviu Tudoroiu, GC Missionary Department

The Promised Deliverer

“And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel” (Genesis 3:15).

“In the prophecy concerning the breaking of Satan’s power, [Adam and Eve] discerned a promise of deliverance from the ruin wrought through transgression. Though they must suffer from the power of their adversary because they had fallen under his seductive influence and had chosen to disobey the plain command of Jehovah, yet they need not yield to utter despair.”—*Prophets and Kings*, pp. 681, 682.

Suggested Reading: *Patriarchs and Prophets*, pp. 63–70.

Sunday

March 31

1. LIFE IN EDEN

a. What was the condition of man before the Fall? Genesis 1:27.

“Before the entrance of sin not a cloud rested upon the minds of our first parents to obscure their perception of the character of God. They were perfectly conformed to the will of God. For a covering a beautiful light, the light of God, surrounded them. This clear and perfect light illuminated everything which they approached.”—*Testimonies*, vol. 8, p. 255.

b. How did nature reveal God to man? Genesis 1:31; Romans 1:20.

“In the Garden of Eden the existence of God was demonstrated, His attributes were revealed, in the objects of nature that surrounded [Adam and Eve]. Everything upon which their eyes rested spoke to them. The invisible things of God, ‘even His everlasting power and divinity,’ were clearly seen, being understood by the things that were made.”—*Ibid.*

2. SIN BRINGS CHANGES

- a. What effect did sin have upon the natural world? Genesis 3:17–19. How did this affect man’s understanding of God’s character?
-

“Transgression brought a blight upon the earth and intervened between nature and nature’s God. Had Adam and Eve never disobeyed their Creator, had they remained in the path of perfect rectitude, they would have continued to learn of God through His works. But when they listened to the tempter and sinned against God, the light of the garments of heavenly innocence departed from them. Deprived of the heavenly light, they could no longer discern the character of God in the works of His hand.

“And through man’s disobedience a change was wrought in nature itself. Marred by the curse of sin, nature can bear but an imperfect testimony regarding the Creator. It cannot reveal His character in its perfection.”—*Testimonies*, vol. 8, pp. 255, 256.

- b. What change took place in man’s nature? Jeremiah 17:9; 1 Corinthians 2:14.
-

“Their nature had become depraved by sin; they had lessened their strength to resist evil and had opened the way for Satan to gain more ready access to them. In their innocence they had yielded to temptation; and now, in a state of conscious guilt, they would have less power to maintain their integrity.”—*Patriarchs and Prophets*, p. 61.

“There is in human nature, when separated from the Source of truth, a continual opposition to God’s will and ways. The physical, mental, and moral being are all under the control of rash impulses. The affections are depraved, and every faculty intrusted to man for wise improvement is demoralized. The man is dead in trespasses and sins. Inclination moves, passion holds the control, and his appetites are under the sway of a power of which he is not aware. He talks of liberty, of freedom of action, while he is in most abject slavery. He is not his own. He is not allowed to see the beauty of the truth; for the carnal mind is enmity against God, and not subject to His law. He views truth as falsehood, and falsehood as truth. The mind controlled by Satan is weak in moral power.”—*The Review and Herald*, February 17, 1891.

3. GOD STEPS IN

- a. What provision of God ensured final deliverance to the guilty pair? Genesis 3:15.
-

“To man the first intimation of redemption was communicated in the sentence pronounced upon Satan in the garden. The Lord declared, [Genesis 3:15, quoted]. This sentence, uttered in the hearing of our first parents, was to them a promise. While it foretold war between man and Satan, it declared that the power of the great adversary would finally be broken. Adam and Eve stood as criminals before the righteous Judge, awaiting the sentence which transgression had incurred; but before they heard of the life of toil and sorrow which must be their portion, or of the decree that they must return to dust, they listened to words that could not fail to give them hope. Though they must suffer from the power of their mighty foe, they could look forward to final victory.”—*Patriarchs and Prophets*, pp. 65, 66.

“The Son of God was offering to atone with His own lifeblood for their transgression. To them was to be granted a period of probation, during which, through faith in the power of Christ to save, they might become once more the children of God.”—*Prophets and Kings*, p. 682.

“Never was the enmity developed to such a marked degree as when Christ became an inhabitant of this earth. Never before had there been a being upon the earth who hated sin with so perfect a hatred as did Christ. He had seen its deceiving, infatuating power upon the holy angels, and all His powers were enlisted against it.”—*Selected Messages*, bk. 1, p. 254.

- b. What condition of the natural man after the Fall made the promise of enmity necessary? Psalm 10:4; Romans 3:11. Instead of enmity against Satan, who is the natural mind at war with? Romans 8:7.
-

“When man transgressed the divine law, his nature became evil, and he was in harmony, and not at variance, with Satan. There exists naturally no enmity between sinful man and the originator of sin. Both became evil through apostasy. . . . Had not God specially interposed, Satan and man would have entered into an alliance against Heaven; and instead of cherishing enmity against Satan, the whole human family would have been united in opposition to God.”—*The Great Controversy*, p. 505.

4. A DELIVERER TO COME

- a. What amazing sacrifice did Jesus make to rescue fallen man? Philippians 2:5–8.

“As soon as there was sin, there was a Saviour. Christ knew that He would have to suffer, yet He became man’s substitute. As soon as Adam sinned, the Son of God presented Himself as surety for the human race, with just as much power to avert the doom pronounced upon the guilty as when He died upon the cross of Calvary.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 1, p. 1084.

“The instant man accepted the temptations of Satan, and did the very things God had said he should not do, Christ, the Son of God, stood between the living and the dead, saying, ‘Let the punishment fall on Me. I will stand in man’s place. He shall have another chance.’”—*Ibid.*, p. 1085.

- b. How did God seek to impress upon the minds of mankind the consequences of sin and the provision of a Saviour? Hebrews 9:13, 14; Romans 6:23.

“To Adam, the offering of the first sacrifice was a most painful ceremony. His hand must be raised to take life, which only God could give. It was the first time he had ever witnessed death, and he knew that had he been obedient to God, there would have been no death of man or beast. As he slew the innocent victim, he trembled at the thought that his sin must shed the blood of the spotless Lamb of God. This scene gave him a deeper and more vivid sense of the greatness of his transgression, which nothing but the death of God’s dear Son could expiate. And he marveled at the infinite goodness that would give such a ransom to save the guilty. A star of hope illumined the dark and terrible future and relieved it of its utter desolation.”—*Patriarchs and Prophets*, p. 68.

“The system of sacrifices was to teach man humility, in view of his fallen condition, and lead him to repentance and to trust in God alone, through the promised Redeemer, for pardon for past transgression of His law.”—*The Story of Redemption*, pp. 145, 146.

- c. Name some of those who prophesied of the Saviour to come. Jude 14, 15; Genesis 49:8–10; Numbers 24:17.

5. A DELAY IN FULFILLMENT?

- a. What could have been the thought of many regarding the promised Deliverer? Ezekiel 12:22.
-

“The Saviour’s coming was foretold in Eden. When Adam and Eve first heard the promise, they looked for its speedy fulfillment. They joyfully welcomed their first-born son, hoping that he might be the Deliverer. But the fulfillment of the promise tarried. Those who first received it died without the sight. From the days of Enoch the promise was repeated through patriarchs and prophets, keeping alive the hope of His appearing, and yet He came not.”—*The Desire of Ages*, p. 31.

- b. What was God’s response? Galatians 4:4. Was there really a delay in the fulfilment of God’s purpose?
-

“But like the stars in the vast circuit of their appointed path, God’s purposes know no haste and no delay. . . . On ‘the self-same day’ appointed in the divine promise, ‘it came to pass, that all the hosts of the Lord went out from the land of Egypt.’ Exodus 12:41. So in heaven’s council the hour for the coming of Christ had been determined. When the great clock of time pointed to that hour, Jesus was born in Bethlehem.

“‘When the fullness of the time was come, God sent forth His Son.’ Providence had directed the movements of nations, and the tide of human impulse and influence, until the world was ripe for the coming of the Deliverer.”—*Ibid.*, p. 32.

PERSONAL REVIEW QUESTIONS

1. Before the Fall, how was man able to understand God’s character?
2. How did human nature change as a result of sin?
3. Why did God give man enmity? Where would we be without it?
4. Why did God give Adam the system of sacrifices?
5. Was the coming of the Deliverer delayed? Why or why not?

Deliverance From Sin

“But thanks be to God, which giveth us the victory through our Lord Jesus Christ” (1 Corinthians 15:57).

“That word which reveals the guilt of sin has a power upon the human heart to make man right and keep him so.”—*Testimonies to Ministers*, pp. 80, 81.

Suggested Reading: *Steps to Christ*, pp. 23–35.

Sunday

April 7

1. THE EFFECTS OF SIN

- a. What is sin, and what is a direct result of sin? 1 John 3:4; James 1:15.

“There would have been no discord in heaven or in the earth if sin had never entered. Disobedience to God’s law has brought all the misery that has existed among His creatures.”—*The Sanctified Life*, p. 76.

“To all the inhabitants of the world who make void the law of Jehovah, and continue to live in transgression, death must surely come.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 6, p. 1116.

- b. What great principle of the law is lacking when we sin? 1 John 4:7, 8.

“There is need of repentance because of the lack of love to God. He has not been loved with the whole heart, with the whole soul, with the undivided affections; and the second commandment has not been obeyed, ‘Thou shalt love thy neighbour as thyself.’”—*The Present Truth*, January 26, 1893.

“God considers more with how much love we work, than the amount we do. Love is a heavenly attribute. The natural heart cannot originate it. This heavenly plant only flourishes where Christ reigns supreme. . . . Love does good and nothing but good. Those who have love bear fruit unto holiness, and in the end everlasting life.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 7, p. 952.

2. IN BONDAGE TO SIN

- a. **What terrible power does sin have over mankind today? Proverbs 5:22; Romans 7:14–23.**
-

“Even one wrong trait of character, one sinful desire, persistently cherished, will eventually neutralize all the power of the gospel. Every sinful indulgence strengthens the soul’s aversion to God.”—*Steps to Christ*, p. 34.

- b. **From what bondage does Christ seek to deliver us, and into what liberty are we called? Romans 8:21; 2 Peter 2:19. How does Christ do this? John 8:31, 32.**
-

“[Satan] leads men captive, binding them to do his will; in order to fulfill his purpose, he holds them in the veriest slavery. To break this bondage, the Lord, in man’s behalf, has given to the world his only-begotten and well-beloved Son. Through the power of Christ, the captives of Satan may all be set free.”—*The Signs of the Times*, January 5, 1891.

“Truth never brings the soul into bondage. It is turning from truth to error that brings the soul into captivity. The one who is bound up in close relationship with Christ is freed from the slavery of sin.”—*Ibid.*, August 22, 1900.

- c. **What appeal does Christ make to us all? Hebrews 3:7, 8; Joshua 24:15.**
-

“In the great controversy between good and evil, each one of us has to choose on which side he will stand, and our life and character will make manifest who is our master. If we refuse to be obedient to the law of God, we shall make terms with Satan, and Christ will be unloved, and unhonored in our heart and life.”—*Ibid.*, January 5, 1891.

“Christ is ready to set us free from sin, but He does not force the will; and if by persistent transgression the will itself is wholly bent on evil, and we do not *desire* to be set free, if we *will* not accept His grace, what more can He do? We have destroyed ourselves by our determined rejection of His love.”—*Steps to Christ*, p. 34.

3. DELIVERANCE FOR ALL HUMANITY

- a. How do you know that God desires to deliver everyone from sin? 1 Timothy 2:3, 4; John 1:12.
-

“[Christ] came not to save men in sin, but from sin. And all who feel their need of a Saviour, and come to Him believing in His power, will gain the victory over sin. ‘As many as received Him, to them gave He power to become the sons of God.’”—*The Signs of the Times*, February 24, 1898.

- b. How did God provide for the deliverance of the whole human race? 1 John 4:14; John 3:16. When did He provide this deliverance? Hebrews 2:14, 15; Romans 5:8.
-

“In the Saviour’s expiring cry, ‘It is finished,’ the death knell of Satan was rung. The great controversy which had been so long in progress was then decided, and the final eradication of evil was made certain. The Son of God passed through the portals of the tomb, that ‘through death He might destroy him that had the power of death, that is, the devil.’ Hebrews 2:14.”—*The Great Controversy*, p. 503.

“Not that sin might become righteousness, and transgression of the law a virtue, did Christ die. He died that sin might be made to appear exceeding sinful, the hateful thing that it is. By his death he became the possessor of the keys of hell and of death. Satan could no longer reign without a rival, and be revered as a god. Temples had been erected to him, and human sacrifices offered on his altars. But the emancipation papers of the race have been signed by the blood of the Son of God. A way has been opened for the message of hope and mercy to be carried to the ends of the earth.”—*Youth Instructor*, June 28, 1900.

- c. In view of the deliverance provided by God, what message are we to represent to the world? 2 Corinthians 5:18–21.
-

“As God made Christ His messenger to the world, Christ has made all who claim Him as their Redeemer, to represent Christ in mercy, forgiveness, and pardon, to the world.”—*Manuscript Releases*, vol. 16, p. 193.

4. DELIVERANCE FROM THE GUILT OF SIN

- a. Where only can we look to escape the guilt of sin? John 1:29.
-
-

“Christ lifts the guilt of sin from the sinner, standing Himself under the condemnation of the Lawgiver. He came to this world to live the law in humanity, that Satan’s charge that man can not keep the law might be demonstrated as false.”—*The Signs of the Times*, April 7, 1898.

- b. Who bore the guilt of our sin in our place, and how? Isaiah 53:4–6, 12.
-
-

“[We] can be delivered from the guilt of sin, from the condemnation of the law, from the penalty of transgression, only by virtue of the suffering, death, and resurrection of Christ.”—*Selected Messages*, bk. 1, p. 389.

“The guilt of every sin pressed its weight upon the divine soul of the world’s Redeemer. The evil thoughts, the evil words, the evil deeds of every son and daughter of Adam, called for retribution upon Himself; for He had become man’s substitute. Though the guilt of sin was not His, His spirit was torn and bruised by the transgressions of men, and He who knew no sin became sin for us, that we might be made the righteousness of God in Him.”—*God’s Amazing Grace*, p. 172.

“It was the guilt of sin, bringing the Father’s wrath upon him as man’s substitute, that broke the heart of the Son of God.”—*The Present Truth*, February 4, 1886.

- c. How complete is God’s cleansing of the soul from sin? 1 John 1:9; Psalm 103:12.
-
-

“While we may see and should sense the guilt of sin, we are to appreciate the mercy of God through the atonement. The Lord has promised that because of the propitiatory sacrifice He will, if we repent, certainly forgive our iniquities. Now, while Christ is pleading in our behalf, while the Father accepts the merits of the atoning Sacrifice, let us ask and we shall receive. Let all confess their sins and let them go beforehand to judgment that they may be forgiven for Christ’s sake, and that pardon may be written against their names.”—*Manuscript Releases*, vol. 3, pp. 197, 198.

5. DELIVERANCE FROM THE POWER OF SIN

- a. **What abundant provision has been made to deliver us from the power of sin? Romans 5:20 (last part); Jude 24, 25.**
-

“God has an abundance of grace and power awaiting our demand. But the reason we do not feel our great need of it is because we look to ourselves and not to Jesus. We do not exalt Jesus and rely wholly upon His merits. . . .

“Abundant grace has been provided that the believing soul may be kept free from sin; for all heaven, with its limitless resources, has been placed at our command. . . . In ourselves we are sinners; but in Christ we are righteous. . . . Christ works against the power of sin, and where sin abounded, grace much more abounds.”—*God’s Amazing Grace*, p. 181.

- b. **What can we learn from the attitude of the publican praying in the temple? Luke 18:13, 14. What can God do for those who have this attitude? Galatians 2:16, 17.**
-

“The poor publican . . . regarded himself as a very wicked man, and others looked upon him in the same light; but he felt his need, and with his burden of guilt and shame he came before God, asking for His mercy. His heart was open for the Spirit of God to do its gracious work and set him free from the power of sin. The Pharisee’s boastful, self-righteous prayer showed that his heart was closed against the influence of the Holy Spirit. . . . He had no sense of his own defilement. . . . He felt no need, and he received nothing.”—*Steps to Christ*, pp. 30, 31.

“The publican who went up to the temple to pray is a good example of a sincere, devoted worshiper.”—*My Life Today*, p. 19.

PERSONAL REVIEW QUESTIONS

1. **How do we know that where there is sin, love is absent?**
2. **What brings the soul into captivity to sin?**
3. **To whom does Jesus give victory over sin?**
4. **How did Jesus deliver us from the guilt of sin?**
5. **How can the Spirit of God free us from the power of sin?**

Deliverance From Egypt

“By faith he forsook Egypt, not fearing the wrath of the king: for he endured, as seeing him who is invisible” (Hebrews 11:27).

“The Hebrews expected to be delivered from their bondage without any particular trial of their faith, or suffering on their part. They were many of them ready to leave Egypt, but not all. The habits of some had become so much like the Egyptians that they preferred to remain with them.”—*Spiritual Gifts*, vol. 3, p. 196.

“The task of Moses would have been much easier had not many of the Hebrews become corrupted, and were unwilling to leave Egypt.”—*Ibid.*, p. 202.

Suggested Reading: *Patriarchs and Prophets*, pp. 247–251, 273–280.

Sunday

April 14

1. FORETOLD BY JOSEPH

- a. **When Joseph died, what did he prophesy regarding his brethren? What oath did he require them to make? Genesis 50:25, 26.**

“The last two kings who had occupied the throne of Egypt had been tyrannical and had cruelly entreated the Hebrews. The elders of Israel had endeavored to encourage the sinking faith of the Israelites, by referring to the promise made to Abraham, and the prophetic words of Joseph just before he died, foretelling their deliverance from Egypt.”—*The Story of Redemption*, p. 113.

- b. **How was this prophecy fulfilled? Exodus 13:18, 19.**

“In their departure from Egypt the Israelites bore with them a precious legacy, in the bones of Joseph, which had so long awaited the fulfillment of God’s promise, and which, during the dark years of bondage, had been a reminder of Israel’s deliverance.”—*Patriarchs and Prophets*, p. 282.

2. GOD'S METHOD OF DELIVERANCE

- a. **What happened when Moses tried to deliver the Israelites from Egypt in his own strength? Exodus 2:11–15. Why did God allow this?**
-
-

“In slaying the Egyptian, Moses had fallen into the same error so often committed by his fathers, of taking into their own hands the work that God had promised to do. It was not God’s will to deliver His people by warfare, as Moses thought, but by His own mighty power, that the glory might be ascribed to Him alone. Yet even this rash act was overruled by God to accomplish His purposes. Moses was not prepared for his great work. 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.”—*Patriarchs and Prophets*, p. 247.

- b. **When Moses returned to Egypt with Aaron, they first gathered the elders of Israel to make known to them God’s plan to deliver Israel from Egypt. What was the reaction of the elders? Exodus 4:29–31.**
-
-

- c. **After having their burdens increased and seeing no signs of deliverance, what now was the attitude of the children of Israel? Exodus 5:19–21; 6:9. Why did God delay in their deliverance?**
-
-

“The Hebrews had expected to obtain their freedom without any special trial of their faith or any real suffering or hardship. But they were not yet prepared for deliverance. They had little faith in God, and were unwilling patiently to endure their afflictions until He should see fit to work for them. Many were content to remain in bondage rather than meet the difficulties attending removal to a strange land; and the habits of some had become so much like those of the Egyptians that they preferred to dwell in Egypt. Therefore the Lord did not deliver them by the first manifestation of His power before Pharaoh. He overruled events more fully to develop the tyrannical spirit of the Egyptian king and also to reveal Himself to His people. Beholding His justice, His power, and His love, they would choose to leave Egypt and give themselves to His service.”—*Ibid.*, p. 260.

3. A MEMORIAL OF DELIVERANCE

- a. What was the meaning behind the Passover service? Exodus 12:21–27.
-

“The observance of the Passover began with the birth of the Hebrew nation. On the last night of their bondage in Egypt, when there appeared no token of deliverance, God commanded them to prepare for an immediate release. He had warned Pharaoh of the final judgment on the Egyptians, and He directed the Hebrews to gather their families within their own dwellings. Having sprinkled the doorposts with the blood of the slain lamb, they were to eat the lamb, roasted, with unleavened bread and bitter herbs. ‘And thus shall ye eat it,’ He said, ‘with your loins girded, your shoes on your feet, and your staff in your hand; and ye shall eat it in haste: it is the Lord’s passover.’ Exodus 12:11. At midnight all the first-born of the Egyptians were slain. Then the king sent to Israel the message, ‘Rise up, and get you forth from among my people; . . . and go, serve the Lord, as ye have said.’ Exodus 12:31. The Hebrews went out from Egypt an independent nation. The Lord had commanded that the Passover should be yearly kept. ‘It shall come to pass,’ He said, ‘when your children shall say unto you, What mean ye by this service? that ye shall say, It is the sacrifice of the Lord’s passover, who passed over the houses of the children of Israel in Egypt, when He smote the Egyptians.’ Thus from generation to generation the story of this wonderful deliverance was to be repeated.”—*The Desire of Ages*, pp. 76, 77.

- b. What was the Passover to remind them of? Exodus 13:3, 9, 10.
-

“In delivering them from Egypt, God sought to reveal to them His power and His mercy, that they might be led to love and trust Him. He brought them down to the Red Sea—where, pursued by the Egyptians, escape seemed impossible—that they might realize their utter helplessness, their need of divine aid; and then He wrought deliverance for them. Thus they were filled with love and gratitude to God and with confidence in His power to help them. He had bound them to Himself as their deliverer from temporal bondage.”—*Patriarchs and Prophets*, p. 371.

“It was the design of God that these exhibitions of power should strengthen the faith of His people, and that their posterity should steadfastly worship Him alone who had wrought such merciful wonders in their behalf.”—*The Story of Redemption*, p. 115.

4. JESUS, OUR PASSOVER

- a. What intrigued Jesus when visiting the temple at the age of 12? Luke 2:41, 42, 46, 47. What did He then realize?

“For the first time the child Jesus looked upon the temple. He saw the white-robed priests performing their solemn ministry. He beheld the bleeding victim upon the altar of sacrifice. With the worshipers He bowed in prayer, while the cloud of incense ascended before God. He witnessed the impressive rites of the paschal service. Day by day He saw their meaning more clearly. Every act seemed to be bound up with His own life. New impulses were awakening within Him. Silent and absorbed, He seemed to be studying out a great problem. The mystery of His mission was opening to the Saviour.”—*The Desire of Ages*, p. 78.

- b. How is the sacrifice of Jesus linked to the Passover? 1 Corinthians 5:7; Isaiah 53:7; John 1:29.

“The passover pointed backward to the deliverance of the children of Israel, and was also typical, pointing forward to Christ, the Lamb of God, slain for the redemption of fallen man. The blood sprinkled upon the door-posts prefigured the atoning blood of Christ, and also the continual dependence of sinful man upon the merits of that blood for safety from the power of Satan, and for final redemption. . . . The passover had been observed to commemorate the deliverance of the children of Israel from Egypt. It had been both commemorative and typical. The type had reached the antitype when Christ, the Lamb of God without blemish, died upon the cross.”—*The Spirit of Prophecy*, vol. 1, p. 201.

“On the fourteenth day of the month, at even, the Passover was celebrated, its solemn, impressive ceremonies commemorating the deliverance from bondage in Egypt, and pointing forward to the sacrifice that should deliver from the bondage of sin. When the Saviour yielded up His life on Calvary, the significance of the Passover ceased, and the ordinance of the Lord’s Supper was instituted as a memorial of the same event of which the Passover had been a type.”—*Patriarchs and Prophets*, p. 539.

“Moses was a type of Christ, who was to come to break the reign of sin over the human family, and to deliver those who were captives to its power.”—*The Signs of the Times*, November 6, 1884.

5. OUR SIGN OF DELIVERANCE TODAY

- a. Of what was the Sabbath a reminder to the children of Israel? Deuteronomy 5:15.
-
-

- b. How is the Sabbath also a sign of deliverance from sin? Exodus 31:13; Ezekiel 20:12.
-
-

“As the Sabbath was the sign that distinguished Israel when they came out of Egypt to enter the earthly Canaan, so it is the sign that now distinguishes God’s people as they come out from the world to enter the heavenly rest. The Sabbath is a sign of a relationship existing between God and His people, a sign that they honor His law. It distinguishes between His loyal subjects and transgressors. . . .

“The Sabbath given to the world as the sign of God as the Creator is also the sign of Him as the Sanctifier. The power that created all things is the power that re-creates the soul in His own likeness. To those who keep holy the Sabbath day it is the sign of sanctification. True sanctification is harmony with God, oneness with Him in character. It is received through obedience to those principles that are the transcript of His character. And the Sabbath is the sign of obedience. He who from the heart obeys the fourth commandment will obey the whole law. He is sanctified through obedience.”—*Testimonies*, vol. 6, pp. 349, 350.

PERSONAL REVIEW QUESTIONS

1. What hope did Joseph give the Israelites of their future deliverance from Egypt?
2. How did Moses show a lack of faith in God’s plan to deliver Israel? How can we do the same?
3. Why was the service commemorating the deliverance from Egypt named the Passover?
4. Of what future event was the Passover a type? What deliverance would be gained?
5. From what is the Sabbath a sign of deliverance? How?

Deliverance From the Education of Egypt

“Learn not the way of the heathen” (Jeremiah 10:2).

“I beg of parents to place their children where they will not be bewitched by a false education. Their only safety is in learning of Christ. He is the great central Light of the world. All other lights, all other wisdom, are foolishness.”—*The Review and Herald*, August 17, 1897.

Suggested Readings: *Education*, pp. 45–50;
The Adventist Home, pp. 181–190.

Sunday

April 21

1. THE INFERIORITY OF THE WISDOM OF EGYPT

a. How did Solomon’s wisdom compare to that of Egypt? 1 Kings 4:30.

“There is an education which is essentially worldly. Its aim is success in the world, the gratification of selfish ambition. To secure this education many students spend time and money in crowding their minds with unnecessary knowledge. The world accounts them learned; but God is not in their thoughts.”—*Counsels to Parents, Teachers, and Students*, p. 64.

b. According to Solomon, what is the basis of true wisdom? Proverbs 9:10; 8:13; 15:33.

“The great work of life is character building, and a knowledge of God is the foundation of all true education.”—*Patriarchs and Prophets*, p. 596.

“The experimental knowledge of true godliness, found in daily consecration and service, ensures the highest culture of body, mind, and soul. This consecration of all our powers to God prevents self-exaltation. The impartation of divine power honors our sincere striving after wisdom that will enable us to use our highest faculties in a way that will honor God and bless our fellow men.”—*Testimonies*, vol. 8, p. 63.

2. MOSES FORSAKES EGYPT

- a. How extensive was Moses' training, considering Egypt was the most highly civilized nation of his time? Acts 7:22.
-

"In the schools of Egypt, Moses received the highest civil and military training. Of great personal attractions, noble in form and stature, of cultivated mind and princely bearing, and renowned as a military leader, he became the nation's pride. The king of Egypt was also a member of the priesthood; and Moses, though refusing to participate in the heathen worship, was initiated into all the mysteries of the Egyptian religion."—*Education*, p. 62.

- b. When confronted with the choice between worldly honors and serving God, what did Moses choose? Why? Hebrews 11:24–27.
-

- c. What was necessary in order for Moses to unlearn the negative aspects of his Egyptian education? Exodus 3:1 (first part).
-

"In the wilds of Midian, Moses spent forty years as a keeper of sheep. Apparently cut off forever from his life's mission, he was receiving the discipline essential for its fulfillment. Wisdom to govern an ignorant and undisciplined multitude must be gained through self-mastery. . . .

"The influences that had surrounded him in Egypt, the affection of his foster mother, his own position as the grandson of the king, the luxury and vice that allured in ten thousand forms, the refinement, the subtlety, and the mysticism of a false religion, had made an impression on his mind and character. In the stern simplicity of the wilderness all this disappeared."—*Education*, pp. 62, 63.

"Many have, as had Moses, very much to unlearn in order to learn the very lessons that they need to learn. He had need to be self-trained by severest mental and moral discipline, and God wrought with him before he could be fitted to train others in mind and heart."—*This Day with God*, p. 321.

"It was not the education received in Egypt that enabled Moses to triumph over his enemies, but an ever-abiding, unflinching faith, which did not fail under the most trying circumstances."—*The Signs of the Times*, July 12, 1905.

3. FREEDOM FROM THE EDUCATION OF EGYPT

- a. What counsel should we listen to when educating our children? Jeremiah 10:2; Proverbs 19:27.
-
-

“In turning from God’s word to feed on the writings of uninspired men, the mind becomes dwarfed and cheapened. It is not brought in contact with deep, broad principles of eternal truth. The understanding adapts itself to the comprehension of the things with which it is familiar, and in this devotion to finite things it is weakened, its power is contracted, and after a time it becomes unable to expand.

“All this is false education. The work of every teacher should be to fasten the mind of the youth upon the grand truths of the word of Inspiration. This is the education essential for this life and for the life to come.”—*Christ’s Object Lessons*, pp. 41, 42.

- b. What is God’s purpose for us, just as it was for ancient Israel? Deuteronomy 14:2. What do we, like Israel, desire instead? 1 Samuel 8:5.
-
-

“The discipline and training that God appointed for Israel would cause them, in all their ways of life, to differ from the people of other nations. This peculiarity, which should have been regarded as a special privilege and blessing, was to them unwelcome. The simplicity and self-restraint essential to the highest development they sought to exchange for the pomp and self-indulgence of heathen peoples. To be ‘like all the nations’ (1 Samuel 8:5) was their ambition. God’s plan of education was set aside, His authority disowned.”—*Education*, pp. 49, 50.

- c. What danger should we guard against? John 12:43. Can Christ dwell in a divided heart? Matthew 6:24.
-
-

“It is not [God’s] design that those whose services He has purchased, shall be trained to serve mammon, trained to receive human praise, human glorification, or to be subservient to the world.”—*Fundamentals of Christian Education*, p. 470.

“We cannot be half the Lord’s and half the world’s. We are not God’s children unless we are such entirely.”—*Steps to Christ*, p. 44.

4. NEW TRAINING NEEDED

- a. **Why do we need to be re-educated by God? Judges 17:6; Isaiah 53:6. Why did the parents among the Israelites need re-education after they left Egypt? How are we any different to them today?**
-

“When brought out of Egypt there were among the Israelites few prepared to be workers together with Him in the training of their children. The parents themselves needed instruction and discipline. Victims of lifelong slavery, they were ignorant, untrained, degraded. They had little knowledge of God and little faith in Him. They were confused by false teaching and corrupted by their long contact with heathenism.”—*Education*, p. 34.

“Parents will have need of patience and moral strength, in order that in the fear of God they may unlearn the customs of the world.”—*The Review and Herald*, November 13, 1894.

- b. **What happened to those Israelites who did not accept the training God wanted them to have? 1 Corinthians 10:5, 6. To which sins were they more prone due to their education in Egypt?**
-

“The Lord did not forsake His people in their wanderings through the wilderness, but many of them forsook the Lord. The education they had had in Egypt made them subject to temptation, to idolatry, and to licentiousness, and because they disregarded the commandments of the Lord, nearly all the adults who left Egypt were overthrown in the wilderness; but their children were permitted to enter Canaan.”—*The Review and Herald*, December 17, 1895.

- c. **What are we to keep in mind as we seek to educate our children and youth? 1 John 2:15–17; Romans 12:2.**
-

“The great lesson to be given to the youth is that, as worshipers of God, they are to cherish Bible principles, and hold the world as subordinate. God would have all instructed as to how they can work the works of Christ, and enter in through the gates into the heavenly city. We are not to let the world convert us; we are to strive most earnestly to convert the world.”—*Ibid.*, August 17, 1897.

5. FOLLOWING GOD'S PLAN

- a. How was God's original plan for education shown in the life of Abraham? What was the intended result of this education? Genesis 18:19.
-

"In the divine plan of education as adapted to man's condition after the fall, Christ stands as the representative of the Father, the connecting link between God and man; He is the great teacher of mankind. And He ordained that men and women should be His representatives. The family was the school, and the parents were the teachers.

"The education centering in the family was that which prevailed in the days of the patriarchs. For the schools thus established, God provided the conditions most favorable for the development of character. . . . The men who held fast God's principles of life dwelt among the fields and hills. They were tillers of the soil and keepers of flocks and herds."—*The Adventist Home*, p. 181.

- b. Why is communion with God an essential part of education? Job 22:21.
-

"When the mind of man is brought into communion with the mind of God, the finite with the Infinite, the effect on body and mind and soul is beyond estimate. In such communion is found the highest education. It is God's own method of development."—*The Acts of the Apostles*, p. 126.

PERSONAL REVIEW QUESTIONS

1. Instead of gratifying selfish ambition, what does true education lead us to do?
2. How can we forsake Egypt today? Why do we need to do this?
3. In what ways are we imitating the world in the way we educate our children?
4. Why do many parents today need to be trained in God's methods of education? What do they need to unlearn?
5. Where were the first schools, and how can we return to God's plan for education today?

First Sabbath Offering for the Bhutan Church Building

Bhutan, officially known as the Kingdom of Bhutan, is in the Eastern Himalayas in South-Asia, bordering China to the north and India to all the other sides. Bhutan has a population of about 750,000 and a land area of 38,394 km². Thimphu is its Capital. In 2008, Bhutan transitioned from an absolute monarchy to a constitutional monarchy.



Bhutan is a Buddhist country with over 81% of its population following the Vajrayana sect of Buddhism. The major remaining percentage thereof is mostly the Hindus. Christians are a fractional minority group in this country, mostly Catholics. Evangelism cannot be done openly. Nonetheless, hard work has been done applying different restrained modes of evangelism.

A couple of years ago, a family visiting North India happened to hear about the message of Reformation. They nurtured the message for some time and upon returning to Bhutan started to worship the true loving and living God. The family spread the good news to others in Bhutan. This has aroused strong interest amongst some of these souls.

The need of the hour is a place of worship. We first need to acquire a parcel of land and then build a chapel for the Lord. To accomplish this task, the brethren have endeavored to raise the funds needed from among themselves. A portion of the funds required has been brought into the treasury of our Heavenly King, but we are still in want of a large part of the requirement. We are now appealing to our church family around the world to help us with this noble project.

“Our church members should feel a deep interest in home and foreign missions. Great blessings will come to them as they make self-sacrificing efforts to plant the standard of truth in new territory. The money invested in this work will bring rich returns. New converts, rejoicing in the light received from the Word, will in their turn give of their means to carry the light of truth to others.”—*Testimonies*, vol. 9, p. 49.

We pray that the Lord may touch your heart to give generously towards this project so that the work of the Lord here in Bhutan may go forward, and the Second Advent of our Lord and Saviour be hastened. Amen.

Your brethren and sisters from Bhutan

Deliverance From Death

“O death, where is thy sting? O grave, where is thy victory?”
(1 Corinthians 15:55).

“God’s chosen ones may fall at their post of duty, but they have only fallen asleep, to rest till Jesus awakes them to share with Him an eternal weight of glory.”—*The Upward Look*, p. 272.

Suggested Readings: *The Spirit of Prophecy*, vol. 4, pp. 351–369;
Sons and Daughters of God, pp. 229, 230.

Sunday

April 28

1. COMPONENTS OF LIFE

- a. Describe the process of how God gave life to man. Genesis 2:7; 1 Corinthians 15:45 (first part).

“When God had made man in His image, the human form was perfect in all its arrangements, but it was without life. Then a personal, self-existing God breathed into that form the breath of life, and man became a living, intelligent being. All parts of the human organism were set in action. . . . Man became a living soul.”—*The Ministry of Healing*, p. 415.

- b. When man dies, how does this process work in reverse? Psalms 146:4; 104:29.

“Physical life is something which each individual receives. It is not eternal or immortal; for God, the Life-giver, takes it again. Man has no control over his life.”—*Maranatha*, p. 302.

2. WHAT IS DEATH?

- a. What is the condition of man in death? Ecclesiastes 9:5, 6; Psalm 6:5.
-
-

“If the dead are already enjoying the bliss of heaven or writhing in the flames of hell, what need of a future judgment? The teachings of God’s word on these important points are neither obscure nor contradictory; they may be understood by common minds. But what candid mind can see either wisdom or justice in the current theory? Will the righteous, after the investigation of their cases at the judgment, receive the commendation, ‘Well done, thou good and faithful servant: . . . enter thou into the joy of thy Lord,’ when they have been dwelling in His presence, perhaps for long ages? Are the wicked summoned from the place of torment to receive sentence from the Judge of all the earth: ‘Depart from Me, ye cursed, into everlasting fire’? Matthew 25:21, 41. Oh, solemn mockery! shameful impeachment of the wisdom and justice of God!”—*The Great Controversy*, p. 549.

“A correct understanding of ‘what saith the Scriptures’ in regard to the state of the dead is essential for this time. God’s Word declares that the dead know not anything, their hatred and love have alike perished.”—*Evangelism*, p. 249.

- b. What happens to the physical body when we die? Ecclesiastes 3:20; Genesis 3:19.
-
-

“God declared that as a penalty for [Adam’s] sin, man should return to the ground whence he was taken: ‘Dust thou art, and unto dust shalt thou return.’ [Genesis 3:19.]”—*The Spirit of Prophecy*, vol. 4, p. 352.

- c. To what is death compared? John 11:11–14.
-
-

“To the believer, death is but a small matter. Christ speaks of it as if it were of little moment. ‘If a man keep My saying, he shall never see death,’ ‘he shall never taste of death.’ To the Christian, death is but a sleep, a moment of silence and darkness. The life is hid with Christ in God, and ‘when Christ, who is our life, shall appear, then shall ye also appear with Him in glory.’ John 8:51, 52; Colossians 3:4.”—*The Desire of Ages*, p. 787.

3. THE PLACE OF THE DEAD

- a. How is the permanence of death described? Job 7:9, 10; Psalm 146:4. As we consider these thoughts, what should this lead us to do? Psalm 90:12.
-

“It is a solemn thing to die, but a far more solemn thing to live. Every thought and word and deed of our lives will meet us again. What we make of ourselves in probationary time, that we must remain to all eternity. Death brings dissolution to the body, but makes no change in the character. The coming of Christ does not change our characters; it only fixes them forever beyond all change. . . .

“I appeal to the members of the church to be Christians, to be Christlike. Jesus was a worker, not for Himself, but for others. . . . If you are Christians you will imitate His example.”—*The Faith I Live By*, p. 169.

“Look upon every duty, however humble, as sacred because it is part of God’s service. Do not allow anything to make you forgetful of God. Bring Christ into all that you do. Then your lives will be filled with brightness and thanksgiving.”—*In Heavenly Places*, p. 226.

“Every moment is freighted with eternal consequences. We are to stand as minute men, ready for service at a moment’s notice. The opportunity that is now ours to speak to some needy soul the word of life may never offer again. God may say to that one, ‘This night thy soul shall be required of thee,’ and through our neglect he may not be ready. (Luke 12:20.)”—*The Faith I Live By*, p. 158.

- b. Where do all men go when they die? Acts 2:29, 34, 35; Psalm 89:48; Ecclesiastes 9:10.
-

“Nowhere in the Sacred Scriptures is found the statement that the righteous go to their reward or the wicked to their punishment at death. The patriarchs and prophets have left no such assurance. Christ and His apostles have given no hint of it. The Bible clearly teaches that the dead do not go immediately to heaven. They are represented as sleeping until the resurrection. 1 Thessalonians 4:14; Job 14:10–12. In the very day when the silver cord is loosed and the golden bowl broken (Ecclesiastes 12:6), man’s thoughts perish. They that go down to the grave are in silence. They know no more of anything that is done under the sun. Job 14:21. Blessed rest for the weary righteous!”—*The Great Controversy*, pp. 549, 550.

4. DELIVERANCE FROM DEATH

a. What is the sting of death? 1 Corinthians 15:56.

“Let us have the spirit of Christ. He left his royal throne, clothed his divinity with humanity, and came to this earth, all marred and seared by the curse, to meet man’s adversary, and deliver us from the bondage of sin and death.”—*The Review and Herald*, July 16, 1889.

b. What can we then say as we see the triumph of Christ? 1 Corinthians 15:55, 57. How does He deliver us from death? Verse 3; 1 Timothy 2:5, 6.

“With His life Christ has purchased every human being. He died a cruel death to save human beings from eternal death. He gave His sinless life to obtain for the sinner a life that measures with the life of God. Through His death, He provided a way whereby man may break with Satan, return to his allegiance to God, and through faith in the Redeemer obtain pardon. . . .

“He who has all power in heaven and earth will restore every repenting, believing soul. . . . He has a deep interest in every soul, for He paid the price of His own life that no one should be eternally lost.”—*Sons and Daughters of God*, p. 230.

c. Through His own death, what does Christ destroy? Hebrews 2:14.

“In the Saviour’s expiring cry, ‘It is finished,’ the death knell of Satan was rung. The great controversy which had been so long in progress was then decided, and the final eradication of evil was made certain. The Son of God passed through the portals of the tomb, that ‘through death He might destroy him that had the power of death, that is, the devil.’ Hebrews 2:14. Lucifer’s desire for self-exaltation had led him to say: ‘I will exalt my throne above the stars of God: . . . I will be like the Most High.’ God declares: ‘I will bring thee to ashes upon the earth, . . . and never shalt thou be any more.’ Isaiah 14:13, 14; Ezekiel 28:18, 19.”—*The Great Controversy*, pp. 503, 504.

5. DELIVERANCE FROM THE FEAR OF DEATH

- a. What fear places many in bondage today? Through His death, what does Christ desire to do for us? Hebrews 2:15.
-

“In every time of distress, Christ turned to His Father. He ‘resisted unto blood’ in that hour when the fear of moral failure was as the fear of death. As He bowed in Gethsemane, in His soul agony, drops of blood fell from His pores, and moistened the sods of the earth. He prayed with strong crying and tears, and He was heard in that He feared. God strengthened Him, as He will strengthen all who will humble themselves, and throw themselves, soul, body, and spirit, into the hands of a covenant-keeping God.”—*Selected Messages*, bk. 3, p. 131.

- b. Of what should we not be afraid? Why? Matthew 10:28–31; 1 John 4:4.
-

“God has always had a care for His people. . . . Christ taught His disciples that the amount of divine attention given to any object is proportionate to the rank assigned to it in the creation of God. He called their attention to the birds of the air. Not a sparrow, He said, falls to the ground without the notice of our heavenly Father. And if the little sparrow is regarded by Him, surely the souls of those for whom Christ has died are precious in His sight. The value of man, the estimate God places upon him, is revealed in the cross of Calvary.”—*My Life Today*, p. 292.

PERSONAL REVIEW QUESTIONS

1. Describe the process of how man became a living soul.
2. What is death to a Christian?
3. How does death affect the character?
4. How did Christ triumph over death?
5. How did Christ experience the fear of death, and how did He gain the victory?

Deliverance Through the Resurrection

“Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live: and whosoever liveth and believeth in me shall never die. Believest thou this?” (John 11:25, 26).

“Jesus Christ has triumphed over death and rent the fetters of the tomb, and all who sleep in the tomb will share the victory; they will come forth from their graves as did the Conqueror.”—*Selected Messages*, bk. 2, p. 272.

Suggested Reading: *The Desire of Ages*, pp. 779–787.

Sunday

May 5

1. A BLESSED HOPE

a. What assurance did Job have of a future life? Job 19:25–27; 14:14.

“The patriarch Job in the night of his affliction exclaimed with unshaken trust: ‘I know that my redeemer liveth, and that he shall stand at the latter day upon the earth: . . . in my flesh shall I see God: whom I shall see for myself, and mine eyes shall behold, and not another.’”—*Maranatha*, p. 13.

b. What promises do we have of a resurrection? Hosea 13:14; 2 Timothy 4:7, 8.

“The question, ‘If a man die, shall he live again?’ has been answered. By bearing the penalty of sin, by going down into the grave, Christ has brightened the tomb for all who die in faith. God in human form has brought life and immortality to light through the gospel. In dying, Christ secured eternal life for all who believe in Him. In dying, He condemned the originator of sin and disloyalty to suffer the penalty of sin—eternal death.”—*Testimonies*, vol. 6, pp. 230, 231.

2. AN AMAZING CHANGE

a. What happens to the body after death? John 11:39.

“Lazarus had been laid in a cave in a rock, and a massive stone had been placed before the entrance. ‘Take ye away the stone,’ Christ said. Thinking that He only wished to look upon the dead, Martha objected, saying that the body had been buried four days, and corruption had already begun its work.”—*The Desire of Ages*, p. 534.

“There lay the body of Lazarus in its rock grave, cold and silent in death.”—*The Youth’s Instructor*, May 4, 1899.

b. What change takes place at the resurrection? 1 Corinthians 15:51–54.

“The living righteous are changed ‘in a moment, in the twinkling of an eye.’ At the voice of God they were glorified; now they are made immortal and with the risen saints are caught up to meet their Lord in the air. Angels ‘gather together His elect from the four winds, from one end of heaven to the other.’”—*The Great Controversy*, p. 645.

“Our loved ones are torn from us by death. We close their eyes and habit them for the tomb, and lay them away from our sight. But hope bears our spirits up. We are not parted forever, but shall meet the loved ones who sleep in Jesus. They shall come again from the land of the enemy. The Life-giver is coming. Myriads of holy angels escort Him on His way. He bursts the bands of death, breaks the fetters of the tomb, the precious captives come forth in health and immortal beauty.”—*The Faith I Live By*, p. 185.

“Our personal identity is preserved in the resurrection, though not the same particles of matter or material substance as went into the grave. The wondrous works of God are a mystery to man. The spirit, the character of man, is returned to God, there to be preserved. In the resurrection every man will have his own character. God in His own time will call forth the dead, giving again the breath of life, and bidding the dry bones live. The same form will come forth, but it will be free from disease and every defect. It lives again bearing the same individuality of features, so that friend will recognize friend.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 6, p. 1093.

3. LOOKING FOR THE BLESSED HOPE

a. What event is tied to the resurrection? John 14:1–3.

“Long have we waited for our Saviour’s return. But nonetheless sure is the promise. Soon we shall be in our promised home.”—*Testimonies*, vol. 8, p. 254.

“The object of Christ’s departure was the opposite of what the disciples feared. It did not mean a final separation. He was going to prepare a place for them, that He might come again, and receive them unto Himself. While He was building mansions for them, they were to build characters after the divine similitude.”—*The Desire of Ages*, p. 663.

b. What encouragement do we have concerning those who have died? What is the assurance we have that the resurrection will take place? 1 Thessalonians 4:13–17.

“The life-giver will call up His purchased possession in the first resurrection, and until that triumphant hour, when the last trump shall sound and the vast army shall come forth to eternal victory, every sleeping saint will be kept in safety and will be guarded as a precious jewel, who is known to God by name. By the power of the Saviour that dwelt in them while living and because they were partakers of the divine nature, they are brought forth from the dead. . . .

“Jesus Christ has triumphed over death and rent the fetters of the tomb, and all who sleep in the tomb will share the victory; they will come forth from their graves as did the Conqueror.”—*Selected Messages*, bk. 2, pp. 271, 272.

c. With what attitude should this inspire us? Titus 2:13.

“Wherever we go, we should carry an atmosphere of Christian hopefulness and cheer; then those who are out of Christ will see attractiveness in the religion we profess; unbelievers will see the consistency of our faith. We need to have more distinct glimpses of heaven, the land where all is brightness and joy.”—*Lift Him Up*, p. 244.

“Christ is soon to come the second time. Of this we should often talk. It should be the uppermost thought in our minds.”—*The Upward Look*, p. 311.

4. THE RESURRECTION: A PROOF OF DIVINITY

- a. How does the resurrection of Christ become a focal point of our faith and hope? 1 Corinthians 15:16–22.

“Christ made it possible that every child of Adam might, through a life of obedience, overcome sin and rise also from the grave to his heritage of immortality purchased by the blood of Christ.”—*In Heavenly Places*, p. 44.

- b. What words of Christ showed that He had the power of life within Himself? John 10:17, 18; 2:19–21.

“When the voice of the mighty angel was heard at Christ’s tomb, saying, Thy Father calls Thee, the Saviour came forth from the grave by the life that was in Himself. . . .

“Over the rent sepulcher of Joseph, Christ had proclaimed in triumph, ‘I am the resurrection, and the life.’ These words could be spoken only by the Deity. All created beings live by the will and power of God. They are dependent recipients of the life of God. From the highest seraph to the humblest animate being, all are replenished from the Source of life. Only He who is one with God could say, I have power to lay down My life, and I have power to take it again. In His divinity, Christ possessed the power to break the bonds of death.”—*The Desire of Ages*, p. 785.

“The spirit of Jesus slept in the tomb with His body, and did not wing its way to heaven. . . . All that comprised the life and intelligence of Jesus remained with His body in the sepulcher; and when He came forth it was as a whole being; He did not have to summon His spirit from heaven. He had power to lay down His life and to take it up again.”—*The Spirit of Prophecy*, vol. 3, pp. 203, 204.

- c. What prophecy was also fulfilled at Jesus’ resurrection? Psalm 68:18.

“Those who came forth from the grave at Christ’s resurrection were raised to everlasting life. They were the multitude of captives that ascended with Him as trophies of His victory over death and the grave.”—*Selected Messages*, bk. 1, pp. 304, 305.

5. RAISING OTHERS TO LIFE

- a. Who did Elisha raise to life through the miracle-working power of Christ? 2 Kings 4:32–37.

“So was the faith of this woman rewarded. Christ, the great Life-giver, restored her son to her. In like manner will His faithful ones be rewarded, when, at His coming, death loses its sting and the grave is robbed of the victory it has claimed. Then will He restore to His servants the children that have been taken from them by death.”—*Prophets and Kings*, p. 239.

- b. Who did Jesus raise to life near the end of His earthly ministry? John 11:38, 39, 43. What was His purpose in performing this miracle?

“Christ had now fully made manifest His control of death and the grave. That mighty miracle was the crowning evidence offered by God to men that He had sent His Son into the world for their salvation. It was a demonstration of divine power sufficient to convince every mind that was under the control of reason and enlightened conscience. Many who witnessed the resurrection of Lazarus were led to believe on Jesus. But the hatred of the priests against Him was intensified. They had rejected all lesser evidence of His divinity, and they were only enraged at this new miracle. . . . They were more than ever determined to put a stop to Christ’s work.”—*The Desire of Ages*, p. 537.

PERSONAL REVIEW QUESTIONS

1. How does Christ give us hope of a resurrection?
2. What changes occur in the resurrection, and what remains the same? Why?
3. How carefully is each sleeping saint looked after?
4. What is significant about Jesus having the power to lay down His life and to take it up again?
5. What did the miracle of Lazarus’ resurrection demonstrate?

The Ministry of Deliverance

“The Spirit of the Lord GOD is upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound” (Isaiah 61:1).

“Through yielding to sin, man placed his will under the control of Satan. He became a helpless captive in the tempter’s power. God sent His Son into our world to break the power of Satan, and to emancipate the will of man.”—*Australasian Union Conference Record*, June 1, 1900.

Suggested Reading: *The Desire of Ages*, pp. 547–551.

Sunday

May 12

1. ESTABLISHING GOD’S KINGDOM

- a. What question did Jesus ask regarding God’s kingdom? Mark 4:30. To what did He desire to draw the people’s attention?

“Christ found the kingdoms of the world corrupt. . . . When Christ came to the world to establish a kingdom, He looked upon the governments of men, and said, ‘Whereunto shall we liken the kingdom of God?’ Nothing in civil society afforded Him a comparison. . . .

“In striking contrast to the wrong and oppression so universally practiced were the mission and work of Christ. . . . He planned a government which would use no force; His subjects would know no oppression. . . . He came as the divine Restorer, bringing to oppressed and downtrodden humanity the rich and abundant grace of Heaven, that by the power of His righteousness, man, fallen and degraded though he was, might be a partaker of divinity.”—*God’s Amazing Grace*, p. 14.

“Christ was establishing a kingdom on different principles. He called men, not to authority, but to service, the strong to bear the infirmities of the weak. Power, position, talent, education, placed their possessor under the greater obligation to serve his fellows.”—*The Desire of Ages*, p. 550.

2. THE MISSION OF CHRIST

- a. How is the character of the coming Deliverer described? In what power did He work? Isaiah 42:1–4.
-
-

“The dimly burning wick of faith and hope, [Christ] would encourage, and not quench. He would feed His flock like a shepherd; He would gather the lambs with His arms, and carry them in His bosom.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 4, p. 1146.

- b. What royal title was the Messiah to carry? Isaiah 9:6.
-
-

“Christ is ‘the Prince of Peace’ (Isaiah 9:6), and it is His mission to restore to earth and heaven the peace that sin has broken. . . . Whoever consents to renounce sin and open his heart to the love of Christ, becomes a partaker of this heavenly peace. . . .

“The heart that is in harmony with God is a partaker of the peace of heaven and will diffuse its blessed influence on all around.”—*Thoughts From the Mount of Blessing*, pp. 27, 28.

- c. What sums up Christ’s lifework? Acts 10:38. What practical things did Christ’s work include? Matthew 4:23, 24.
-
-

“With a heart ever touched with the feelings of our infirmities, an ear ever open to the cry of suffering humanity, a hand ever ready to save the discouraged and despairing, Jesus, our Saviour, ‘went about doing good’ (Acts 10:38).”—*God’s Amazing Grace*, p. 14.

“The sick came to the places through which He would pass, that they might call on Him for help. Hither, too, came many anxious to hear His words and to receive a touch of His hand. Thus He went from city to city, from town to town, preaching the gospel and healing the sick—the King of glory in the lowly garb of humanity.”—*The Ministry of Healing*, p. 22.

“Tender, compassionate, sympathetic, ever considerate of others, [Christ] represented the character of God, and was constantly engaged in service for God and man.”—*Ibid.*, p. 423.

3. CHRIST'S WORK IS TO BE OUR WORK

- a. How extensive was the work Christ did under the inspiration of the Holy Spirit? Isaiah 61:1-3.
-

“The mission described by the prophet is the mission of every disciple of Christ. We are to practice the words of Christ, and present before others the covenant of grace, the righteousness of Christ. We are to make it manifest to the world that we have the oil of grace in our vessels in our lamps. The work of every representative of Christ, both in the ministry and among the laymen, is to tell of the great salvation brought to them as God's free gift.”—*The Review and Herald*, March 27, 1894.

- b. What are we called to do as followers of Christ? Isaiah 58:6, 7.
-

“All who are members of the kingdom of Christ will represent Him in character and disposition.”—*God's Amazing Grace*, p. 14.

“Through yielding to sin, man placed his will under the control of Satan. He became a helpless captive in the tempter's power. God sent His Son into our world to break the power of Satan, and to emancipate the will of man. He sent Him to proclaim liberty to the captives, to undo the heavy burdens, and to let the oppressed go free.”—*Our High Calling*, p. 104.

“Find out what the poor and suffering are in need of, and then, in love and tenderness, help them to courage and hope and confidence by sharing with them the good things that God has given you. Thus you will be doing the very work that God means you to do.”—*The Medical Missionary*, June 1, 1891.

“Christ's work is to be our example. Constantly He went about doing good. In the temple and the synagogues, in the streets of the cities, in the marketplace and the workshop, by the seaside and among the hills, He preached the gospel and healed the sick. His life was one of unselfish service, and it is to be our lesson book. His tender, pitying love rebukes our selfishness and heartlessness.”—*Testimonies*, vol. 9, p. 31.

- c. What promise did Christ make to His disciples concerning the power which was to attend the spreading of the gospel? Acts 1:8.
-

4. WITNESSES TO DELIVERANCE

- a. **What encouraging words should inspire us to follow in Jesus' footsteps in reaching out to others? Isaiah 52:7; 61:6–9.**
-

"[God] wants you to go forth to our churches to labor earnestly for Him. He wants you to institute meetings for those outside the churches, that the people may learn the truths of this last message of warning. There are places where you will be gladly received, where souls will thank you for coming to their help. May the Lord help you to take hold of this work as you have never yet taken hold of it."—*Testimonies*, vol. 9, p. 107.

"It will require moral courage to do God's work unflinchingly. Those who do this can give no place to self love, to selfish considerations, ambition, love of ease, or desire to shun the cross."—*The Review and Herald*, February 7, 1893.

- b. **What is a wonderful example of what Jesus wants those who have been delivered from sin to do? Matthew 8:28; Mark 5:6–8, 18–20.**
-

"The two restored demoniacs were the first missionaries whom Christ sent to preach the gospel in the region of Decapolis. For a few moments only these men had been privileged to hear the teachings of Christ. Not one sermon from His lips had ever fallen upon their ears. They could not instruct the people as the disciples who had been daily with Christ were able to do. But they bore in their own persons the evidence that Jesus was the Messiah. They could tell what they knew; what they themselves had seen, and heard, and felt of the power of Christ. This is what every one can do whose heart has been touched by the grace of God. John, the beloved disciple, wrote: 'That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, of the Word of life; . . . that which we have seen and heard declare we unto you' (1 John 1:1–3). As witnesses for Christ, we are to tell what we know, what we ourselves have seen and heard and felt. If we have been following Jesus step by step, we shall have something right to the point to tell concerning the way in which He has led us. We can tell how we have tested His promise, and found the promise true. We can bear witness to what we have known of the grace of Christ. This is the witness for which our Lord calls, and for want of which the world is perishing."—*The Desire of Ages*, p. 340.

5. WORKING IN HUMILITY

- a. What attitude did Jesus have as He worked for others, and what can we learn from this? John 6:38; James 4:6, 10.
-

“The greatest possible kindness and freedom are to be granted to the purchase of the blood of Christ. Over and over again in His teaching, Christ presented the value of true humility, showing how necessary it is that we exercise helpfulness, compassion, and love toward one another. . . .

“No confidence can be placed in human greatness, human intellect, or human plans. We must place ourselves under the guidance of an infinite mind, acknowledging that without Jesus we can do nothing.”—*The Review and Herald*, August 18, 1896.

- b. How far should we go in reaching out to those in need? Job 29:15, 16; Matthew 25:34–40.
-

“Notice, you are not to comfort only the few whom you are inclined to regard with favor, but all that mourn, all who apply to you for help and relief; and more, you are to search for the needy. Job says, ‘The cause which I knew not I searched out.’ He did not wait to be urged, and then turn away, saying, ‘I will not help him.’”—*Ibid.*, October 15, 1901.

“The world is full of men and women who carry a heavy burden of sorrow and suffering and sin. God sends His children to reveal to them Him who will take away the burden, and give them rest. It is the mission of Christ’s servants to help, to bless, to heal.”—*Ibid.*, October 29, 1903.

PERSONAL REVIEW QUESTIONS

1. How is Christ’s kingdom different from worldly kingdoms?
2. How can I be a part of Jesus’ mission to restore the peace that sin has destroyed?
3. As we are rescued from the slavery of sin, what is our duty?
4. How can I show my gratitude for God’s unselfish interest in me?
5. Who should I help? What should my mission be?

Delivering Our Neighbor

“Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over” (Luke 6:38).

“He who owns the world is rich in resources, and will bless everyone who is seeking to bless others.”—*The Ministry of Healing*, p. 200.

Suggested Reading: *The Ministry of Healing*, pp. 161–182.

Sunday

May 19

1. FOLLOWING JESUS' EXAMPLE

a. How did Jesus teach His disciples to work for others? John 13:34.

“The Saviour’s example is to be the standard of our service for the tempted and the erring. The same interest and tenderness and long-suffering that He has manifested toward us, we are to manifest toward others. . . . If Christ dwells in us, we shall reveal His unselfish love toward all with whom we have to do. As we see men and women in need of sympathy and help, we shall not ask, ‘Are they worthy?’ but ‘How can I benefit them?’”—*The Ministry of Healing*, p. 162.

b. How did Jesus teach the value of the soul? Luke 15:4–10. What can we learn from this?

“The lost coin, in the Saviour’s parable, though lying in the dirt and rubbish, was a piece of silver still. Its owner sought it because it was of value. So every soul, however degraded by sin, is in God’s sight accounted precious. . . .

“The love of Christ, manifested in word and act, will win its way to the soul, when the reiteration of precept or argument would accomplish nothing.

“We need more of Christlike sympathy . . . for poor, suffering, struggling souls, who are often overtaken in fault, sinning and repenting, tempted and discouraged.”—*Ibid.*, pp. 163, 164.

2. WORKING FOR THE TEMPTED

- a. With what urgency should we work for those outside the fold? Luke 14:23.
-

“Christian motives demand that we work with a steady purpose, an undying interest, an ever-increasing importunity, for the souls whom Satan is seeking to destroy. Nothing is to chill the earnest, yearning energy for the salvation of the lost.”—*The Ministry of Healing*, p. 164.

- b. What attitude should we have toward those struggling with sin? Why? Galatians 6:1; Romans 14:10.
-

“It was a continual pain to Christ to be brought into contact with enmity, depravity, and impurity; but never did He utter one expression to show that His sensibilities were shocked or His refined tastes offended. Whatever the evil habits, the strong prejudices, or the overbearing passions of human beings, He met them all with pitying tenderness. As we partake of His Spirit, we shall regard all men as brethren, with similar temptations and trials, often falling and struggling to rise again, battling with discouragements and difficulties, craving sympathy and help. Then we shall meet them in such a way as not to discourage or repel them, but to awaken hope in their hearts. . . .

“With a sense of our own infirmities, we shall have compassion for the infirmities of others. . . .

“A tender spirit, a gentle, winning deportment, may save the erring and hide a multitude of sins.”—*Ibid.*, pp. 165, 166.

- c. What teaching of Jesus should we ever keep in mind while trying to help the tempted? Matthew 7:12.
-

“We need to put ourselves in the place of the tempted ones. Consider the power of heredity, the influence of evil associations and surroundings, the power of wrong habits. Can we wonder that under such influences many become degraded? Can we wonder that they should be slow to respond to efforts for their uplifting?”—*Ibid.*, p. 168.

3. HELPING THE INTEMPERATE

- a. **What should we remember when trying to help those overcome by addictions? Galatians 6:9; Jude 23.**

“In dealing with the victims of intemperance we must remember that we are not dealing with sane men, but with those who for the time being are under the power of a demon. Be patient and forbearing. Think not of the repulsive, forbidding appearance, but of the precious life that Christ died to redeem. As the drunkard awakens to a sense of his degradation, do all in your power to show that you are his friend. . . .

“Open the Bible before the tempted, struggling one, and over and over again read to him the promises of God. . . . Patiently continue your efforts, until with grateful joy the trembling hand grasps the hope of redemption through Christ.

“You must hold fast to those whom you are trying to help, else victory will never be yours. They will be continually tempted to evil. Again and again they will be almost overcome by the craving for strong drink; again and again they may fall; but do not, because of this, cease your efforts.”—*The Ministry of Healing*, pp. 172, 173.

- b. **How can those who are caught up in evil habits have victory? Psalm 119:11; 17:4.**

“Bid the tempted one look not to circumstances, to the weakness of self, or to the power of temptation, but to the power of God’s word.”—*Ibid.*, p. 181.

“The victims of evil habit must be aroused to the necessity of making an effort for themselves. . . . All will be in vain unless they themselves are roused to fight the battle in their own behalf. . . .

“God calls upon them to arouse and in the strength of Christ win back the God-given manhood that has been sacrificed through sinful indulgence.”—*Ibid.*, p. 174.

- c. **In order to gain victory, what should their focus be? Philippians 4:8; Ecclesiastes 9:10 (first part).**

“Occupation of mind and body in useful work is essential as a safeguard against temptation.”—*Ibid.*, p. 177.

4. MINISTRY FOR THE POOR

- a. Who first and foremost among the needy should we help? Galatians 6:10.**

“In a special sense, Christ has laid upon His church the duty of caring for the needy among its own members. He suffers His poor to be in the borders of every church. They are always to be among us, and He places upon the members of the church a personal responsibility to care for them.

“As the members of a true family care for one another, ministering to the sick, supporting the weak, teaching the ignorant, training the inexperienced, so is ‘the household of faith’ to care for its needy and helpless ones. Upon no consideration are these to be passed by.”—*The Ministry of Healing*, p. 201.

- b. What do the poor often lack, and how can we help them? Proverbs 13:23.**

“By instruction in practical lines we can often help the poor most effectively. As a rule, those who have not been trained to work do not have habits of industry, perseverance, economy, and self-denial. . . .

“Real charity helps men to help themselves. . . . True beneficence means more than mere gifts. It means a genuine interest in the welfare of others. . . . To give thought and time and personal effort costs far more than merely to give money. But it is the truest charity.

“Those who are taught to earn what they receive will more readily learn to make the most of it.”—*Ibid.*, pp. 194, 195.

- c. What promises are there for those who help the poor? Luke 6:35, 38; Proverbs 28:27.**

“None need fear that their liberality would bring them to want. Obedience to God’s commandments would surely result in prosperity.”—*Ibid.*, p. 187.

“It is God’s purpose that the rich and the poor shall be closely bound together by the ties of sympathy and helpfulness. Those who have means, talents, and capabilities are to use these gifts in blessing their fellow men.”—*Ibid.*, p. 193.

5. HELPING THE HELPLESS

- a. **What other Christian help work is always a part of true religion? James 1:27; Jeremiah 49:11; Deuteronomy 10:18. What blessing is attached to this work?**

“When all has been done that can be done in helping the poor to help themselves, there still remain the widow and the fatherless, the aged, the helpless, and the sick, that claim sympathy and care. Never should these be neglected. They are committed by God Himself to the mercy, the love, and the tender care of all whom He has made His stewards.”—*The Ministry of Healing*, p. 201.

“The Lord provides for the widow and the fatherless, not by a miracle in sending manna from heaven, not by sending ravens to bring them food; but by a miracle upon human hearts, expelling selfishness, and unsealing the fountains of Christlike love.”—*Ibid.*, p. 202.

“There is a blessing in the association of the old and the young. The young may bring sunshine into the hearts and lives of the aged. . . . And the young may be helped by the wisdom and experience of the old.”—*Ibid.*, p. 204.

- b. **What do we know about the helpless and poor? Mark 14:7; Deuteronomy 15:11. Why does God allow this?**

“In placing among them the helpless and the poor, to be dependent upon their care, Christ tests His professed followers. By our love and service for His needy children we prove the genuineness of our love for Him. To neglect them is to declare ourselves false disciples, strangers to Christ and His love.”—*Ibid.*, p. 205.

PERSONAL REVIEW QUESTIONS

1. How can we follow Jesus' example in working for the erring?
2. What can we learn from how Jesus met depravity and impurity?
3. How can we help those battling with addictions? What should we remember?
4. What class of needy people should we never neglect?
5. Why has God placed the poor among us? How can we best help them?

First Sabbath Offering for the headquarters in Costa Rica

Costa Rica is a country located in the southern part of Central America. It borders with Nicaragua, the Caribbean Sea, Panama and the Pacific Ocean, comprising a total area of 51,100 km². The country is mountainous and its climate ranges from tropical to warm with heavy rains most of the year. Costa Rica is blessed with more than a thousand species of orchids and abundant wildlife, with about 725 bird species.



The population of Costa Rica is about 5 million of which about 50% live in rural areas. Spanish is the official language, although English is spoken by many. Roman Catholicism is the official religion; however, religious freedom is guaranteed by the country's Constitution.

The Reformation message first came to Costa Rica in 1989 through the efforts of a canvasser and his family. They visited most of the country's provinces, spreading literature and conducting public meetings and health seminars. Through hard work in preaching the everlasting gospel against the prevailing religious traditionalism, the work was established in the capital city, San José. Several supporters had begun gathering for worship in the home of the canvasser. Thanks to God, nine souls were soon baptized, while many other visitors continued to gather.

Since then, the missionary work has expanded and is now organized as the South Mission of Central America. This Mission integrates the work in Nicaragua, Costa Rica, and Panama. Our aim, through the efforts of our workers, pastors, brothers and sisters in general, is to soon become a Union. For this reason, the brothers and sisters of this nascent mission see the need for a mission headquarters and administrative offices that will be located in Costa Rica.

Despite being rich in faith, our brethren are poor in the goods of this world. To be able to develop our project we will need about US\$220,345. For this reason, we appeal to our dear brethren, sisters and friends around the world to support us with a generous offering for this important project that will benefit the development of the work in the southern part of Central America. May God bless you richly.

Your brethren and sisters from the Costa Rican Mission

Deliverance From Disease

“And the LORD will take away from thee all sickness, and will put none of the evil diseases of Egypt, which thou knowest, upon thee; but will lay them upon all them that hate thee” (Deuteronomy 7:15).

“The body must be kept in a healthy condition in order that the soul may be in health. The condition of the body affects the condition of the soul. He who would have physical and spiritual strength must educate his appetite in right lines. He must be careful not to burden the soul by overtaking his physical or spiritual powers. Faithful adherence to right principles in eating, drinking, and dressing is a duty that God has laid upon human beings.”—*Evangelism*, p. 261.

Suggested Reading: *Sons and Daughters of God*, pp. 168–176.

Sunday

May 26

1. SIN AND DISEASE

- a. What is the relationship between sin and disease? Psalm 103:3, 4; John 5:14.

“There are today thousands suffering from physical disease who, like the paralytic, are longing for the message, ‘Thy sins are forgiven.’ The burden of sin, with its unrest and unsatisfied desires, is the foundation of their maladies. They can find no relief until they come to the Healer of the soul. The peace which He alone can impart would restore vigor to the mind and health to the body.”—*The Ministry of Healing*, p. 77.

- b. Who only can provide the antidote? Malachi 4:2.

“Many are suffering from maladies of the soul far more than from diseases of the body, and they will find no relief until they shall come to Christ, the wellspring of life.”—*My Life Today*, p. 154.

2. THE EXPERIENCE OF ISRAEL

- a. What promises did God make to Israel regarding their health, and how was He going to fulfill these promises? Exodus 23:25.
-

“The Lord gave His word to ancient Israel, that if they would cleave strictly to Him and do all His requirements, He would keep them from all the diseases such as He had brought upon the Egyptians; but this promise was given on the condition of obedience. Had the Israelites obeyed the instruction they received, and profited by their advantages, they would have been the world’s object lesson of health and prosperity. The Israelites failed of fulfilling God’s purpose, and thus failed of receiving the blessings that might have been theirs. But in Joseph and Daniel, in Moses and Elijah, and many others, we have noble examples of the results of the true plan of living. Like faithfulness today will produce like results.”—*Testimonies*, vol. 9, p. 165.

- b. What was the physical condition of the Israelites as they journeyed through the wilderness? Psalm 105:37. What does this tell of the power of God?
-

“By a miracle of mercy He fed them with the bread of heaven. The food provided for them was of a nature to promote physical, mental, and moral strength, and . . . the wisdom of God’s choice for them was vindicated in a manner that they could not gainsay. Notwithstanding the hardships of their wilderness life, there was not a feeble one in all their tribes.”—*This Day With God*, p. 77.

- c. How does obedience to God bring deliverance from disease? Exodus 15:26; Deuteronomy 7:12, 15.
-

“God desires us to reach the standard of perfection made possible for us by the gift of Christ. He calls upon us to make our choice on the right side, to connect with heavenly agencies, to adopt principles that will restore in us the divine image. In His written word and in the great book of nature He has revealed the principles of life. It is our work to obtain a knowledge of these principles, and by obedience to cooperate with Him in restoring health to the body as well as to the soul.”—*The Ministry of Healing*, pp. 114, 115.

3. JESUS, THE HEALER

- a. What did Christ suffer so that we might have deliverance from both sin and disease? Isaiah 53:5.
-

“Behold the Son of God in the wilderness of temptation, in the time of greatest weakness assailed by the fiercest temptation. See Him during the years of His ministry, attacked on every side by the forces of evil. See Him in His agony on the cross. All this He suffered for us.”—*Testimonies*, vol. 8, p. 209.

- b. What brings healing to body and soul? Proverbs 4:20–22; 3:7, 8.
-

“The assurance of God’s approval will promote physical health. It fortifies the soul against doubt, perplexity, and excessive grief, that so often sap the vital forces and induce nervous diseases of a most debilitating and distressing character. The Lord has pledged his un failing word that his eye shall be over the righteous, and his ear open to their prayer, while he is against all them that do evil.”—*The Review and Herald*, October 16, 1883.

“The exalting influence of the Spirit of God is the best restorative for the sick. Heaven is all health, and the more fully the heavenly influences are felt the more sure the recovery of the believing invalid.”—*Testimonies*, vol. 1, p. 556.

- c. How does Jesus help us when we are ill? Matthew 8:17; 11:28–30.
-

“The love which Christ diffuses through the whole being is a vitalizing power. Every vital part—the brain, the heart, the nerves—it touches with healing. By it the highest energies of the being are roused to activity. It frees the soul from the guilt and sorrow, the anxiety and care, that crush the life forces. With it come serenity and composure. It implants in the soul, joy that nothing earthly can destroy—joy in the Holy Spirit—health-giving, life-giving joy.

“Our Saviour’s words, ‘Come unto Me, . . . and I will give you rest’ (Matthew 11:28), are a prescription for the healing of physical, mental, and spiritual ills. Though men have brought suffering upon themselves by their own wrongdoing, He regards them with pity. In Him they may find help. He will do great things for those who trust in Him.”—*The Ministry of Healing*, p. 115.

4. LIVING IN HEALTH

a. What is God's desire for His people today? 3 John 2.

"You are the Lord's; for He created you. You are His by redemption; for He gave His life for you. . . . Preserve every portion of the living machinery, that you may use it for God. Preserve it for Him. Your health depends upon the right use of your physical organism. Do not misuse any portion of your God-given powers, physical, mental, or moral. All your habits are to be brought under the control of a mind that is itself under the control of God."—*Sons and Daughters of God*, p. 171.

b. What attitude assists us in overcoming disease? Proverbs 17:22; 13:12.

"The consciousness of right-doing, is the best medicine for diseased bodies and minds. He who is at peace with God has secured the most important requisite to health. The blessing of the Lord is life to the receiver."—*The Signs of the Times*, June 15, 1882.

"The condition of the mind has much to do with the health of the physical system. If the mind is free and happy, under a consciousness of rightdoing and a sense of satisfaction in causing happiness to others, it will create a cheerfulness that will react upon the whole system, causing a freer circulation of the blood and a toning up of the entire body."—*Testimonies*, vol. 4, p. 60.

c. What selfless actions help in the restoration of our health? Isaiah 58:6–8, 10, 11.

"You who are suffering with poor health, there is a remedy for you. If thou clothe the naked, and bring the poor that are cast out to thy house, and deal thy bread to the hungry, 'then shall thy light break forth as the morning, and thine health shall spring forth speedily.' Doing good is an excellent remedy for disease."—*Ibid.*, vol. 2, p. 29.

"If you forget self in your interest for others, you gain a victory over your infirmities. The satisfaction you will realize in doing good will aid you greatly in the recovery of the healthy tone of the imagination. The pleasure of doing good animates the mind and vibrates through the whole body."—*Ibid.*, p. 534.

5. FINDING DELIVERANCE TODAY

- a. What does God require of us today in regards to our physical life? Romans 12:1; 1 Corinthians 6:19, 20.

“The Lord requires a living sacrifice of mind, soul, body, and strength. All that we have and are is to be given to Him, that we may answer the purpose of our creation. But unless we take heed to the light and instruction given us in the Word of God, that in the matter of eating and drinking we may speak and act intelligently, we shall bring febleness upon our selves. . . .

“It is necessary for every believer to be strictly temperate. The people of our world indulge pernicious habits, thus destroying their God-given susceptibility and the power of discerning sacred things. The moral sense of many of those living at the present day is clouded by wrong habits.”—*Manuscript Releases*, vol. 20, pp. 3, 4.

- b. What prayer can we offer to the Lord for help? Psalm 119:153, 154.

“God has not changed, neither does He propose to change our physical organism, in order that we may violate a single law without feeling the effects of its violation. But many willingly close their eyes to the light. . . . By indulging their inclinations and appetites, they violate the laws of life and health; and if they obey conscience, they must be controlled by principle in their eating and dressing, rather than be led by inclination, fashion, and appetite.”—*Counsels on Diet and Foods*, p. 161.

PERSONAL REVIEW QUESTIONS

1. How does forgiveness of sin affect the physical health?
2. What keeps us from being the world’s object lesson of health today?
3. How does living with God’s approval affect my health? How can I have this approval?
4. What is the best medicine for those with physical and mental illnesses?
5. How can I be “strictly temperate” today? Why is this so important?

Deliverance From Our Enemies

“Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over” (Psalm 23:5).

“There is help for us only in God. We should not flatter ourselves that we have any strength in wisdom of our own, for our strength is weakness, our judgment foolishness. Christ conquered the foe in our behalf because He pitied our weakness and knew that we would be overcome and would perish if He did not come to our help.”—*That I May Know Him*, p. 269.

Suggested Reading: *The Great Controversy*, pp. 505–510.

Sunday

June 2

1. OUR GREAT ADVERSARY

- a. Who is our greatest enemy, and how does he manifest himself? 1 Peter 5:8.

“The more nearly the Christian imitates the divine Pattern, the more surely will he make himself a mark for the attacks of Satan.”—*The Great Controversy*, p. 510.

“Men under the influence of evil spirits will work miracles. They will make people sick by casting their spell upon them, and will then remove the spell, leading others to say that those who were sick have been miraculously healed. This Satan has done again and again.”—*Selected Messages*, bk. 2, p. 53.

- b. Why is he working so hard against us? Revelation 12:12.

“Satan is a diligent Bible student. He knows that his time is short, and he seeks at every point to counterwork the work of the Lord upon this earth.”—*Testimonies*, vol. 9, p. 16.

“The great conflict that Satan created in the heavenly courts is soon, very soon, to be forever decided. . . . Now, as never before, Satan is exercising his deceiving power to mislead and to destroy every unguarded soul.”—*Ibid.*, vol. 7, p. 141.

2. PROTECTION FROM OUR ENEMIES

- a. **When we are overwhelmed by the work of the enemy, what can give us courage? Psalm 61:1–3; Isaiah 59:19 (second part).**
-

“The enemy cannot overcome the humble learner of Christ, the one who walks prayerfully before the Lord. Christ interposes Himself as a shelter, a retreat, from the assaults of the wicked one. . . .

“There is no power in the whole satanic force that can disable the soul that trusts, in simple confidence, in the wisdom that comes from God.

“Christ is our tower of strength, and Satan can have no power over the soul that walks with God in humility of mind. . . . In Christ there is perfect and complete help for every tempted soul. Dangers beset every path, but the whole universe of heaven is standing on guard, that none may be tempted above that which he is able to bear. . . . If we will give ourselves unselfishly to the work, never swerving in the least from principle, the Lord will throw about us the everlasting arms, and will prove a mighty helper. If we will look to Jesus as the One in whom we may trust, He will never fail us in any emergency.”—*My Life Today*, p. 316.

“In the daily life you will meet with sudden surprises, disappointments, and temptations. . . . Look unto Jesus at all times and in all places, offering a silent prayer from a sincere heart that you may know how to do His will. Then when the enemy comes in like a flood, the Spirit of the Lord will lift up a standard for you against the enemy.”—*The Adventist Home*, p. 214.

- b. **How can we rise above our enemies? Psalm 119:98; Proverbs 16:7.**
-

“Could our spiritual vision be quickened, we should see souls bowed under oppression and burdened with grief, pressed as a cart beneath sheaves and ready to die in discouragement. We should see angels flying swiftly to aid these tempted ones, who are standing as on the brink of a precipice. The angels from heaven force back the hosts of evil that encompass these souls, and guide them to plant their feet on the sure foundation. The battles waging between the two armies are as real as those fought by the armies of this world, and on the issue of the spiritual conflict eternal destinies depend.”—*Thoughts From the Mount of Blessing*, p. 119.

3. ENEMIES WHICH CAUSE DEEP WOUNDS

- a. Where do our “enemies” sometimes come from? Micah 7:6. Why? Amos 3:3.
-
-

“Between the believer and the unbeliever there is a radical difference of tastes, inclinations, and purposes. They are serving two masters, between whom there can be no concord.”—*Patriarchs and Prophets*, p. 174.

- b. Who turned against David? Psalm 41:9. As David sought comfort from the Lord, what assurance was he given? Verses 11, 12.
-
-

“When your names are cast out as evil, and friends turn against you, remember how Jesus was treated on earth. Spies were constantly upon His track, seeking to catch Him in His words, that they might find accusation against Him. Can His followers expect better treatment than He received?”—*Historical Sketches*, p. 234.

- c. Tell how Jesus had a similar experience. Luke 22:48.
-
-

“Judas the betrayer did not forget the part he was to act. When the mob entered the garden, he had led the way, closely followed by the high priest. To the pursuers of Jesus he had given a sign, saying, ‘Whomsoever I shall kiss, that same is He: hold Him fast.’ Matthew 26:48. Now he pretends to have no part with them. Coming close to Jesus, he takes His hand as a familiar friend. With the words, ‘Hail, Master,’ he kisses Him repeatedly, and appears to weep as if in sympathy with Him in His peril.

“Jesus said to him, ‘Friend, wherefore art thou come?’ His voice trembled with sorrow as He added, ‘Judas, betrayest thou the Son of man with a kiss?’ This appeal should have aroused the conscience of the betrayer, and touched his stubborn heart; but honor, fidelity, and human tenderness had forsaken him. He stood bold and defiant, showing no disposition to relent. He had given himself up to Satan, and he had no power to resist him. Jesus did not refuse the traitor’s kiss.”—*The Desire of Ages*, pp. 695, 696.

4. DELIVERANCE THROUGH LOVE AND KINDNESS

- a. **How should we treat those who hurt us? How did Jesus give us an example of this? Matthew 5:43–47; Romans 5:6–8.**
-
-

“Not because we first loved Him did Christ love us; but ‘while we were yet sinners’ He died for us. He does not treat us according to our desert. Although our sins have merited condemnation, He does not condemn us. Year after year He has borne with our weakness and ignorance, with our ingratitude and waywardness. Notwithstanding our wanderings, our hardness of heart, our neglect of His Holy Word, His hand is stretched out still.”—*The Ministry of Healing*, p. 161.

“Even sinners whose hearts are not utterly closed to God’s Spirit, will respond to kindness; while they may give hate for hate, they will also give love for love. But it is only the Spirit of God that gives love for hatred. To be kind to the unthankful and to the evil, to do good hoping for nothing again, is the insignia of the royalty of heaven, the sure token by which the children of the Highest reveal their high estate.”—*Thoughts From the Mount of Blessing*, p. 75.

- b. **How can we practically love our enemies? Romans 12:20, 21.**
-
-

“We may never know until the judgment the influence of a kind, considerate course of action to the inconsistent, the unreasonable, and unworthy. If, after a course of provocation and injustice on their part, you treat them as you would an innocent person, you even take pains to show them special acts of kindness, then you have acted the part of a Christian; and they become surprised and ashamed, and see their course of action and meanness more clearly than if you plainly stated their aggravated acts to rebuke them.”—*Medical Ministry*, pp. 209, 210.

- c. **Tell of a time where this spirit was practiced. What were the results? 2 Kings 6:18–23.**
-
-

“Every word of love, every act of kindness—even the cup of cold water that has been given in the name of Christ—is recognized and rewarded.”—*The Signs of the Times*, February 10, 1888.

5. GOD GIVES THE VICTORY

- a. How can we have victory over our great enemy, the devil? James 4:7-10.

“To us, as to Peter, the word is spoken, ‘Satan hath desired to have you, that he may sift you as wheat: but I have prayed for thee, that thy faith fail not.’ Luke 22:31, 32. Thank God, we are not left alone. He who ‘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), will not desert us in the battle with the adversary of God and man.”—*Thoughts From the Mount of Blessing*, p. 119.

- b. When does God promise to deliver us? Psalm 50:15.

“Sweet and abiding will be the influence emanating from Him who seeth in secret, whose ear is open to hear the prayer arising from the heart. By calm, simple faith the soul holds communion with God and gathers to itself rays of divine light to strengthen and sustain it in the conflict with Satan.”—*Steps to Christ*, p. 98.

“Satan trembles and flees before the weakest soul who finds refuge in that mighty name.”—*In Heavenly Places*, p. 256.

“When it becomes the habit of the soul to converse with God, the power of the evil one is broken, for Satan cannot abide near the soul that draws nigh unto God. If Christ is your companion, you will not cherish vain and impure thoughts; you will not indulge in trifling words.”—*That I May Know Him*, p. 250.

PERSONAL REVIEW QUESTIONS

1. What should we consider if we find life easy, without any struggles with the enemy?
2. What makes the soul invincible to the attacks of the enemy?
3. Why do we sometimes clash with relatives and supposed friends? Who else had this experience?
4. What works most effectively in dealing with the inconsistent and unreasonable?
5. How does prayer give us the victory over our enemies?

God Delivers His People

“Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name. He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him” (Psalm 91:14, 15).

“God would have us recall His dealings with His people in the past to save them from their enemies. He has always chosen extremities, when there seemed no possible chance for deliverance from Satan’s workings, for the manifestation of His power. Man’s necessity is God’s opportunity.”—*Testimonies*, vol. 5, p. 714.

Suggested Reading: *The Great Controversy*, pp. 582–602.

Sunday

June 9

1. DELIVERANCE THROUGH UNSEEN AGENCIES

- a. When Elisha was surrounded by the horses and chariots of the king of Syria, his servant was troubled. What did Elisha tell him? 2 Kings 6:16.
-
- b. What did Elisha pray for, and how did God answer his prayer? 2 Kings 6:17. How can we have the same protection in the day of trouble?
-

“Between the servant of God and the hosts of armed foemen was an encircling band of heavenly angels. They had come down in mighty power, not to destroy, not to exact homage, but to encamp round about and minister to the Lord’s weak and helpless ones.

“When the people of God are brought into strait places, and apparently there is no escape for them, the Lord alone must be their dependence.”—*Prophets and Kings*, p. 257.

“Pray much. Be willing to separate from everything that separates you from God. Then, in the day of trouble, he will come to your deliverance, and will hide you under the shadow of his wings.”—*Historical Sketches*, p. 234.

2. DELIVERANCE THROUGH OBEDIENCE

- a. What test was given to Daniel's three friends? Daniel 3:4–6. What was their response? Verse 12.
-
-

- b. When brought before the king and given a second chance, what answer did the three young men give? Daniel 3:16–18.
-
-

“Conscience in regard to the things of God is a sacred treasure, which no human beings, whatever be their position, have a right to meddle with. Nebuchadnezzar offered the Hebrews another chance, and when they refused it, he was exceedingly angry and commanded the burning fiery furnace to be heated seven times hotter than it was wont to be heated. He told the captives that he would cast them into this furnace. Full of faith and trust, the answer came, Our God whom we serve is able to deliver us; if He does not, well: we commit ourselves to a faithful God.”—*Mind, Character, and Personality*, bk. 1, p. 327.

- c. How did God deliver them? Daniel 3:19–27. What did the king acknowledge? Verse 29, second part.
-
-

“We should now purpose, as did Daniel and his fellows in Babylon, that we will be true to principle, come what may. The flaming fiery furnace heated seven times hotter than it was wont to be heated, did not cause these faithful servants of God to turn aside from allegiance to the truth. They stood firm in the time of trial, and were cast into the furnace; and they were not forsaken of God. The form of the Fourth was seen walking with them in the flames, and they came forth not having even the smell of fire upon their garments.”—*Life Sketches*, pp. 329, 330.

“If you are called to go through the fiery furnace for Christ's sake, Jesus will be at your side. ‘When thou passest through the waters, I will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.’ Isaiah 43:2.”—*Our High Calling*, p. 358.

3. DELIVERANCE THROUGH INTERCESSION

- a. How did Satan influence a Persian king to make a decree against God's people? Esther 3:12, 13.
-
-

“Haman cherished bitter malice against Mordecai, a Jew. Mordecai had done Haman no harm, but had simply refused to show him worshipful reverence. Scorning to ‘lay hands on Mordecai alone,’ Haman plotted ‘to destroy all the Jews that were throughout the whole kingdom of Ahasuerus, even the people of Mordecai’ (Esther 3:6).

“Misled by the false statements of Haman, Xerxes was induced to issue a decree providing for the massacre of all the Jews ‘scattered abroad and dispersed among the people in all the provinces’ of the Medo-Persian kingdom. Verse 8. A certain day was appointed on which the Jews were to be destroyed and their property confiscated. Little did the king realize the far-reaching results that would have accompanied the complete carrying out of this decree. Satan himself, the hidden instigator of the scheme, was trying to rid the earth of those who preserved the knowledge of the true God.”—*Prophets and Kings*, pp. 600, 601.

- b. What action did Esther take in response to the decree? Esther 4:15–17.
-
-

“Through Esther the queen the Lord accomplished a mighty deliverance for His people. At a time when it seemed that no power could save them, Esther and the women associated with her, by fasting and prayer and prompt action, met the issue, and brought salvation to their people.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 3, p. 1140.

- c. How did God intervene to deliver His people? Esther 8:11–14; 9:1, 2.
-
-

“God wrought marvelously for His penitent people; and a counter decree issued by the king, allowing them to fight for their lives, was rapidly communicated to every part of the realm by mounted couriers. . . .

“Angels that excel in strength had been commissioned by God to protect His people while they ‘stood for their lives.’ Esther 9:2, 16.”—*Prophets and Kings*, p. 602.

4. DELIVERANCE AT THE END OF TIME

- a. What great test will come upon God’s people just before the second coming of Jesus? Revelation 13:15–17.**

“The decree has been passed by the highest earthly authority that they shall worship the beast and receive his mark under pain of persecution and death. May God help His people now, for what can they then do in such a fearful conflict without His assistance!

“Courage, fortitude, faith, and implicit trust in God’s power to save do not come in a moment. These heavenly graces are acquired by the experience of years. By a life of holy endeavor and firm adherence to the right the children of God were sealing their destiny. Beset with temptations without number, they knew they must resist firmly or be conquered. They felt that they had a great work to do, and at any hour they might be called to lay off their armor; and should they come to the close of life with their work undone, it would be an eternal loss.”—*Testimonies*, vol. 5, p. 213.

- b. Who will follow this false system of worship? Revelation 13:8.**

-
- c. How can we retain our names in the Book of Life? Revelation 3:5.**

“If we would be overcomers, we must search our hearts to be sure that we are not cherishing anything that is offensive to God. If we are, we cannot wear the white raiment that is here promised. If we would stand before God in the white linen, which is the righteousness of the saints, we must now do the work of overcoming. . . .

“Whose names will not be blotted out of the book of life? Only the names of those who have loved God with all the powers of their being, and their neighbors as themselves.”—*Lift Him Up*, p. 326.

“I beseech you, in the name of Christ, that you confess your sins and reform your ways, that your name may not be blotted out of the book of life, but may be confessed before the Father and before His angels. Jesus is pleading His blood before the Father; and now, while mercy lingers and probation is prolonged, seek the approbation of Heaven.”—*Reflecting Christ*, p. 57.

5. GOD'S OVERCOMERS

- a. How can we be overcomers in the last great conflict with evil? Revelation 12:11.
-

“It is through the grace of Christ that we are to be overcomers; through the merits of His blood we are to be of that number whose names will not be blotted out of the book of life.”—*This Day With God*, p. 175.

“The spotless robe of Christ’s righteousness is placed upon the tried, tempted, faithful children of God. The despised remnant are clothed in glorious apparel, nevermore to be defiled by the corruptions of the world. Their names are retained in the Lamb’s book of life, enrolled among the faithful of all ages. They have resisted the wiles of the deceiver; they have not been turned from their loyalty by the dragon’s roar. Now they are eternally secure from the tempter’s devices.”—*Prophets and Kings*, p. 591.

- b. What is promised to those who are faithful? Revelation 2:7, 10; 3:21.
-

“We must share the conflicts if we wear the crown of victory. Like Jesus, we must be made perfect through suffering. . . . We can walk safely in the darkest path if we have the Light of the world for our guide.”—*Testimonies*, vol. 5, p. 71.

“The redeemed saints, who have loved God and kept His commandments here, will enter in through the gates of the city, and have right to the tree of life.”—*My Life Today*, p. 355.

PERSONAL REVIEW QUESTIONS

1. What daily sacrifice should we be willing to make in preparation for the deliverance God is seeking to give us in the future?
2. How can I be true to principle today, like Daniel’s three friends?
3. How did God bring salvation to His people in the time of Esther? What can we learn from this?
4. Whose names will be retained in the Book of Life?
5. What does it mean to “have the Light of the world for our guide”?

Deliverance From Destruction

“Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name” (Psalm 91:14).

“God will destroy the wicked from off the earth. But the righteous will be preserved in the midst of these commotions, as Noah was preserved in the ark. God will be their refuge, and under His wings shall they trust.”—*Patriarchs and Prophets*, p. 110.

Suggested Reading: *The Great Controversy*, pp. 613–634.

Sunday

June 16

1. A GROANING PLANET

- a. What is the condition of the whole earth as a result of sin? Romans 8:22.

“The sin of man has brought the sure result,—decay, deformity, and death. Today the whole world is tainted, corrupted, stricken with mortal disease. The earth groaneth under the continual transgression of the inhabitants thereof.

“The Lord’s curse is upon the earth, upon man, upon beast, upon the fish in the sea, and as transgression becomes almost universal the curse will be permitted to become as broad and as deep as the transgression.”—*The SDA Bible Commentary* [E. G. White Comments], vol. 1, p. 1085.

“As the ‘whole creation groaneth and travaileth in pain together’ (Romans 8:26, 22), the heart of the infinite Father is pained in sympathy. Our world is a vast lazar house, a scene of misery that we dare not allow even our thoughts to dwell upon. Did we realize it as it is, the burden would be too terrible. Yet God feels it all. In order to destroy sin and its results He gave His best Beloved, and He has put it in our power, through cooperation with Him, to bring this scene of misery to an end. ‘This gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come.’ Matthew 24:14.”—*Education*, pp. 263, 264.

2. THE PLANNED RESTORATION

- a. What is God's plan regarding the earth? Revelation 21:5; Isaiah 65:17.
-
-

"The earth promised to the meek will not be like this, darkened with the shadow of death and the curse. . . . 'There shall be no more curse: but the throne of God and of the Lamb shall be in it; and His servants shall serve Him.' . . . Revelation 22:3.

"There is no disappointment, no sorrow, no sin, no one who shall say, I am sick; there are no burial trains, no mourning, no death, no partings, no broken hearts; but Jesus is there, peace is there. There 'they shall not hunger nor thirst; neither shall the heat nor sun smite them: for He that hath mercy on them shall lead them, even by the springs of water shall He guide them.' Isaiah 49:10."—*Thoughts From the Mount of Blessing*, pp. 17, 18.

- b. How should we respond to God's plans for the future? What is said about those who dwell there? 2 Peter 3:13.
-
-

"There will soon be a new heaven and new earth wherein dwelleth righteousness. The Lord has instructed me that our physical and mental and moral powers will, under the Holy Spirit's guidance, be trained to carry on the work in all purity, in all goodness, without one thread of Satan's science brought in to spoil the pattern Christ has given us. The powers and faculties that have been sanctified in righteousness will be employed, strengthened, and prepared to do the works of Heaven's appointment."—*The Upward Look*, p. 97.

"As a people are we sufficiently considering this warning? If we neglect to take heed, if we regard the warning with indifference, if we allow earthly, temporal things to take our attention, and we lose our realization of the essential character of prayer, we shall be found among those who are not accounted worthy to escape. The righteousness of Christ should be our first consideration. The service of God should be our first business."—*The Signs of the Times*, December 5, 1895.

- c. What further blessings will God bestow upon the faithful? Isaiah 65:21, 22, 25.
-
-

3. DESTRUCTION OF THE OLD

- a. Before God can make things new, what must first happen to the old? 2 Peter 3:10; Isaiah 51:6.
-

- b. What means will God use to destroy the world? 2 Peter 3:6, 7. Who will perish in this destruction? Luke 3:17.
-

“The feet of the wicked will never desecrate the earth made new. Fire will come down from God out of heaven and devour them—burn them up root and branch. Satan is the root, and his children are the branches.

“The same fire from God that consumed the wicked purified the whole earth. The broken, ragged mountains melted with fervent heat, the atmosphere also, and all the stubble was consumed. Then our inheritance opened before us, glorious and beautiful, and we inherited the whole earth made new.”—*Maranatha*, p. 351.

- c. How should this knowledge of God’s plans of destruction affect our daily life? 2 Peter 3:11, 12, 14.
-

“There are attractions on every hand to draw the mind away from the contemplation of the coming of our Lord and Saviour; but it is absolutely necessary to bear in remembrance that ‘the great day of the Lord is near, it is near, and hasteth greatly.’ The God of Heaven has multiplied warnings, entreaties, and instructions, that we may be prepared to stand in the time of the overwhelming destruction. We are not left in darkness. Those who meditate and act upon the instructions that God has given will cleanse themselves from all filthiness of the flesh and of the spirit. They will keep in mind the command to ‘be diligent,’ to be holy in all their conversation and life. . . .

“We are approaching the time when the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, and we must make haste to depart from all iniquity, that our calling and election may be made sure. We are looking for new heavens and a new earth wherein the righteous shall dwell throughout eternity.”—*The Signs of the Times*, February 10, 1888.

4. ENTERING INTO GOD'S PAVILION

- a. How will the righteous be protected during the time when God begins to pour out His judgments upon the earth? Psalm 27:5; 91:4; Isaiah 26:20.
-

“There are troublous times before us; the judgments of God are coming upon our world. The nations of the earth are to tremble. There will be trials and perplexities on every hand; men’s hearts will fail them for fear. And what shall we do in that day? Though the earth shall reel to and fro like a drunkard, and be removed like a cottage, if we have made God our trust, He will deliver us.”—*Sons and Daughters of God*, p. 354.

“The eye of God, looking down the ages, was fixed upon the crisis which His people are to meet, when earthly powers shall be arrayed against them. Like the captive exile, they will be in fear of death by starvation or by violence. But the Holy One who divided the Red Sea before Israel, will manifest His mighty power and turn their captivity. ‘They shall be Mine, saith the Lord of hosts, in that day when I make up My jewels; and I will spare them, as a man spareth his own son that serveth him.’ Malachi 3:17.”—*The Great Controversy*, p. 634.

“Before the Son of man appears in the clouds of heaven, everything in nature will be convulsed. Lightning from heaven uniting with the fire in the earth, will cause the mountains to burn like a furnace, and pour out their floods of lava over villages and cities. Molten masses of rock, thrown into the water by the upheaval of things hidden in the earth, will cause the water to boil and send forth rocks and earth. There will be mighty earthquakes and great destruction of human life. But as in the days of the great Deluge Noah was preserved in the ark that God had prepared for him, so in these days of destruction and calamity, God will be the refuge of His believing ones . . . [Psalms 91:9, 10; 27:5 quoted].”—*The SDA Bible Commentary* [E. G. White Comments], vol. 7, p. 946.

- b. What attributes of God can give us assurance for that time? 1 Timothy 1:17.
-
- c. How do we know that God will always be ready to help His followers? Psalm 121:4–8.
-

5. OUR REFUGE TODAY

- a. Which promises show God to be a refuge for us today? Deuteronomy 33:27; Psalm 9:9.
-
-

“In the Psalms David speaks of God’s being a refuge and a strong tower, a refuge and a fortress; unto Him we can run and we can be saved. How precious is the thought that God is our refuge and that He will be our helper in all times and in all places, and that in every emergency we have God with us. He says that He will give His angels charge over us to keep us in all our ways.”—*Sermons and Talks*, vol. 2, pp. 58, 59.

- b. How can we have confidence in God? Psalms 62:7, 8; 46:1–3; 57:1.
-
-

“No one need despond who commits his soul to Jesus. We have an all-powerful Saviour.”—*The Upward Look*, p. 321.

“True prayer engages the energies of the soul and affects the life. He who thus pours out his wants before God feels the emptiness of everything else under heaven. . . .

“Your prayers may rise with an importunity that will not accept denial. That is faith.”—*In Heavenly Places*, p. 73.

PERSONAL REVIEW QUESTIONS

1. What has God done to end the misery of sin on this earth? How can I do my part?
2. What will the new earth be like? What about its inhabitants?
3. What dual purpose does the fire have upon this old world?
4. As everything in nature is turned out of its course before Jesus’ second coming, what will happen to God’s people?
5. In what situations will God be a refuge and help to His people?

At Home With Our Deliverer

“Violence shall no more be heard in thy land, wasting nor destruction within thy borders; but thou shalt call thy walls Salvation, and thy gates Praise” (Isaiah 60:18).

“The day is coming in which the battle will have been fought, the victory won. The will of God is to be done on earth, as it is done in heaven. Then the nations will own no other law than the law of heaven. All will be a happy, united family, clothed with the garments of praise and thanksgiving—the robe of Christ’s righteousness.”—*Testimonies*, vol. 8, p. 42.

Suggested Reading: *God’s Amazing Grace*, pp. 351–363.

Sunday

June 23

1. REJOICING IN TRIALS

- a. **What attitude does God want us to have when things go wrong?**
Habakkuk 3:17, 18; Philippians 4:4.

“The children of God may rejoice in all things and at all times. When troubles and difficulties come, believing in the wise providence of God, you may rejoice. You need not wait for a happy flight of feeling, but by faith you may lay hold of the promises and lift up a hymn of thanksgiving to God.”—*In Heavenly Places*, p. 123.

“The Father’s presence encircled Christ, and nothing befell Him but that which infinite love permitted for the blessing of the world. Here was His source of comfort, and it is for us. He who is imbued with the Spirit of Christ abides in Christ. Whatever comes to him comes from the Saviour, who surrounds him with His presence. Nothing can touch him except by the Lord’s permission. All our sufferings and sorrows, all our temptations and trials, all our sadness and griefs, all our persecutions and privations, in short, all things work together for our good. All experiences and circumstances are God’s workmen whereby good is brought to us.”—*The Ministry of Healing*, pp. 488, 489.

2. REJOICING IN GOD'S LEADING

- a. What attitude did David have when he was in trouble? How did God deliver him? Psalm 40:1–3, 5.
-
-

“The mercies of God surround you every moment; and it would be profitable for you to consider how and whence your blessings come every day. Let the precious blessings of God awaken gratitude in you. You cannot number the blessings of God, the constant loving-kindness expressed to you, for they are as numerous as the refreshing drops of rain. Clouds of mercy are hanging over you, and ready to drop upon you. If you will appreciate the valuable gift of salvation, you will be sensible of daily refreshment, of the protection and love of Jesus; you will be guided in the way of peace.”—*Messages to Young People*, pp. 409, 410.

“As we behold the beauty and grandeur in the works of nature, our affections go out after God; and though our souls are awed and our spirit subdued, our souls are invigorated by coming in contact with the Infinite through His marvelous works. Communion with God through humble prayer develops and strengthens the mental and moral faculties, and spiritual powers increase by cultivating thoughts upon spiritual things.”—*The Youth's Instructor*, July 13, 1893.

- b. What does God give to those who make Him their hiding place? Psalm 32:7.
-
-

- c. What spiritual covering does God provide His children? Isaiah 61:10; Jeremiah 23:6.
-
-

“The Lord Jesus Christ has prepared a covering—the robe of His own righteousness—that He will put on every repenting, believing soul who by faith will receive it.”—*The Upward Look*, p. 378.

“If we constantly seek to follow Jesus, the blessed hope is ours of standing before the throne of God without spot, or wrinkle, or any such thing, complete in Christ, robed in His righteousness and perfection.”—*That I May Know Him*, p. 361.

3. REJOICING IN VICTORY

- a. **How did Moses and the children of Israel express their gratitude to God for delivering them at the Red Sea? Exodus 15:1, 21.**
-

“This song and the great deliverance which it commemorates, made an impression never to be effaced from the memory of the Hebrew people. From age to age it was echoed by the prophets and singers of Israel, testifying that Jehovah is the strength and deliverance of those who trust in Him. That song does not belong to the Jewish people alone. It points forward to the destruction of all the foes of righteousness, and the final victory of the Israel of God. . . .

“In freeing our souls from the bondage of sin, God has wrought for us a deliverance greater than that of the Hebrews at the Red Sea. . . . The daily blessings that we receive from the hand of God, and above all else the death of Jesus to bring happiness and heaven within our reach, should be a theme for constant gratitude.”—*God’s Amazing Grace*, p. 352.

- b. **What does God want us to do today when He gives us victory? Psalms 98:1; 146:2.**
-

“By beginning to sing songs of triumph and thanksgiving now, we may prepare ourselves to sing the song of Moses and the Lamb when we meet on the sea of glass.”—*The Upward Look*, p. 306.

- c. **What song will the special class of the redeemed sing in heaven? What will this class have gotten the victory over? Revelation 15:2–4; 14:1–5.**
-

“It is the song of Moses and the Lamb—a song of deliverance. None but the hundred and forty-four thousand can learn that song; for it is the song of their experience—an experience such as no other company have ever had. . . . They have passed through the time of trouble such as never was since there was a nation; they have endured the anguish of the time of Jacob’s trouble; they have stood without an intercessor through the final outpouring of God’s judgments. But they have been delivered, for they have ‘washed their robes, and made them white in the blood of the Lamb.’ ”—*The Great Controversy*, p. 649.

4. PRAISING GOD FOR DELIVERANCE

- a. **What is one thing God gives deliverance from? Psalm 34:4–7. How? 1 John 4:18.**

“The Lord frequently permits His people to be brought into strait places, that they may turn to Him, their protector and deliverer, as a child would turn to his parents when in trouble and fear. It is no evidence that God is against us, because we are afflicted. . . . It is true that pain and death are the consequence of sin. But the Lord permits those He loves to be brought into trial, that they may learn the precious lessons of trust and faith. If trials are received aright, they will prove of the highest value to us in our religious experience. As they lead us to put our trust more firmly in God, we become better acquainted with His character.

“When the Lord has answered our prayers, and proved Himself better to us than our fears, we should not fail to express our gratitude for His mercies. Like the Hebrew host, we should praise Him for His wonderful works. Here many fail to glorify God. They do not tell of His goodness, making known to all around them that the Lord is to them a present help in every time of need.”—*The Signs of the Times*, March 10, 1881.

- b. **Who does the Lord look after? How will He protect His people in the last days? Psalm 33:18, 19.**

“From His resources [God] can spread a table in the wilderness. By the touch of His hand He can increase the scanty provision and make it sufficient for all.”—*Conflict and Courage*, p. 226.

- c. **How does God provide final victory to His people? Isaiah 25:8; 1 Corinthians 15:57.**

“When Christ shall come the second time, to be ‘admired in all them that believe’ (2 Thessalonians 1:10), death shall be swallowed up in victory, and there shall be no more sickness, no more sorrow, no more death!”—*That I May Know Him*, p. 362.

5. REJOICING IN OUR NEW HOME

- a. What future does God promise to His people? Isaiah 32:18; Revelation 21:4.

“There are ever-flowing streams, clear as crystal, and beside them waving trees cast their shadows upon the paths prepared for the ransomed of the Lord. There the wide-spreading plains swell into hills of beauty, and the mountains of God rear their lofty summits. On those peaceful plains, beside those living streams, God’s people, so long pilgrims and wanderers, shall find a home.”—*The Great Controversy*, p. 675.

- b. What has God promised us today in preparation for a glorious future? 1 Chronicles 29:11.

“Instead of mourning, weeping, and despairing, when troubles gather about us like a flood and threaten to overwhelm us, if we would not only pray for help from God, but would praise Him for so many blessings left,—praise Him that He is able to help us,—our course would be more pleasing to Him, and we would see more of His salvation.”—*Life Sketches*, p. 258.

“Eternal realities must be kept before the mind’s eye, and the attractions of the world will appear as they are—altogether profitless.”—*That I May Know Him*, p. 357.

PERSONAL REVIEW QUESTIONS

1. How should I view the difficulties and trials that come my way?
2. How can I grow both spiritually and mentally?
3. What significance does the song of Moses and the Lamb have for me today? To whom will this song have special significance in the future?
4. How do we often fail to glorify God?
5. As we focus our eyes upon Christ and His mission to save us, what will we discover?

First Sabbath Offerings



APRIL 6

for the General Conference
Educational Center

(See p. 4.)

MAY 4

for the Bhutan
Church Building

(See p. 25.)



JUNE 1

for the headquarters in
Costa Rica (See p. 46.)