

our suggestions for parents

Dear Parents,

Every child is a gift from the Lord, and unique in His purpose for the kingdom. Children can touch the lives of others unlike any other person. Children show us the Lord in many ways—if we will stop to notice. Scripture even calls us to become like little children in order to enter the kingdom of heaven (Luke 18:16, 17). Since the Lord created every child unique, not all children learn the same way. It is important that we, as mature adults, embrace these differences in order to expand their knowledge of God.

The Lord pursues each child with tender love. The most important thing you as a parent can do is spend time with your children, modeling your trust in the Lord. Below are some suggestions for parents that you can use with your children to help them understand the Lord's message in their Sabbath School Bible study guide.

- Have family worship, modeling your commitment to the Lord. Include a brief thought for your growing child/youth to think about during the day.
- Read the Bible together. If some of the words are too difficult, take turns reading and let them read the words they know.
- Study the lesson with your child/children during the week in preparation for Sabbath School. Knowing that the lesson will be reviewed on Sabbath in their classes will strengthen in children a sense of accountability and will facilitate a deeper spiritual understanding of the content.
- Download the audio lessons at www.juniorpowerpoints.org/podcast.php?channel=1 so your child/youth can hear the lesson on their own. Use DVDs and CDs that will help children understand the lessons (e.g., Bible stories, *Your Story Hour*, and even the Bible on CD)—this works great with children who struggle with reading in their Bible courses. Technology is great for students in general, and it will be particularly beneficial for students with special needs, providing tools that will assist them in becoming more independent learners.
- If you have a child with special needs, you may be interested to search for ideas, accommodations, and tools available for them at www.juniorpowerpoints.org/article/4/resources#.VGUZYdSxx4.
- Talk with your children about the lesson. For example, where do they see the lesson being applied in their daily lives? Whom did they see reflect Jesus today? How has the power text (memory verse) helped them with issues they're facing?
- Use a simple activity with the lesson. The children's lessons themselves contain some excellent ideas for family worship activities.
- Think about how your child learns best, and adapt the lesson to that way of learning. It could be auditory (listening), visual (seeing), or tactile (manipulating and touching), or it may be all three ways (multi-sensory)! Use what works.
- Talk with their Sabbath School teachers and let them know what you are doing at home, so they can reinforce it in Sabbath School. In return, support their efforts by encouraging your children to memorize the power text and to make it a habit to bring their Bible to church on Sabbath. By doing this, you provide positive affirmation of their good efforts, a feeling that each child needs to experience to grow spiritually.
- Talk with the pastor when your child is ready to make a commitment to the Lord. Let him or her know what studies you have completed with your child, and ask what he or she would recommend prior to baptism.

Our children are important to the Lord, and He wants each one to be successful. It is our privilege to see that we return to God what He has given us.

Lesson 1 Year C Qtr 1

The Voice

(John baptizes many people)

1 Core teaching of this lesson
God's love leads us to depend on Jesus and to be baptized.

2 Power text (memory verse)
"We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life" (Romans 6:4).

3 Key doctrine that this lesson helps to support and explain
Our Beliefs, no. 15, Baptism: "Baptism is a symbol of our union with Christ, the forgiveness of our sins, and our reception of the Holy Spirit. It is by immersion in water and is contingent on an affirmation of faith in Jesus and evidence of repentance of sin" (www.adventist.org).

4 Where this lesson is found in Scripture
New Testament, The Four Gospels: Matthew 3:1-3, 5-12

5 Ellen White reference
The Desire of Ages, chap. 10, pp. 97-108. "So the followers of Christ will give evidence of the transforming power of the Holy Spirit. In the daily life, justice, mercy, and the love of God will be seen" (p. 107).

6 The Bible Story reference
The Bible Story (1994), vol. 7, pp. 18-22 ("Two Happy Mothers"); pp. 97-99 ("The Shining Light")

7 Family worship ideas
Use the following **texts** to explore

the core teaching with your children:
Sunday—Romans 6:4 (power text)
Monday—Isaiah 55:6, 7; Proverbs 28:13
Tuesday—Colossians 2:12; 1 Peter 3:21
Wednesday—Matthew 3:1-3, 5, 6
Thursday—Matthew 3:13-17
Friday—Acts 8:26-40

Use the following **questions** as discussion starters with your family:

- How does God "speak" to me today?
- What can I do to make sure I hear His voice?
- Do I listen when God speaks to me about things from which I need to turn away?
- What does baptism symbolize?
- How could I start a new life with Jesus today?
- Do others see Jesus living in my life on a daily basis?

Choose from the following **activities** to help energize your time together:

- Look up the words "repent" and "confess" in a dictionary. Discuss what these definitions mean to you.
- Discuss the need for baptism and the desire a family member may have to be baptized.
- Think of a creative way to explain baptism to someone who does not understand its meaning.

8 Coming up next week!
John the Baptist—a temple for Christ. Taking care of our bodies is a way of worshipping Jesus.

Lesson 2 Year C Qtr 1

Guarding the Gates (John lives simply)

1 Core teaching of this lesson
We respond to God's love when we dedicate ourselves entirely to Him.

2 Power text (memory verse)
"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies" (1 Corinthians 6:19, 20).

3 Key doctrine that this lesson helps to support and explain
Our Beliefs, no. 22, Christian Behavior: "For the Spirit to recreate in us the character of our Lord we involve ourselves only in those things that will produce Christlike purity, health, and joy in our lives" (www.adventist.org).

4 Where this lesson is found in Scripture
New Testament, The Four Gospels: Luke 1:13-17; Matthew 3:4-9

5 Ellen White reference
The Desire of Ages, chap. 10, pp. 100-103. "In childhood and youth the character is most impressible" (p. 101).

6 The Bible Story reference
No corresponding story from *The Bible Story*

7 Family worship ideas
Use the following **texts** to explore the core teaching with your children:
Sunday—1 Corinthians 6:19, 20 (power text)

Monday—Luke 1:13-17
Tuesday—2 Corinthians 6:16; 7:1
Wednesday—Proverbs 4:20-27
Thursday—1 Corinthians 3:16
Friday—1 Corinthians 10:31

Use the following **questions** as discussion starters with your family:

- How does the "temple" symbol help me think of my physical health as a sacred responsibility?
- How is caring for my body an act of worship?
- How could I set a healthy example for my family?
- How does it make me feel to know that I am "not my own" but that I was "bought at a price" by Jesus?

Choose from the following **activities** to help energize your time together:

- Think about the five senses—touch, taste, hearing, smell, and sight. Discuss the types of things we should let in through these "gates" and the things we should keep out.
- Make a list of your entertainment choices such as music, videos, TV, magazines, the internet, and books. Discuss which ones are good and which ones should be deleted from your list.
- Ask God to send His Holy Spirit to make the changes you need to make to care for your body temple.

8 Coming up next week!
John questions whether Jesus is the Messiah. Jesus will never leave us because we have doubts.

Lesson 3 Year C Qtr 1

From Prophet to Prisoner (John's disciples question Jesus)

1 Core teaching of this lesson
We can come to God with our doubts, and He will understand and answer.

2 Power text (memory verse)
“This is the one about whom it is written: ‘I will send my messenger ahead of you, who will prepare your way before you’” (Matthew 11:10).

3 Key doctrine that this lesson helps to support and explain
Our Beliefs, no. 3, God the Father: “God the eternal Father is . . . just and holy, merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness. The qualities and powers exhibited in the Son and the Holy Spirit are also those of the Father” (www.adventist.org).

4 Where this lesson is found in Scripture
New Testament, The Four Gospels: Matthew 11:1-15; Luke 7:18-28

5 Ellen White reference
The Desire of Ages, chap. 22, pp. 214-225. “It is moral worth that God values. Love and purity are the attributes He prizes most” (p. 219).

6 The Bible Story reference
The Bible Story (1994), vol. 8, pp. 22-24 (“Lonely Prisoner Cheered”)

7 Family worship ideas
Use the following **texts** to explore the core teaching with your children:
Sunday—Matthew 11:10 (power text)

Monday—Matthew 11:1-6
Tuesday—Matthew 11:7-15
Wednesday—Luke 7:18-28
Thursday—1 John 5:14
Friday—Psalm 91:4; 1 Corinthians 1:8, 9; 10:13

Use the following **questions** as discussion starters with your family:

- Does my life reflect that I believe Jesus is the Messiah?
- How do I handle doubts when they come?
- Does God still love me even when I doubt and question Him?
- Could my doubts lead to faith and understanding? Explain.
- On what evidence do I rest my faith?
- What do I do to help others when they have doubts?

Choose from the following **activities** to help energize your time together:

- Keep a record this week of how God answers your family's prayers, guides in decision-making, and shows His love every day.
- Role-play the conversation between John and his disciples as they describe all they witnessed Jesus doing.
- During worship have each family member select one of the following passages (Psalm 91:4; 1 Corinthians 1:8, 9; 10:13) and discuss what they like about it.

8 Coming up next week!
John the Baptist is beheaded. We worship God when we keep our bodies and minds free from mind-altering substances.

Lesson 4 Year C Qtr 1

Clearheaded or Beheaded? (John is beheaded)

1 Core teaching of this lesson

We worship God when we offer Him our bodies and minds.

2 Power text (memory verse)

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship" (Romans 12:1).

3 Key doctrine that this lesson helps to support and explain

Our Beliefs, no. 8, The Great Controversy: "All humanity is now involved in a great controversy between Christ and Satan. . . . Human sin resulted in the distortion of the image of God in humanity" (www.adventist.org).

4 Where this lesson is found in Scripture

New Testament, The Four Gospels: Matthew 14:1-13

5 Ellen White reference

The Desire of Ages, chap. 22, pp. 214-225. "All who follow Christ will wear the crown of sacrifice" (p. 223).

6 The Bible Story reference

No corresponding story from *The Bible Story*

7 Family worship ideas

Use the following **texts** to explore the core teaching with your children:

Sunday—Romans 12:1 (power text)

Monday—1 Corinthians 10:31;

Proverbs 3:5, 6

Tuesday—Matthew 14:1-13

110 Wednesday—Mark 6:17-28

Thursday—1 Corinthians 6:19, 20

Friday—Romans 13:13, 14

Use the following **questions** as discussion starters with your family:

- Are there things I do that harm my body and mind?
- Why is it important that I keep my body and mind healthy and strong?
- How can refraining from those things that may cloud my mind benefit my relationship with God?
- How could the values I adopt help me in choosing what is right?
- What can I do today to keep my body and mind strong so I can glorify the Lord?
- How could I influence someone to make positive choices?

Choose from the following **activities** to help energize your time together:

- Discuss how John's life was an act of worship. Discuss how your life can be an act of worship every day.
- Rewrite or retell this story with the people responding in more positive ways.
- Discuss how and why certain substances and activities are harmful to the body. Make a commitment to make choices that will honor God.
- Share your commitment with someone who could be your accountability partner and remind you of the positive choices you intend to make.

8 Coming up next week!

Jesus calls His first disciples. We each have been called by God to share the gospel with our friends.

Lesson 5 Year C Qtr 1

Finding Friends (Jesus calls first disciples)

1 Core teaching of this lesson
We can share Jesus with friends.

2 Power text (memory verse)
“I have called you friends, for everything that I learned from my Father I have made known to you” (John 15:15).

3 Key doctrine that this lesson helps to support and explain

Our Beliefs, no. 12, The Church: “In continuity with the people of God in Old Testament times, we are called out from the world; and we join together for worship, for fellowship, for instruction in the Word, for the celebration of the Lord’s Supper, for service to humanity, and for the worldwide proclamation of the gospel” (www.adventist.org).

4 Where this lesson is found in Scripture

New Testament, The Four Gospels: Matthew 4:18-22; John 1:43-51

5 Ellen White reference
The Desire of Ages, chap. 14, pp. 138-143. “Philip said to Nathanael, ‘Come and see.’ He did not ask him to accept another’s testimony, but to behold Christ for himself. Now that Jesus has ascended to heaven, His disciples are His representatives among men, and one of the most effective ways of winning souls to Him is in exemplifying His character in our daily life. Our influence upon others depends not so much upon what we say as upon what we are” (pp. 141, 142).

6 The Bible Story reference
The Bible Story (1994), vol. 7, pp.

119-125 (“First Disciples”)

7 Family worship ideas
Use the following **texts** to explore the core teaching with your children:
Sunday—John 15:15 (power text)
Monday—Matthew 4:18-20
Tuesday—Matthew 4:21, 22
Wednesday—John 1:43-46
Thursday—John 1:47-49
Friday—John 1:50, 51

Use the following **questions** as discussion starters with your family:

- How do I choose my friends?
- What are some special things I like to do for my friends?
- How do I share with others the things that bring me joy?
- What makes me happy when I think of Jesus?
- Am I excited to share Jesus with my friends?
- With whom can I share Jesus now?

Choose from the following **activities** to help energize your time together:

- Share something about Jesus with each family member today.
- Take a walk outside and talk silently with Jesus about the things you see on your walk. Pray for the friends and neighbors you pass.
- Talk about what Jesus means in your life and the ways in which you could share your beliefs with others.

8 Coming up next week!
John was one of Jesus’ closest friends. When we pray, we strengthen our friendship with Jesus.

Lesson 6 Year C Qtr 1

Best Friends

(John's friendship with Jesus)

1 Core teaching of this lesson
Our friendship with Jesus grows stronger when we pray.

2 Power text (memory verse)
“I have made you known to them, and will continue to make you known in order that the love you have for me may be in them and that I myself may be in them” (John 17:26).

3 Key doctrine that this lesson helps to support and explain

Our Beliefs, no. 5, God the Holy Spirit: “God the eternal Spirit was active with the Father and the Son in Creation, incarnation, and redemption. . . . He draws and convicts human beings; and those who respond He renews and transforms into the image of God” (www.adventist.org).

4 Where this lesson is found in Scripture

New Testament, The Four Gospels: John 15 and 17

5 Ellen White reference
Steps to Christ, chap. 11, pp. 93-104. “Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we are, but in order to enable us to receive Him. Prayer does not bring God down to us, but brings us up to Him” (p. 93).

6 The Bible Story reference
The Bible Story (1994), vol. 10, pp. 167-170 (“The Voice Behind You”)

7 Family worship ideas
Use the following **texts** to explore the core teaching with your children:

Sunday—John 17:26 (power text)

Monday—John 17:15-19

Tuesday—John 15:7; James 1:5, 6; Ephesians 6:18

Wednesday—Ephesians 6:18

Thursday—Philippians 4:6, 7

Friday—1 Timothy 2:1

Use the following **questions** as discussion starters with your family:

- What could I learn from Jesus' prayer life?
- Why is prayer important to me?
- How does it make me feel to know that someone is praying for me?
- Am I thanking God for all His wonderful gifts when I pray?
- Who among my friends needs my prayers in a special way today?
- What steps do I need to take to improve my prayer habits?

Choose from the following **activities** to help energize your time together:

- Make a list of things for which you want to praise, thank, and ask God. Share your list with the other members of your family. Then take turns praying for the things on your lists.
- Identify a person or several people for whom you wish to pray and let them know that you are praying for them.
- Take turns reading Psalm 103 and discuss with your family parallels to your life. Praise God through prayer.

8 Coming up next week!
Jesus teaches us to love one another. We reflect the character of Jesus when we nurture positive relationships.

Lesson 7 Year C Qtr 1

My New Neighbor (The good Samaritan story)

1 Core teaching of this lesson
When we love God, He helps us love our neighbor.

2 Power text (memory verse)
“He answered, “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind”; and, “Love your neighbor as yourself”” (Luke 10:27).

3 Key doctrine that this lesson helps to support and explain
Our Beliefs, no. 10, The Experience of Salvation: “Through Christ we are justified, adopted as God’s sons and daughters, and delivered from the lordship of sin” (www.adventist.org).

4 Where this lesson is found in Scripture
New Testament, The Four Gospels: Luke 10:25-37

5 Ellen White reference
The Desire of Ages, chap. 54, pp. 497-505. “Our neighbor is every person who needs our help. Our neighbor is every soul who is wounded and bruised by the adversary. Our neighbor is every one who is the property of God” (p. 503).

6 The Bible Story reference
The Bible Story (1994), vol. 8, pp. 108-111 (“The Good Samaritan”)

7 Family worship ideas
Use the following **texts** to explore the core teaching with your children:

Sunday—Luke 10:27 (power text)
Monday—Luke 10:25-28
Tuesday—Luke 10:30-35
Wednesday—Matthew 7:12
Thursday—Luke 10:29, 36, 37
Friday—Philippians 2:5-11

Use the following **questions** as discussion starters with your family:

- Who is my neighbor at home?
- Who is my neighbor at school?
- How do I treat my neighbor?
- What does it mean to me to love my neighbor as myself?
- What are some of my neighbors’ needs?
- How could I help meet those needs?

Choose from the following **activities** to help energize your time together:

- Discuss with your family members how you would like others to treat you. Then decide on several ways in which you could show love and kindness to someone in need.
- Create a list of needs that people have in your community. Talk about how you could make a difference.
- Choose a service project and seek to reach out to those people who are in most need of help.

8 Coming up next week!
Jesus teaches love for enemies. When we follow Jesus’ example, we will learn to love everyone.

Lesson 8 Year C Qtr 1

A Sign of Royalty (Love your enemies)

1 Core teaching of this lesson

As sons and daughters of God, we can choose to love everyone.

2 Power text (memory verse)

“But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked” (Luke 6:35).

3 Key doctrine that this lesson helps to support and explain

Our Beliefs, no. 14, Unity in the Body of Christ: “We are all equal in Christ, who by one Spirit has bonded us into one fellowship with Him and with one another; we are to serve and be served without partiality or reservation” (www.adventist.org).

4 Where this lesson is found in Scripture

New Testament, The Four Gospels: Luke 6:27-36

5 Ellen White reference

Thoughts From the Mount of Blessing, chap. 3, pp. 73-75. “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” (p. 75).

6 The Bible Story reference

The Bible Story (1994), vol. 8, pp. 62-65 (“God’s Better Way”)

7 Family worship ideas

Use the following **texts** to explore the core teaching with your children:

Sunday—Luke 6:35 (power text)

Monday—Luke 6:27-31

Tuesday—Luke 6:32-36

Wednesday—Matthew 5:43-48

Thursday—Romans 12:14-21

Friday—1 John 4:17-21

Use the following **questions** as discussion starters with your family:

- Do I find it easy to love someone who treats me unkindly?
- How do I respond in a situation where I am treated unfairly?
- What are some ways I can show kindness even to people who hurt me?
- Is there someone that I need to ask for forgiveness?
- How could I make things right with someone I offended?
- How could I love the unlovable?

Choose from the following **activities** to help energize your time together:

- Do something good for someone who doesn’t like you without their knowing.
- What are some principles that will help you treat your enemies kindly?
- Read Romans 12:14-21. Discuss what it means to “heap burning coals” on someone’s head. Ask God to show you how you can overcome evil with good.

8 Coming up next week!

Jesus became a suffering servant to save us. He is our example in serving others.

Lesson 9 Year C Qtr 1

Following the Leader (Jesus was hurt for us)

1 Core teaching of this lesson

We follow Jesus' example when we serve others.

2 Power text (memory verse)

"But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed" (Isaiah 53:5).

3 Key doctrine that this lesson helps to support and explain

Our Beliefs, no. 11, Growing in Christ: "As we give ourselves in loving service to those around us and in witnessing to His salvation, His constant presence with us through the Spirit transforms every moment and every task into a spiritual experience" (www.adventist.org).

4 Where this lesson is found in Scripture

Old Testament, The Major Prophets: Isaiah 53:3-5

5 Ellen White reference

Prophets and Kings, chap. 58, pp. 690, 691. "As the substitute and surety for sinful man, Christ was to suffer under divine justice" (p. 691).

6 The Bible Story reference

The Bible Story (1994), vol. 10, pp. 157-160 ("Keep Up Your Courage!")

7 Family worship ideas

Use the following **texts** to explore the core teaching with your children:

Sunday—Isaiah 53:5 (power text)

Monday—Isaiah 53:3

Tuesday—Isaiah 53:4

Wednesday—Isaiah 53:6, 7

Thursday—John 6:60-71; 10:22-39; 19:28-37; Matthew 26:36-45; Mark 14:43-50; Luke 22:54-62

Friday—John 19:28-37

Use the following **questions** as discussion starters with your family:

- What do I learn from Jesus' example of self-sacrificial service?
- Have I practiced self-renunciation for the benefit of someone else?
- How could I improve my relationships with others by placing myself in their shoes?
- What are some specific ways I could serve others?
- What talents did God give me to serve others?
- How could I share Jesus with those I serve?

Choose from the following **activities** to help energize your time together:

- Create a collage of the "despised and rejected" of the world. Place Jesus in the center of the picture.
- Do you know anyone who is rejected or friendless? Begin to pray for someone who is on the edge of society.
- Ask God how He wants you to serve that person.
- Write out a commitment to follow Jesus and serve others.

8 Coming up next week!

The disciples prepare for the Passover feast. We serve God with the talents He has given us.

Lesson 10 Year C Qtr 1

Getting Ready

(Jesus asks disciples to prepare the Passover.)

1 Core teaching of this lesson

We serve God best when we use the gifts He has given us.

2 Power text (memory verse)

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms" (1 Peter 4:10).

3 Key doctrine that this lesson helps to support and explain

Our Beliefs, no. 21, Stewardship: "We acknowledge God's ownership by faithful service to Him and our fellow human beings. . . . Stewards rejoice in the blessings that come to others as a result of their faithfulness" (www.adventist.org).

4 Where this lesson is found in Scripture

New Testament, The Four Gospels:
Matthew 26:17-19; Luke 22:10-12

5 Ellen White reference

The Desire of Ages, chap. 71, p. 642.
"The whole life of Christ had been a life of unselfish service. 'Not to be ministered unto, but to minister' (Matthew 20:28), had been the lesson of His every act" (p. 642).

6 The Bible Story reference

The Bible Story (1994), vol. 9, pp. 55-60 ("Feet Jesus Washed")

7 Family worship ideas

Use the following **texts** to explore the core teaching with your children:

Sunday—1 Peter 4:10 (power text)

Monday—Matthew 26:17-19

Tuesday—1 Corinthians 12:1-11

Wednesday—Romans 12:3-8

Thursday—Ephesians 4:10-13

Friday—Mark 14:12-16

Use the following **questions** as discussion starters with your family:

- Why did God give me special gifts?
- Why is it important that I discover the gifts that God has given me?
- How could I develop the gifts I received from God?
- How are my gifts contributing to serving others when I use them?
- Where could I start using my gifts to serve God?
- How is God preparing me to serve others today?

Choose from the following **activities** to help energize your time together:

- Discuss together what spiritual gifts you think God has given each member of your family.
- Talk with your family members about areas of service where you could use your gifts to benefit others.
- Thank God together for all His gifts and ask Him to prepare you to use your gifts and talents to serve Him.

8 Coming up next week!

Jesus washes the disciples' feet. Jesus is our ultimate example who taught us how to serve Him and His children.

Lesson 11 Year C Qtr 1

Unexpected Servant (Jesus washes the disciples' feet)

1 Core teaching of this lesson
We learn to serve by following Jesus' example.

2 Power text (memory verse)
"Whoever wants to become great among you must be your servant, and whoever wants to be first must be your slave—just as the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many" (Matthew 20:26-28).

3 Key doctrine that this lesson helps to support and explain
Our Beliefs, no. 16, The Lord's Supper: "The Master ordained the service of foot-washing to signify renewed cleansing, to express a willingness to serve one another in Christlike humility, and to unite our hearts in love" (www.adventist.org).

4 Where this lesson is found in Scripture
New Testament, The Four Gospels: Matthew 20:20-28; John 13:1-17

5 Ellen White reference
The Desire of Ages, chap. 71, pp. 642-651. "In His life and lessons, Christ has given a perfect exemplification of the unselfish ministry which has its origin in God. God does not live for Himself. By creating the world, and by upholding all things, He is constantly ministering for others" (p. 649).

6 The Bible Story reference
The Bible Story (1994), vol. 9, pp. 55-60 ("Feet Jesus Washed")

7 Family worship ideas
Use the following **texts** to explore the core teaching with your children:

Sunday—Matthew 20:26-28 (power text)
Monday—John 13:1-17
Tuesday—Luke 12:42-44
Wednesday—Mark 10:42-45
Thursday—Isaiah 52:13
Friday—Matthew 20:20-28

Use the following **questions** as discussion starters with your family:

- What can I learn from Jesus' life of service?
- How could I follow Jesus' model of leadership through service?
- How could I lead others to Christ by ministering to their needs?
- How do I feel if I have to sacrifice my comfort for someone else's sake?
- When was a time I helped someone despite their lack of appreciation?
- How could I adopt a lifestyle of unselfish ministry to God's children in need?

Choose from the following **activities** to help energize your time together:

- Discuss the meaning of the servant-leader concept Jesus exemplified.
- Do something helpful for someone even if the person is ungrateful.
- Thank Jesus for choosing to serve you even though you don't deserve it.

8 Coming up next week!
Jesus prays in the Garden of Gethsemane. Our dependence on God is the key to serving others.

Lesson 12 Year C Qtr 1

The Ultimate Friend (Jesus prays in Gethsemane)

1 Core teaching of this lesson

We can love and serve others when we trust totally in God.

2 Power text (memory verse)

“My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will” (Matthew 26:39).

3 Key doctrine that this lesson helps to support and explain

Our Beliefs, no. 4, God the Son: “God the eternal Son became incarnate in Jesus Christ. . . . He suffered and died voluntarily on the cross for our sins and in our place, was raised from the dead, and ascended to heaven to minister in the heavenly sanctuary in our behalf” (www.adventist.org).

4 Where this lesson is found in Scripture

New Testament, The Four Gospels: Matthew 26:36-46

5 Ellen White reference

The Desire of Ages, chap. 74, pp. 685-697. “He has left the courts of heaven, where all is purity, happiness, and glory, to save the one lost sheep, the one world that has fallen by transgression. And He will not turn from His mission. . . . His prayer now breathes only submission: ‘If this cup may not pass away from Me, except I drink it, Thy will be done’” (p. 693).

6 The Bible Story reference

The Bible Story (1994), vol. 9, pp. 55-60 (“Feet Jesus Washed”); pp. 73-77 (“Night in Garden”)

7 Family worship ideas

Use the following **texts** to explore the core teaching with your children:

Sunday—Matthew 26:39 (power text)

Monday—Galatians 6:2

Tuesday—Matthew 26:36-38

Wednesday—Matthew 26:39-41

Thursday—Matthew 26:42-46

Friday—Psalm 121

Use the following **questions** as discussion starters with your family:

- How am I inspired by Jesus’ total dependence on God?
- What can I learn from Jesus when I feel weighed down with difficulties?
- How could I discover God’s will for my life?
- Am I willing to surrender all areas of my life to God’s will?
- How could I make a difference in someone else’s life?
- How could I respond to God’s call to serve Him and others?

Choose from the following **activities** to help energize your time together:

- Make a time line of your family, adding significant world events and times when God has led you and your family in service.
- Visit a garden or a quiet outdoor place and visualize Jesus’ trying moments in the Garden of Gethsemane.
- Read some psalms and look for verses that contain God’s promises to help and guide.

8 Coming up next week!

Jesus is alive! When Jesus changes us, we can’t wait to tell others.

Lesson 13 Year C Qtr 1

Can't Wait to Tell

(Jesus appears on Resurrection morning)

1 Core teaching of this lesson

Believing that Jesus died for us is exciting and makes us want to tell others.

2 Power text (memory verse)

"Then Jesus said to them, 'Do not be afraid. Go and tell my brothers to go to Galilee; there they will see me'" (Matthew 28:10).

3 Key doctrine that this lesson helps to support and explain

Our Beliefs, no. 9, The Life, Death, and Resurrection of Christ: "The bodily resurrection of Christ proclaims God's triumph over the forces of evil, and for those who accept the atonement assures their final victory over sin and death" (www.adventist.org).

4 Where this lesson is found in Scripture

New Testament, The Four Gospels: Matthew 28:1-10; Luke 24:13-35

5 Ellen White reference

The Desire of Ages, chaps. 81, 82, pp. 779-794. "From grateful hearts, from lips touched with holy fire, let the glad song ring out, Christ is risen! He lives to make intercession for us. Grasp this hope, and it will hold the soul like a sure, tried anchor. Believe, and thou shalt see the glory of God" (p. 794).

6 The Bible Story reference

The Bible Story (1994), vol. 9, pp. 143-148 ("Most Awful Night"); pp. 151-155 ("Most Glorious Morning"); pp. 156-160 ("Mysterious Stranger")

7 Family worship ideas

Use the following **texts** to explore the core teaching with your children:

Sunday—Matthew 28:10 (power text)

Monday—Luke 24:13-24

Tuesday—Acts 9:36-42

Wednesday—Philippians 4:13

Thursday—1 Peter 1:3

Friday—Luke 24:1-40

Use the following **questions** as discussion starters with your family:

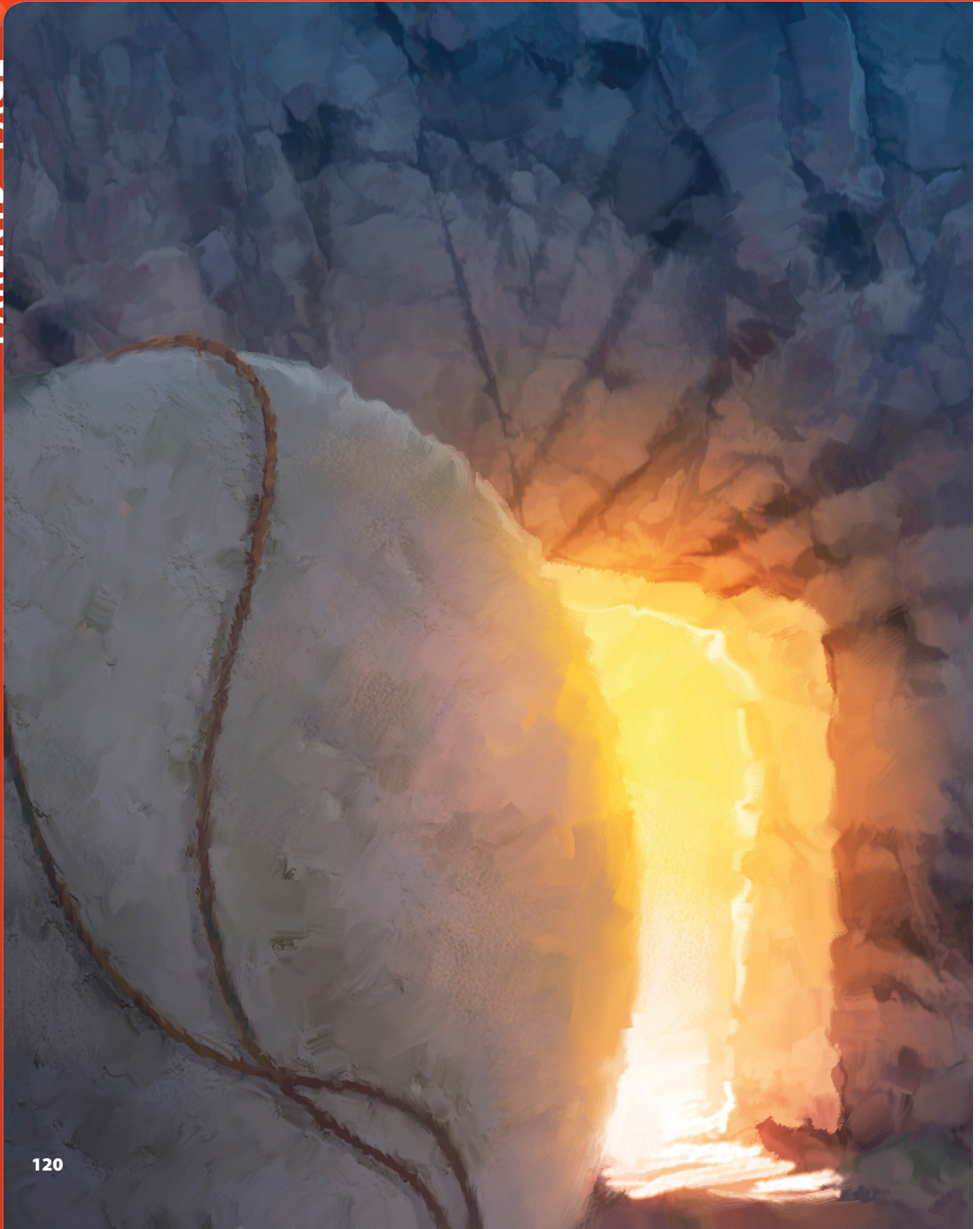
- How was the story of Jesus' resurrection life changing for the disciples?
- How do I react when I receive good news?
- Could I keep silent when I am excited about something?
- How do my friends respond when I share some exciting news with them?
- What in my relationship with Jesus is so exciting that I can't wait to share it?
- With whom can I share the good news about my friendship with Jesus?
- How could I be more intentional about sharing with others my faith in Jesus?

Choose from the following **activities** to help energize your time together:

- Talk with your family members about the difference Jesus makes in your lives.
- Choose someone who needs to know about Jesus and share with the person the hope that Jesus gives you.
- Thank God together for His blessings and ask Him to empower you to share His love with others.

8 Coming up next week!

The Holy Spirit is always with us. God sent His Spirit to be a constant helper, guide, and comforter to every believer.



ourbeliefs taken from *Seventh-day Adventists Believe*

1 The Holy Scriptures

The Holy Scriptures, Old and New Testaments, are the written Word of God, given by divine inspiration. The inspired authors spoke and wrote as they were moved by the Holy Spirit. In this Word, God has committed to humanity the knowledge necessary for salvation. The Holy Scriptures are the supreme, authoritative, and infallible revelation of His will. They are the standard of character, the test of experience, the definitive revealer of doctrines, and the trustworthy record of God's acts in history. (Ps. 119:105; Prov. 30:5, 6; Isa. 8:20; John 17:17; 1 Thess. 2:13; 2 Tim. 3:16, 17; Heb. 4:12; 2 Peter 1:20, 21.)

2 The Trinity

There is one God: Father, Son, and Holy Spirit, a unity of three coeternal Persons. God is immortal, all-powerful, all-knowing, above all, and ever present. He is infinite and beyond human comprehension, yet known through His self-revelation. God, who is love, is forever worthy of worship, adoration, and service by the whole creation. (Gen. 1:26; Deut. 6:4; Isa. 6:8; Matt. 28:19; John 3:16; 2 Cor. 1:21, 22; 13:14; Eph. 4:4-6; 1 Peter 1:2.)

3 The Father

God the eternal Father is the Creator, Source, Sustainer, and Sovereign of all creation. He is just and holy, merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness. The qualities and powers exhibited in the Son and the Holy Spirit are also those of the Father. (Gen. 1:1; Deut. 4:35; Ps. 110:1, 4; John 3:16; 14:9; 1 Cor. 15:28; 1 Tim. 1:17; 1 John 4:8; Rev. 4:11.)

4 The Son

God the eternal Son became incarnate in Jesus Christ. Through Him all things were created, the character of God is revealed, the salvation of humanity is accomplished, and

the world is judged. Forever truly God, He became also truly human, Jesus the Christ. He was conceived of the Holy Spirit and born of the virgin Mary. He lived and experienced temptation as a human being, but perfectly exemplified the righteousness and love of God. By His miracles He manifested God's power and was attested as God's promised Messiah. He suffered and died voluntarily on the cross for our sins and in our place, was raised from the dead, and ascended to heaven to minister in the heavenly sanctuary on our behalf. He will come again in glory for the final deliverance of His people and the restoration of all things. (Isa. 53:4-6; Dan. 9:25-27; Luke 1:35; John 1:1-3, 14; 5:22; 10:30; 14:1-3, 9, 13; Rom. 6:23; 1 Cor. 15:3, 4; 2 Cor. 3:18; 5:17-19; Phil. 2:5-11; Col. 1:15-19; Heb. 2:9-18; 8:1, 2.)

5 The Holy Spirit

God the eternal Spirit was active with the Father and the Son in Creation, incarnation, and redemption. He is as much a person as are the Father and the Son. He inspired the writers of Scripture. He filled Christ's life with power. He draws and convicts human beings; and those who respond He renews and transforms into the image of God. Sent by the Father and the Son to be always with His children, He extends spiritual gifts to the church, empowers it to bear witness to Christ, and in harmony with the Scriptures leads it into all truth. (Gen. 1:1, 2; 2 Sam. 23:2; Ps. 51:11; Isa. 61:1; Luke 1:35; 4:18; John 14:16-18, 26; 15:26; 16:7-13; Acts 1:8; 5:3; 10:38; Rom. 5:5; 1 Cor. 12:7-11; 2 Cor. 3:18; 2 Peter 1:21.)

6 Creation

God has revealed in Scripture the authentic and historical account of His creative activity. He created the universe, and in a recent six-day creation the Lord made "the heavens and the earth, the sea, and all that is in them" and rested on the seventh

day. Thus He established the Sabbath as a perpetual memorial of the work He performed and completed during six literal days that together with the Sabbath constituted the same unit of time that we call a week today. The first man and woman were made in the image of God as the crowning work of Creation, given dominion over the world, and charged with responsibility to care for it. When the world was finished, it was "very good," declaring the glory of God. (Gen. 1; 2; 5; 11; Exod. 20:8-11; Ps. 19:1-6; 33:6, 9; 104; Isa. 45:12, 18; Acts 17:24; Col. 1:16; Heb. 1:2; 11:3; Rev. 10:6; 14:7.)

7 The Nature of Humanity

Man and woman were made in the image of God with individuality, the power and freedom to think and to do. Though created free beings, each is an indivisible unity of body, mind, and spirit, dependent upon God for life and breath and all else. When our first parents disobeyed God, they denied their dependence upon Him and fell from their high position. The image of God in them was marred, and they became subject to death. Their descendants share this fallen nature and its consequences. They are born with weaknesses and tendencies to evil. But God in Christ reconciled the world to Himself and by His Spirit restores in penitent mortals the image of their Maker. Created for the glory of God, they are called to love Him and one another, and to care for their environment. (Gen. 1:26-28; 2:7, 15; 3; Ps. 8:4-8; 51:5, 10; 58:3; Jer. 17:9; Acts 17:24-28; Rom. 5:12-17; 2 Cor. 5:19, 20; Eph. 2:3; 1 Thess. 5:23; 1 John 3:4; 4:7, 8, 11, 20.)

8 The Great Controversy

All humanity is now involved in a great controversy between Christ and Satan regarding the character of God, His law, and His sovereignty over the universe. This conflict originated in heaven when a created being,

our beliefs continued

endowed with the freedom of choice, in self-exaltation became Satan, God's adversary, and led into rebellion a portion of the angels. He introduced the spirit of rebellion into this world when he led Adam and Eve into sin. This human sin resulted in the distortion of the image of God in humanity, the disordering of the created world, and its eventual devastation at the time of the global flood, as presented in the historical account of Genesis 1-11. Observed by the whole creation, this world became the arena of the universal conflict, out of which the God of love will ultimately be vindicated. To assist His people in this controversy, Christ sends the Holy Spirit and the loyal angels to guide, protect, and sustain them in the way of salvation. (Gen. 3; 6-8; Job 1:6-12; Isa. 14:12-14; Ezek. 28:12-18; Rom. 1:19-32; 3:4; 5:12-21; 8:19-22; 1 Cor. 4:9; Heb. 1:14; 1 Peter 5:8; 2 Peter 3:6; Rev. 12:4-9.)

9 The Life, Death, and Resurrection of Christ

In Christ's life of perfect obedience to God's will, His suffering, death, and resurrection, God provided the only means of atonement for human sin, so that those who by faith accept this atonement may have eternal life, and the whole creation may better understand the infinite and holy love of the Creator. This perfect atonement vindicates the righteousness of God's law and the graciousness of His character; for it both condemns our sin and provides for our forgiveness. The death of Christ is substitutionary and expiatory, reconciling and transforming. The bodily resurrection of Christ proclaims God's triumph over the forces of evil, and for those who accept the atonement assures their final victory over sin and death. It declares the Lordship of Jesus Christ, before whom every knee in heaven and on earth will bow. (Gen. 3:15; Ps. 22:1; Isa. 53; John 3:16; 14:30; Rom. 1:4; 3:25; 4:25; 8:3, 4; 1 Cor. 15:3, 4, 20-22; 2 Cor. 5:14, 15, 19-21; Phil. 2:6-11; Col. 2:15;

1 Peter 2:21, 22; 1 John 2:2; 4:10.)

10 The Experience of Salvation

In infinite love and mercy God made Christ, who knew no sin, to be sin for us, so that in Him we might be made the righteousness of God. Led by the Holy Spirit, we sense our need, acknowledge our sinfulness, repent of our transgressions, and exercise faith in Jesus as Saviour and Lord, Substitute and Example. This saving faith comes through the divine power of the Word and is the gift of God's grace. Through Christ we are justified, adopted as God's sons and daughters, and delivered from the lordship of sin. Through the Spirit we are born again and sanctified; the Spirit renews our minds, writes God's law of love in our hearts, and we are given the power to live a holy life. Abiding in Him, we become partakers of the divine nature and have the assurance of salvation now and in the judgment. (Gen. 3:15; Isa. 45:22; 53; Jer. 31:31-34; Ezek. 33:11; 36:25-27; Hab. 2:4; Mark 9:23, 24; John 3:3-8, 16; 16:8; Rom. 3:21-26; 5:6-10; 8:1-4, 14-17; 10:17; 12:2; 2 Cor. 5:17-21; Gal. 1:4; 3:13, 14, 26; 4:4-7; Eph. 2:4-10; Col. 1:13, 14; Titus 3:3-7; Heb. 8:7-12; 1 Peter 1:23; 2:21, 22; 2 Peter 1:3, 4; Rev. 13:8.)

11 Growing in Christ

By His death on the cross Jesus triumphed over the forces of evil. He who subjugated the demonic spirits during His earthly ministry has broken their power and made certain their ultimate doom. Jesus' victory gives us victory over the evil forces that still seek to control us, as we walk with Him in peace, joy, and assurance of His love. Now the Holy Spirit dwells within us and empowers us. Continually committed to Jesus as our Saviour and Lord, we are set free from the burden of our past deeds. No longer do we live in the darkness, fear of evil

powers, ignorance, and meaninglessness of our former way of life. In this new freedom in Jesus, we are called to grow into the likeness of His character, communing with Him daily in prayer, feeding on His Word, meditating on it and on His providence, singing His praises, gathering together for worship, and participating in the mission of the church. We are also called to follow Christ's example by compassionately ministering to the physical, mental, social, emotional, and spiritual needs of humanity. As we give ourselves in loving service to those around us and in witnessing to His salvation, His constant presence with us through the Spirit transforms every moment and every task into a spiritual experience. (1 Chron. 29:11; Ps. 1:1, 2; 23:4; 77:11, 12; Matt. 20:25-28; 25:31-46; Luke 10:17-20; John 20:21; Rom. 8:38, 39; 2 Cor. 3:17, 18; Gal. 5:22-25; Eph. 5:19, 20; 6:12-18; Phil. 3:7-14; Col. 1:13, 14; 2:6, 14, 15; 1 Thess. 5:16-18, 23; Heb. 10:25; James 1:27; 2 Peter 2:9; 3:18; 1 John 4:4.)

12 The Church

The church is the community of believers who confess Jesus Christ as Lord and Saviour. In continuity with the people of God in Old Testament times, we are called out from the world; and we join together for worship, for fellowship, for instruction in the Word, for the celebration of the Lord's Supper, for service to humanity, and for the worldwide proclamation of the gospel. The church derives its authority from Christ, who is the incarnate Word revealed in the Scriptures. The church is God's family; adopted by Him as children, its members live on the basis of the new covenant. The church is the body of Christ, a community of faith of which Christ Himself is the Head. The church is the bride for whom Christ died that He might sanctify and cleanse her. At His return in triumph, He will present her to Himself a glorious church, the faithful of all the ages, the purchase of His blood, not

having spot or wrinkle, but holy and without blemish. (Gen. 12:1-3; Exod. 19:3-7; Matt. 16:13-20; 18:18; 28:19, 20; Acts 2:38-42; 7:38; 1 Cor. 1:2; Eph. 1:22, 23; 2:19-22; 3:8-11; 5:23-27; Col. 1:17, 18; 1 Peter 2:9.)

13 The Remnant and Its Mission

The universal church is composed of all who truly believe in Christ, but in the last days, a time of widespread apostasy, a remnant has been called out to keep the commandments of God and the faith of Jesus. This remnant announces the arrival of the judgment hour, proclaims salvation through Christ, and heralds the approach of His second advent. This proclamation is symbolized by the three angels of Revelation 14; it coincides with the work of judgment in heaven and results in a work of repentance and reform on earth. Every believer is called to have a personal part in this worldwide witness. (Dan. 7:9-14; Isa. 1:9; 11:11; Jer. 23:3; Micah 2:12; 2 Cor. 5:10; 1 Peter 1:16-19; 4:17; 2 Peter 3:10-14; Jude 3, 14; Rev. 12:17; 14:6-12; 18:1-4.)

14 Unity in the Body of Christ

The church is one body with many members, called from every nation, kindred, tongue, and people. In Christ we are a new creation; distinctions of race, culture, learning, and nationality, and differences between high and low, rich and poor, male and female, must not be divisive among us. We are all equal in Christ, who by one Spirit has bonded us into one fellowship with Him and with one another; we are to serve and be served without partiality or reservation. Through the revelation of Jesus Christ in the Scriptures we share the same faith and hope, and reach out in one witness to all. This unity has its source in the oneness of the triune God, who has adopted us as His children. (Ps. 133:1; Matt. 28:19, 20; John 17:20-23; Acts 17:26, 27;

Rom. 12:4, 5; 1 Cor. 12:12-14; 2 Cor. 5:16, 17; Gal. 3:27-29; Eph. 2:13-16; 4:3-6, 11-16; Col. 3:10-15.)

15 Baptism

By baptism we confess our faith in the death and resurrection of Jesus Christ, and testify of our death to sin and of our purpose to walk in newness of life. Thus we acknowledge Christ as Lord and Saviour, become His people, and are received as members by His church. Baptism is a symbol of our union with Christ, the forgiveness of our sins, and our reception of the Holy Spirit. It is by immersion in water and is contingent on an affirmation of faith in Jesus and evidence of repentance of sin. It follows instruction in the Holy Scriptures and acceptance of their teachings. (Matt. 28:19, 20; Acts 2:38; 16:30-33; 22:16; Rom. 6:1-6; Gal. 3:27; Col. 2:12, 13.)

16 The Lord's Supper

The Lord's Supper is a participation in the emblems of the body and blood of Jesus as an expression of faith in Him, our Lord and Saviour. In this experience of communion Christ is present to meet and strengthen His people. As we partake, we joyfully proclaim the Lord's death until He comes again. Preparation for the Supper includes self-examination, repentance, and confession. The Master ordained the service of foot washing to signify renewed cleansing, to express a willingness to serve one another in Christlike humility, and to unite our hearts in love. The communion service is open to all believing Christians. (Matt. 26:17-30; John 6:48-63; 13:1-17; 1 Cor. 10:16, 17; 11:23-30; Rev. 3:20.)

17 Spiritual Gifts and Ministries

God bestows upon all members of His church in every age spiritual gifts that each

member is to employ in loving ministry for the common good of the church and of humanity. Given by the agency of the Holy Spirit, who apportions to each member as He wills, the gifts provide all abilities and ministries needed by the church to fulfill its divinely ordained functions. According to the Scriptures, these gifts include such ministries as faith, healing, prophecy, proclamation, teaching, administration, reconciliation, compassion, and self-sacrificing service and charity for the help and encouragement of people. Some members are called of God and endowed by the Spirit for functions recognized by the church in pastoral, evangelistic, and teaching ministries particularly needed to equip the members for service, to build up the church to spiritual maturity, and to foster unity of the faith and knowledge of God. When members employ these spiritual gifts as faithful stewards of God's varied grace, the church is protected from the destructive influence of false doctrine, grows with a growth that is from God, and is built up in faith and love. (Acts 6:1-7; Rom. 12:4-8; 1 Cor. 12:7-11, 27, 28; Eph. 4:8, 11-16; 1 Tim. 3:1-13; 1 Peter 4:10, 11.)

18 The Gift of Prophecy

The Scriptures testify that one of the gifts of the Holy Spirit is prophecy. This gift is an identifying mark of the remnant church, and we believe it was manifested in the ministry of Ellen G. White. Her writings speak with prophetic authority and provide comfort, guidance, instruction, and correction to the church. They also make clear that the Bible is the standard by which all teaching and experience must be tested. (Num. 12:6; 2 Chron. 20:20; Joel 2:28, 29; Amos 3:7; Acts 2:14-21; 2 Tim. 3:16, 17; Heb. 1:1-3; Rev. 12:17; 19:10; 22:8, 9.)

19 The Law of God

The great principles of God's law

our beliefs continued

are embodied in the Ten Commandments and exemplified in the life of Christ. They express God's love, will, and purposes concerning human conduct and relationships and are binding upon all people in every age. These precepts are the basis of God's covenant with His people and the standard in God's judgment. Through the agency of the Holy Spirit they point out sin and awaken a sense of need for a Saviour. Salvation is all of grace and not of works, and its fruit is obedience to the Commandments. This obedience develops Christian character and results in a sense of well-being. It is evidence of our love for the Lord and our concern for our fellow human beings. The obedience of faith demonstrates the power of Christ to transform lives, and therefore strengthens Christian witness. (Exod. 20:1-17; Deut. 28:1-14; Ps. 19:7-14; 40:7, 8; Matt. 5:17-20; 22:36-40; John 14:15; 15:7-10; Rom. 8:3, 4; Eph. 2:8-10; Heb. 8:8-10; 1 John 2:3; 5:3; Rev. 12:17; 14:12.)

20 The Sabbath The gracious Creator, after the six days of Creation, rested on the seventh day and instituted the Sabbath for all people as a memorial of Creation. The fourth commandment of God's unchangeable law requires the observance of this seventh-day Sabbath as the day of rest, worship, and ministry in harmony with the teaching and practice of Jesus, the Lord of the Sabbath. The Sabbath is a day of delightful communion with God and one another. It is a symbol of our redemption in Christ, a sign of our sanctification, a token of our allegiance, and a foretaste of our eternal future in God's kingdom. The Sabbath is God's perpetual sign of His eternal covenant between Him and His people. Joyful observance of this holy time from evening to evening, sunset to sunset, is a celebration of God's creative and redemptive acts. (Gen. 2:1-3; Exod. 20:8-11; 31:13-17; Lev. 23:32;

Deut. 5:12-15; Isa. 56:5, 6; 58:13, 14; Ezek. 20:12, 20; Matt. 12:1-12; Mark 1:32; Luke 4:16; Heb. 4:1-11.)

21 Stewardship We are God's stewards, entrusted by Him with time and opportunities, abilities and possessions, and the blessings of the earth and its resources. We are responsible to Him for their proper use. We acknowledge God's ownership by faithful service to Him and our fellow human beings, and by returning tithe and giving offerings for the proclamation of His gospel and the support and growth of His church. Stewardship is a privilege given to us by God for nurture in love and the victory over selfishness and covetousness. Stewards rejoice in the blessings that come to others as a result of their faithfulness. (Gen. 1:26-28; 2:15; 1 Chron. 29:14; Haggai 1:3-11; Mal. 3:8-12; Matt. 23:23; Rom. 15:26, 27; 1 Cor. 9:9-14; 2 Cor. 8:1-15; 9:71.)

22 Christian Behavior We are called to be a godly people who think, feel, and act in harmony with biblical principles in all aspects of personal and social life. For the Spirit to re-create in us the character of our Lord we involve ourselves only in those things that will produce Christ-like purity, health, and joy in our lives. This means that our amusement and entertainment should meet the highest standards of Christian taste and beauty. While recognizing cultural differences, our dress is to be simple, modest, and neat, befitting those whose true beauty does not consist of outward adornment but in the imperishable ornament of a gentle and quiet spirit. It also means that because our bodies are the temples of the Holy Spirit, we are to care for them intelligently. Along with adequate exercise and rest, we are to adopt the most healthful diet

possible and abstain from the unclean foods identified in the Scriptures. Since alcoholic beverages, tobacco, and the irresponsible use of drugs and narcotics are harmful to our bodies, we are to abstain from them as well. Instead, we are to engage in whatever brings our thoughts and bodies into the discipline of Christ, who desires our wholesomeness, joy, and goodness. (Gen. 7:2; Exod. 20:15; Lev. 11:1-47; Ps. 106:3; Rom. 12:1, 2; 1 Cor. 6:19, 20; 10:31; 2 Cor. 6:14-7:1; 10:5; Eph. 5:1-21; Phil. 2:4; 4:8; 1 Tim. 2:9, 10; Titus 2:11, 12; 1 Peter 3:1-4; 1 John 2:6; 3 John 2.)

23 Marriage and the Family

Marriage was divinely established in Eden and affirmed by Jesus to be a lifelong union between a man and a woman in loving companionship. For the Christian a marriage commitment is to God as well as to the spouse, and should be entered into only between a man and a woman who share a common faith. Mutual love, honor, respect, and responsibility are the fabric of this relationship, which is to reflect the love, sanctity, closeness, and permanence of the relationship between Christ and His church. Regarding divorce, Jesus taught that the person who divorces a spouse, except for fornication, and marries another commits adultery. Although some family relationships may fall short of the ideal, a man and a woman who fully commit themselves to each other in Christ through marriage may achieve loving unity through the guidance of the Spirit and the nurture of the church. God blesses the family and intends that its members shall assist each other toward complete maturity. Increasing family closeness is one of the earmarks of the final gospel message. Parents are to bring up their children to love and obey the Lord. By their example and their words they are to teach them that Christ is a loving, tender, and caring guide who wants them to become members of

His body, the family of God, which embraces both single and married persons. (Gen. 2:18-25; Exod. 20:12; Deut. 6:5-9; Prov. 22:6; Mal. 4:5, 6; Matt. 5:31, 32; 19:3-9, 12; Mark 10:11, 12; John 2:1-11; 1 Cor. 7:7, 10, 11; 2 Cor. 6:14; Eph. 5:21-33; 6:1-4.)

24 Christ's Ministry in the Heavenly Sanctuary

There is a sanctuary in heaven, the true tabernacle that the Lord set up and not humans. In it Christ ministers on our behalf, making available to believers the benefits of His atoning sacrifice offered once for all on the cross. At His ascension He was inaugurated as our great High Priest and began His intercessory ministry, which was typified by the work of the high priest in the most holy place of the earthly sanctuary. In 1844, at the end of the prophetic period of 2300 days, He entered the second and last phase of His atoning ministry, which was typified by the work of the high priest in the most holy place of the earthly sanctuary. It is a work of investigative judgment, which is part of the ultimate disposition of all sin, typified by the cleansing of the ancient Hebrew sanctuary on the Day of Atonement. In that typical service the sanctuary was cleansed with the blood of animal sacrifices, but the heavenly things are purified with the perfect sacrifice of the blood of Jesus. The investigative judgment reveals to heavenly intelligences who among the dead are asleep in Christ and therefore, in Him, are deemed worthy to have part in the first resurrection. It also makes manifest who among the living are abiding in Christ, keeping the commandments of God and the faith of Jesus, and in Him, therefore, are ready for translation into His everlasting kingdom. This judgment vindicates the justice of God in saving those who believe in Jesus. It declares that those who have remained loyal to God shall receive the kingdom. The completion of

this ministry of Christ will mark the close of human probation before the Second Advent. (Lev. 16; Num. 14:34; Ezek. 4:6; Dan. 7:9-27; 8:13, 14; 9:24-27; Heb. 1:3; 2:16, 17; 4:14-16; 8:1-5; 9:11-28; 10:19-22; Rev. 8:3-5; 11:19; 14:6, 7; 20:12; 14:12; 22:11, 12.)

25 The Second Coming of Christ

The second coming of Christ is the blessed hope of the church, the grand climax of the gospel. The Saviour's coming will be literal, personal, visible, and worldwide. When He returns, the righteous dead will be resurrected and, together with the righteous living, will be glorified and taken to heaven, but the unrighteous will die. The almost complete fulfillment of most lines of prophecy, together with the present condition of the world, indicates that Christ's coming is near. The time of that event has not been revealed, and we are therefore exhorted to be ready at all times. (Matt. 24; Mark 13; Luke 21; John 14:1-3; Acts 1:9-11; 1 Cor. 15:51-54; 1 Thess. 4:13-18; 5:1-6; 2 Thess. 1:7-10; 2:8; 2 Tim. 3:1-5; Titus 2:13; Heb. 9:28; Rev. 1:7; 14:14-20; 19:11-21.)

26 Death and Resurrection

The wages of sin is death. But God, who alone is immortal, will grant eternal life to His redeemed. Until that day death is an unconscious state for all people. When Christ, who is our life, appears, the resurrected righteous and the living righteous will be glorified and caught up to meet their Lord. The second resurrection, a resurrection of the unrighteous, will take place a thousand years later. (Job 19:25-27; Ps. 146:3, 4; Eccl. 9:5, 6, 10; Dan. 12:2, 13; Isa. 25:8; John 5:28, 29; 11:11-14; Rom. 6:23; 1 Cor. 15:51-54; Col. 3:4; 1 Thess. 4:13-17; 1 Tim. 6:15, 16; Rev. 20:1-10.)

27 Millennium and the End of Sin

The millennium is the thousand-year reign of Christ with His saints in heaven between the first and second resurrections. During this time the wicked dead will be judged; the earth will be utterly desolate, without living human inhabitants, but occupied by Satan and his angels. At its close Christ with His saints and the Holy City will descend from heaven to earth. The unrighteous dead will then be resurrected and, with Satan and his angels, will surround the city; but fire from God will consume them and cleanse the earth. The universe will thus be freed of sin and sinners forever. (Jer. 4:23-26; Ezek. 28:18, 19; Mal. 4:1; 1 Cor. 6:2, 3; Rev. 20; Rev. 21:1-5.)

28 The New Earth

On the new earth, in which righteousness dwells, God will provide an eternal home for the redeemed and a perfect environment for everlasting life, love, joy, and learning in His presence. For here God Himself will dwell with His people, and suffering and death will have passed away. The great controversy will be ended, and sin will be no more. All things, animate and inanimate, will declare that God is love, and He shall reign forever. Amen. (Isa. 35; 65:17-25; Matt. 5:5; 2 Peter 3:13; Rev. 11:15; 21:1-7; 22:1-5.)

Seventh-day Adventists accept the Bible as their only creed and hold certain fundamental beliefs to be the teachings of the Holy Scriptures. These beliefs, as set forth here, constitute the church's understanding and expression of the teaching of Scripture. Revision of these statements may be expected at a General Conference session, when the church is led by the Holy Spirit to a fuller understanding of Bible truth or finds better language to express the teachings of God's Holy Word.

www.adventist.org/beliefs/fundamental/indExod.html