

Adult
Sabbath School
Bible Study Guide
April | May | June 2023

Shaun Tyack

THREE COSMIC MESSAGES



LESSON STUDY HELPS

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Lift Him Up, Chapter 8, pp. 253
“Lift Him Up as The Crucified One”

August 27th

“The World is a Battlefield”

Let us fix our eyes on Jesus, . . . who for the joy set before him, endured the cross, scorning its shame, and sat down at the right hand of the throne of God. **Hebrews 12:2, NIV.** {LHU 253.1}

For the joy that was set before Him, Christ endured the cross. . . . He died on the cross as a sacrifice for the world, and through this sacrifice comes the greatest blessing that God could bestow--the gift of the Holy Spirit. This blessing is for all who will receive Christ. The fallen world is the battlefield for the greatest conflict the heavenly universe and earthly powers have ever witnessed. It was appointed as the theater on which would be fought out the grand struggle between good and evil, between heaven and hell. Every human being acts a part in this conflict. No one can stand on neutral ground. Men must either accept or reject the world's Redeemer. All are witnesses, either for or against Christ. Christ calls upon those who stand under His banner to engage in the conflict with Him as faithful soldiers, that they may inherit the crown of life. They have been adopted as sons and daughters of God. . . . {LHU 253.2}

The Lord Jesus has summoned the world to hear. "He that hath ears to hear, let him hear." Let all listen with submissive, reverent attention. He repeats the words given Him by the One who said, "This is my beloved Son. . . . Hear ye him." Who is listening to the words which are light and life to all who receive them? Will men and women consider how God regards the creatures He has made? He formed man's mind. We do not think one noble thought that does not come from Him. He knows all the mysterious workings of the human mind, for did He not make it? God sees that sin has debased and degraded man, but He looks upon him with pity and compassion; for He sees that Satan has him in his power. . . . {LHU 253.3}

Some households have a little church in their home. Mutual love binds heart to heart, and the unity that exists among the members of the family preaches the most effectual sermon that could be preached on practical godliness. As parents faithfully do their duty in the family, restraining, correcting, advising, counseling, guiding, the father as a priest of the household, the mother as a home missionary, they are filling the sphere God would have them fill. By faithfully doing their duty in the home, they are multiplying agencies for doing good outside the home. They are becoming better fitted to labor in the church. By training their little flock discreetly, binding their children to themselves and to God, fathers and mothers become laborers together with God. The cross is erected in their home. The members of the family become members of the royal family above, children of the heavenly King (manuscript 56, 1899). {LHU 253.4}

*Lesson 1 Study Help**Friday, March 31st, 2023*

Reflecting Christ, Chapter 37, p. 51
“Christ’s [God’s] Law is the Law of Love”

February 6th

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbour as yourself.'" **Mark 12:30-31, N.I.V.** {RC 51.1}

Love, the basis of creation and of redemption, is the basis of true education. This is made plain in the law that God has given as the guide of life. . . . To love Him, the infinite, the omniscient one, with the whole strength and mind and heart, means the highest development of every power. It means that in the whole being--the body, the mind, as well as the soul--the image of God is to be restored. {RC 51.2}

Like the first is the second commandment, "Thou shalt love thy neighbour as thyself." The law of love calls for the devotion of body, mind, and soul to the service of God and our fellow men. And this service, while making us a blessing to others, brings the greatest blessing to ourselves. Unselfishness underlies all true development. . . . {RC 51.3}

Lucifer in heaven desired to be first in power and authority; he wanted to be God, to have the rulership of heaven; and to this end he won many of the angels to his side. When with his rebel host he was cast out from the courts of God, the work of rebellion and self-seeking was continued on earth. Through the temptation to self-indulgence and ambition, Satan accomplished the fall of our first parents; and from that time to the present the gratification of human ambition and the indulgence of selfish hopes and desires have proved the ruin of mankind. {RC 51.4}

Under God, Adam was to stand at the head of the earthly family, to maintain the principles of the heavenly family. This would have brought peace and happiness. But the law that none "liveth to himself" Satan was determined to oppose. He desired to live for self. He sought to make himself a center of influence. It was this that had incited rebellion in heaven, and it was man's acceptance of this principle that brought sin on earth. When Adam sinned, man broke away from the heaven-ordained center. A demon became the central power in the world. Where God's throne should have been, Satan placed his throne. The world laid its homage, as a willing offering, at the feet of the enemy. {RC 51.5}

The transgression of God's law brought woe and death in its train. Through disobedience man's powers were perverted, and selfishness took the place of love. His nature became so weakened that it was impossible for him to resist the power of evil.... Men had chosen a ruler who chained them to his car as captives.... Christ came to the world to show them that He had planted for them the tree of life, the leaves of which are for the healing of the nations.--Review and Herald, Jan. 16, 1913. {RC 51.6}

Reflecting Christ, Chapter 203, p. 217
“The Transforming Power of The Holy Spirit”

July 22nd

[God] hath also given unto us his Holy Spirit. **1 Thessalonians 4:8.** {RC 217.1}

When the power of the Holy Spirit is appreciated and felt in the heart, far less of self will be exhibited, and far more of the feeling of human brotherhood will be revealed. Our part is not to exhibit self, but to let the Holy Spirit work in us. Thus, self-deceived men and women may be rescued from delusion. {RC 217.2}

All, high or low, if they are unconverted, are on one common platform. Men may turn from one doctrine to another. This is being done, and will be done. . . . Yet they may know nothing of the meaning of the words, "A new heart also will I give you." Accepting new theories, and uniting with a church, do not bring new life to anyone, even though the church with which he unites may be established on the true foundation. Connection with a church does not take the place of conversion. To subscribe the name to a church creed is not of the least value to anyone if the heart is not truly changed. {RC 217.3}

This question is a serious one, and its meaning should be fully realized. Men may be church members, and may apparently work earnestly, performing a round of duties from year to year, and yet be unconverted. . . . But when the truth is received as truth by the heart, it has passed through the conscience, and has captivated the soul with its pure principles. It is placed in the heart by the Holy Spirit, who reveals its beauty to the mind, that its transforming power may be seen in the character. . . . {RC 217.4}

With the great truth we have been privileged to receive, we should, and under the Holy Spirit's power we could, become living channels of light. We could then approach the mercy seat; and seeing the bow of promise, kneel with contrite hearts, and seek the kingdom of heaven with a spiritual violence that would bring its own reward. We would take it by force, as did Jacob. Then our message would be the power of God unto salvation. Our supplications would be full of earnestness, full of a sense of our great need; and we would not be denied. The truth would be expressed by life and character, and by lips touched with the living coal from off God's altar. {RC 217.5}

When this experience is ours, we shall be lifted out of our poor, cheap selves that we have cherished so tenderly. We shall empty our hearts of the corroding power of selfishness, and shall be filled with praise and gratitude to God. We shall magnify the Lord, the God of all grace, who has magnified Christ. And He will reveal His power through us, making us as sharp sickles in the harvest field. God calls upon His people to reveal Him.--Review and Herald, Feb. 14, 1899. {RC 217.6}

**Selected Messages, Book 1,
Chapters 10-11, pp. 97-98****“A Heaven to Win”**

Every soul has a heaven to win, and a hell to shun. And the angelic agencies are all ready to come to the help of the tried and tempted soul. He, the Son of the infinite God, endured the test and trial in our behalf. The cross of Calvary stands vividly before every soul. When the cases of all are judged, and they [the lost] are delivered to suffer for their contempt for God and their disregard of His honor in their disobedience, not one will have an excuse, not one will need to have perished. It was left to their own choice who should be their prince, Christ or Satan. All the help Christ received, every man may receive in the great trial. The cross stands as a pledge that not one need be lost, that abundant help is provided for every soul. We can conquer the satanic agencies, or we can join ourselves with the powers that seek to counterwork the work of God in our world.... {1SM 96.1}

We have an Advocate pleading in our behalf. The Holy Ghost is continually engaged in beholding our course of action. We need now keen perception, that by our own practical godliness the truth may be made to appear truth as it is in Jesus. The angelic agencies are messengers from heaven, actually ascending and descending, keeping earth in constant connection with the heaven above. These angel messengers are observing all our course of action. They are ready to help all in their weakness, guarding all from moral and physical danger according to the providence of God. And whenever souls yield to the softening, subduing influence of the Spirit of God under these angel ministrations, there is joy in heaven; the Lord Himself rejoices with singing. {1SM 96.2}

Men take altogether too much glory to themselves. It is the work of heavenly agencies cooperating with human agencies according to God's plan that brings the result in the conversion and sanctification of the human character. We cannot see and could not endure the glory of angelic ministrations if their glory was not veiled in condescension to the weakness of our human nature. The blaze of the heavenly glory, as seen in the angels of light, would extinguish earthly mortals. Angels are working upon human minds just as these minds are given to their charge; they bring precious remembrances fresh before the mind as they did to the women about the sepulcher. {1SM 96.3}

A created instrumentality is used in heaven's organized plan for the renewing of our nature, working in the children of disobedience obedience unto God. The guardianship of the heavenly host is granted to all who will work in God's ways and follow His plans. We may in earnest, contrite prayer call the heavenly helpers to our side. Invisible armies of light and power will work with the humble, meek, and lowly one.--Letter 116, 1899. {1SM 97.1}

Angels Looking for Cooperation

Satan uses human agents to bring the soul under the power of temptation, but the angels of God are searching for human agents through whom they may cooperate to save the tempted ones. Angels are looking for those who will work in Christ's lines, who will be moved by the realization that they belong to Christ. They are looking for those who will feel that those who fall under temptation, whether high or low, are the ones who need their special labors, and that Christ looks on those who are passed by, neglected, wounded, and bruised by the enemy, and ready to die, and is grieved at the hardness of men, who refuse to exercise the faith that works by love, which will purify the soul. {1SM 97.2}

Angels of God will work with, and through, and by those who will cooperate with the heavenly agencies for the saving of a soul from death, and the hiding of a multitude of sins, that will lead them to consider themselves, lest they also be tempted. {1SM 97.3}

It is the sick that need a physician, not those who are whole. When you expend labor on those who do not need it, and take no notice of the very ones whom your words and actions could bless, you are forming a character that is not after the likeness of Christ.--Letter 70, 1894. {1SM 97.4}

Chap. 11 - What Are We Worth?

[PORTION OF A SERMON DELIVERED IN THE ST. HELENA SANITARIUM CHAPEL, JANUARY 23, 1904, AND APPEARING IN NOTEBOOK LEAFLETS, THE CHURCH, NO. 7.]

The Lord desires every one of us to be decidedly in earnest. We cannot afford to make a mistake in spiritual matters. The life-and-death question with us is, "What shall I do that I may be saved, eternally saved?" "What shall I do that I may inherit eternal life--a life that measures with the life of God?" This is a question that it becomes every one of us to consider carefully.... {1SM 98.1}

While living in this world we are to be God's helping hand. Paul declared, "Ye are God's husbandry, ye are God's building" (1 Corinthians 3:9). We are to cooperate with God in every measure that He desires to carry out. Are we

fulfilling the purpose of the eternal God? Are we daily seeking to have the mind of Christ and to do His will in word and work? {1SM 98.2}

What a condition the human family is in today! Have you ever seen before such a time of confusion--of violence, of murder, theft, and every other kind of crime? In this time, where are we individually standing? {1SM 98.3}

In the fifty-eighth of Isaiah we have read of those "fast for strife and debate, and to smite with the fist of wickedness" and we have learned that God will not accept such a fast. "Ye shall not fast as ye do this day," He declares, "to make your voice to be heard on high" (Isaiah 58:4). {1SM 98.4}

Reflecting Christ, Chapter 64, p. 78
“Justified Souls Walk in the Light”

March 5th

God presented him [Christ Jesus] as a sacrifice of atonement, through faith in his blood. . . . He did it to demonstrate his justice at the present time, so as to be just and the one who justifies the man who has faith in Jesus. **Romans 3:25, 26, N.I.V.** {RC 78.1}

"Being justified freely by his grace," the apostle Paul says, "through the redemption that is in Christ Jesus: whom God hath set forth to be a propitiation through faith in his blood, to declare his righteousness for the remission of sins that are past, through the forbearance of God; to declare, I say, at this time his righteousness: that he might be just, and the justifier of him which believeth in Jesus." {RC 78.2}

Here the truth is laid out in plain lines. This mercy and goodness is wholly undeserved. The grace of Christ is freely to justify the sinner without merit or claim on his part. Justification is a full, complete pardon of sin. The moment a sinner accepts Christ by faith, that moment he is pardoned. The righteousness of Christ is imputed to him, and he is no more to doubt God's forgiving grace. {RC 78.3}

There is nothing in faith that makes it our saviour. Faith cannot remove our guilt. Christ is the power of God unto salvation to all them that believe. The justification comes through the merits of Jesus Christ. He has paid the price for the sinner's redemption. Yet it is only through faith in His blood that Jesus can justify the believer. {RC 78.4}

The sinner cannot depend upon his own good works as a means of justification. He must come to the point where he will renounce all his sin, and embrace one degree of light after another, as it shines upon his pathway. He simply grasps by faith the free and ample provision made in the blood of Christ. He believes the promises of God which through Christ are made unto him sanctification and righteousness and redemption. {RC 78.5}

And if he follows Jesus, he will walk humbly in the light, rejoicing in the light, and diffusing that light to others. Being justified by faith, he carries cheerfulness with him in his obedience in all his life. Peace with God is the result of what Christ is to him. The souls who are in subordination to God, who honor Him, and are doers of His Word, will receive divine enlightenment. In the precious Word of God, there is purity and loftiness as well as beauty that, unless assisted by God, the highest powers of man cannot attain to. . . . {RC 78.6}

We are none of us excusable, under any form of trial, for letting our hold upon God become loosened. Although the compassion of man may fail, still God loves and pities, and reaches out His helping hand. God's everlasting arms encircle the soul that turns to Him for aid.... God loves to have His children ask Him, and trust Him to do for them those things which they cannot do for themselves.--Signs of the Times, May 19, 1898. {RC 78.7}

The Faith I Live By, Chapter 3, p. 76**“A Saviour From Eternity”****March 11th**

Blessed be the God and Father of our Lord Jesus Christ, who hath blessed us with all spiritual blessings in heavenly places in Christ: according as he hath chosen us in him before the foundation of the world, that we should be holy and without blame before him in love. **Ephesians 1:3, 4.** {FLB 76.1}

Since the Fall the Lord has wrought out His will in the plan of redemption, a plan by which He is seeking to restore man to his original perfection. Christ's death on the cross has made it possible for God to receive and pardon every repentant soul. {FLB 76.2}

As the divine Sufferer hung upon the cross, angels gathered about Him, and as they looked upon Him, and heard His cry, they asked, with intense emotion, "Will not the Lord Jehovah save Him?" . . . Then were the words spoken: "The Lord hath sworn, and He will not repent. Father and Son are pledged to fulfill the terms of the everlasting covenant. God so loved the world, that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." Christ was not alone in making His great sacrifice. It was the fulfillment of the covenant made between Him and His Father before the foundation of the world was laid. With clasped hands they had entered into the solemn pledge that Christ would become the surety for the human race if they were overcome by Satan's sophistry. {FLB 76.3}

The salvation of the human race has ever been the object of the councils of heaven. The covenant of mercy was made before the foundation of the world. It has existed from all eternity, and is called the everlasting covenant. So surely as there never was a time when God was not, so surely there never was a moment when it was not the delight of the eternal mind to manifest His grace to humanity. {FLB 76.4}

The more we consider this subject, the greater depths we find, and yet there are depths that we do not reach as we study the Redeemer's glory. It is the glory of the Prince of life, and the mightiest powers of man cannot reach it. The angels themselves desire to look into this mysterious and wonderful theme, the redemption of the human race. {FLB 76.5}

Lift Him Up, Chapter 5, pp. 160**“Results of Obedience to Physical Laws”****May 26th**

These are the commandments, the statutes, and the judgments, which the Lord your God commanded to teach you, that ye might do them in the land whither ye go to possess it: that thou mightest fear the Lord thy God, to keep all his statutes and his commandments, which I command thee . . . all the days of thy life; and that thy days may be prolonged. **Deuteronomy 6:1, 2.** {LHU 160.1}

In this scripture we are taught that obedience to God's requirements brings the obedient under the laws that control the physical being. Those who would preserve themselves in health must bring into subjection all appetites and passions. They must not indulge lustful passion and intemperate appetite, for they are to remain under control to God, and their physical, mental, and moral powers are to be so wisely employed that the bodily mechanism will remain in good working order. {LHU 160.2}

Health, life, and happiness are the result of obedience to physical laws governing our bodies. If our will and way are in accordance with God's will and way; if we do the pleasure of our Creator, He will keep the human organism in good condition, and restore the moral, mental, and physical powers, in order that He may work through us to His glory. Constantly His restoring power is manifested in our bodies. If we cooperate with Him in this work, health and happiness, peace and usefulness, are the sure results (The SDA Bible Commentary, Ellen G. White Comments, vol. 1, p. 1118). {LHU 160.3}

"And the Lord commanded us to do all these statutes, to fear the Lord our God, for our good always, that he might preserve us alive, as it is at this day. And it shall be our righteousness, if we observe to do all these commandments before the Lord our God, as he hath commanded us." The fear here spoken of is not a servile fear, but a godly fear. {LHU 160.4}

God gave these laws to Israel to preserve them in a happy, healthful state. If there had existed no Satan to tempt them, these special instructions would not have been needed; but unless the people had something to guide them, they would surely be led astray by the specious devisings of the enemy of all righteousness. Their only safety was to be found in hearkening with all diligence to the word of the Lord. {LHU 160.5}

Parents who desire to train their children aright should heed the instruction given in these scriptures, and allow their little ones to do nothing in disregard of God's commandments so plainly given. Let fathers and mothers faithfully teach their children these precepts, and impress upon their tender minds that fact that in obedience there is life, health, happiness . . . {LHU 160.6}

The great object we should always keep in view, when obtaining a knowledge of God's laws, is that we are to become acquainted with His will in order that we may obey Him (manuscript 151, 1901). {LHU 160.7}

Friday, April 21st, 2023**Selected Messages, Book 3, Chapter 57, p. 420****“The Last Great Struggle”****“Christ Stands by the Side of Persecuted Saints”****When Persecuted Flee to Another Place**

In some places where the opposition is very pronounced, the lives of God's messengers may be endangered. It is then their privilege to follow the example of their Master and go to another place.--Letter 20, 1901. {3SM 420.1}

Martyrdom God's Means of Bringing Many Into Truth

The worthies who refused to bow to the golden image were cast into a burning fiery furnace, but Christ was with them there, and the fire did not consume them. . . . {3SM 420.2}

Now some of us may be brought to just as severe a test--will we obey the commandments of men or will we obey the commandments of God? This is the question that will be asked of many. The best thing for us is to come into close connection with God, and, if He would have us be martyrs for the truth's sake, it may be the means of bringing many more into the truth.-- Manuscript 83, 1886. {3SM 420.3}

Christ Stands by the Side of Persecuted Saints

Never is the tempest-trying soul more dearly loved by his Saviour than when he is suffering reproach for the truth's sake. When for the truth's sake the believer stands at the bar of unrighteous tribunals, Christ stands by his side. All the reproaches that fall upon the human believer fall upon Christ in the person of His saints. "I will love him," said Christ, "and will manifest myself to him" (John 14:21). Christ is condemned over again in the person of His believing disciples. {3SM 420.4}

When for the truth's sake the believer is incarcerated in prison walls, Christ manifests Himself to him, and ravishes his heart with His love. When he suffers death for the sake of Christ, Christ says to him, "They may kill the body, but they cannot hurt the soul." "Be of good cheer; I have overcome the world." "They crucified Me, and if they put you to death, they crucify Me afresh in the person of My saints." {3SM 420.5}

SDA Bible Commentary, Vol. 4, Chapter 5-8, pp. 1171**“Undeviating Integrity is the Only Safe Course”****Chapter 5**

5-9. Presence of Unseen Guest Felt.--A Watcher, who was unrecognized, but whose presence was a power of condemnation, looked on this scene of profanation. Soon the unseen and uninvited Guest made His presence felt. At the moment when the sacrilegious revelry was at its height, a bloodless hand came forth, and wrote words of doom on the wall of the banqueting hall. Burning words followed the movements of the hand. "Mene, Mene, Tekel, Upharsin," was written in letters of flame. Few were the characters traced by that hand on the wall facing the king, but they showed that the power of God was there. {4BC 1170.7}

Belshazzar was afraid. His conscience was awakened. The fear and suspicion that always follow the course of the guilty seized him. When God makes men fear, they cannot hide the intensity of their terror. Alarm seized the great men of the kingdom. Their blasphemous disrespect of sacred things was changed in a moment. A frantic terror overcame all self-control. . . . {4BC 1170.8}

In vain the king tried to read the burning letters. He had found a power too strong for him. He could not read the writing (YI May 19, 1898). {4BC 1171.1}

27. See EGW on Proverbs 16:2, Vol. III, p. 1160. {4BC 1171.2}

Chapter 6

5. An Unenviable Position.--Daniel's position was not an enviable one. He stood at the head of a dishonest, prevaricating, godless cabinet, whose members watched him with keen, jealous eyes, to find some flaw in his conduct. They kept spies on his track, to see if they could not in this way find something against him. Satan suggested to these men a plan whereby they might get rid of Daniel. Use his religion as a means of condemning him, the enemy said (YI Nov. 1, 1900). {4BC 1171.3}

10. Undeviating Integrity Is Only Safe Course.--It may be a difficult matter for men in high positions to pursue the path of undeviating integrity whether they shall receive praise or censure. Yet this is the only safe course. All the rewards which they might gain by selling their honor would be only as the breath from polluted lips, as dross to be consumed in the fire. Those who have moral courage to stand in opposition to the vices and errors of their fellow men--it may be of those whom the world honor-- will receive hatred, insult, and abusive falsehood. They may be thrust down from their high position, because they would not be bought or sold, because they could not be induced by bribes or threats to stain their hands with iniquity. Everything on earth may seem to conspire against them; but God has set His seal upon His own work. They may be regarded by their fellow men as weak, unmanly, unfit to hold office; but how differently does the Most High regard them. Those who despise them are the really ignorant. While the storms of calumny and reviling may pursue the man of integrity through life, and beat upon his grave, God has the "well done" prepared for him. Folly and iniquity will at best yield only a life of unrest and discontent, and at its close a thorny dying pillow. And how many, as they view their course of action and its results, are led to end with their own hands their disgraceful career. And beyond all this waits the judgment, and the final, irrevocable doom, Depart (ST Feb. 2, 1882)! {4BC 1171.4}

Chapter 7

2-7. Messiah's Ensign, a Lamb.--To Daniel was given a vision of fierce beasts, representing the powers of the earth. But the ensign of the Messiah's kingdom is a lamb. While earthly kingdoms rule by the ascendancy of physical power,

Christ is to banish every carnal weapon, every instrument of coercion. His kingdom was to be established to uplift and ennoble fallen humanity (Letter 32, 1899). {4BC 1171.5}

10 (Revelation 20:12). An Unerring Register.--There is an unerring register kept of all sins committed. All man's impiety, all his disobedience to Heaven's commands, are written in the books of heaven with unerring accuracy. The figures of guilt rapidly accumulate, yet the judgments of God are tempered with mercy, until the figures have reached their appointed limit. God bears long with the transgression of human beings, and continues through His appointed agencies to present the gospel message, until the set time has come. God bears with divine patience with the perversity of the wicked; but He declares that He will visit their transgressions with a rod. He will at last permit the destructive agencies of Satan to bear sway to destroy (MS 17, 1906). {4BC 1171.6}

Accurately recorded in the books of heaven are the sneers and trivial remarks made by sinners who pay no heed to the call of mercy when Christ is represented to them by a servant of God. As the artist takes on the polished glass a true picture of a human face, so God daily places upon the books of heaven an exact representation of the character of every individual (MS 105, 1901). {4BC 1171.7}

25 (Exodus 31:13; Ezekiel 20:12). A Signpost Turned Around.--The Lord has clearly defined the road to the city of God; but the great apostate has changed the signpost, setting up a false one--a spurious sabbath. He says: "I will work at cross-purposes with God. I will empower my delegate, the man of sin, to take down God's memorial, the seventh-day Sabbath. Thus will I show the world that the day sanctified and blessed by God has been changed. That day shall not live in the minds of the people. I will obliterate the memory of it. I will place in its stead a day bearing not the credentials of heaven, a day that cannot be a sign between God and His people. I will lead the people who accept this day, to place upon it the sanctity that God placed upon the seventh day. Through my vicegerent I will exalt myself. The first day shall be extolled, and the Protestant world shall receive this spurious sabbath as genuine. Through the non-observance of the Sabbath God instituted, I will bring His law into contempt. The words, 'A sign between me and you throughout your generations,' I will make to serve on the side of my sabbath. Thus the world will become mine. I will be ruler of the earth, prince of the world. I will so control the minds under my power that God's Sabbath shall be an object of contempt. A sign? I will make the observance of the seventh day a sign of disloyalty to the authorities of earth. Human laws shall be made so stringent that men and women will not dare to observe the seventh-day Sabbath. For fear of wanting food and clothing, they will join with the world in transgressing God's law; and the earth will be wholly under my dominion." {4BC 1171.8}

*Lesson 5 Study Help**Friday, April 28th, 2023***God's Amazing Grace, Chapter 305, pp. 313****"Wages of Gift"****November 1st**

The wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord. **Romans 6:23.** {AG 313.1}

Man was originally endowed with noble powers and a well-balanced mind. He was perfect in his being, and in harmony with God. His thoughts were pure, his aims holy. But through disobedience, his powers were perverted, and selfishness took the place of love. His nature became so weakened through transgression that it was impossible for him, in his own strength, to resist the power of evil. He was made captive by Satan, and would have remained so forever had not God specially interposed. It was the tempter's purpose to thwart the divine plan in man's creation, and fill the earth with woe and desolation. {AG 313.2}

By nature we are alienated from God. The Holy Spirit describes our condition in such words as these: "Dead in trespasses and sins;" "the whole head is sick, and the whole heart faint;" "no soundness in it" (Ephesians 2:1; Isaiah 1:5, 6). We are held fast in the snare of Satan, "taken captive by him at his will" (2 Timothy 2:26). God desires to heal us, to set us free. But since this requires an entire transformation, a renewing of our whole nature, we must yield ourselves wholly to Him. {AG 313.3}

The warfare against self is the greatest battle that was ever fought. The yielding of self, surrendering all to the will of God, requires a struggle; but the soul must submit to God before it can be renewed in holiness. . . . {AG 313.4}

God does not force the will of His creatures. He cannot accept an homage that is not willingly and intelligently given. A mere forced submission would prevent all real development of mind or character; it would make man a mere automaton. Such is not the purpose of the Creator. He desires that man, the crowning work of His creative power, shall reach the highest possible development. He sets before us the height of blessing to which He desires to bring us through His grace. He invites us to give ourselves to Him, that He may work His will in us. It remains for us to choose whether we will be set free from the bondage of sin, to share the glorious liberty of the sons of God. {AG 313.5}

*Lesson 6 Study Help**Friday, May 5th, 2023***In Heavenly Places, Chapter 81, pp. 87****“With All Your Heart”****March 21st**

And ye shall seek me, and find me, when ye shall search for me with all your heart. **Jeremiah 29:13.** {HP 87.1}

Many have not had that religious experience that is essential for them, that they may stand without fault before the throne of God. The furnace fires of affliction He permits to be kindled upon them to consume the dross, to refine, to purify and cleanse them from the defilement of sin, of self love, and to bring them to know God and to become acquainted with Jesus Christ by walking with Him as did Enoch. . . . {HP 87.2}

That which is called praying morning and evening, according to custom, is not always fervent and effectual. It is with many a sleepy, dull, and heartless repetition of words, and does not reach the ear of the Lord. God does not need or require your ceremonial compliments, but He will respect the broken heart, the confession of sins, the contrition of the soul. The cry of the humble, broken heart He will not despise. . . . {HP 87.3}

We must have such love for Jesus that we will consider it a privilege to suffer and even die for His sake. We may tell the Lord all our trials, tell Him all our weaknesses, tell Him all our dependence upon His might and His power. This is true prayer. If ever there was a time when the Spirit of grace and supplication was needed to be poured out upon us, God Himself inditing our prayers, it is now. And the promise is to be brought before every church, and the simplicity of truth dwelt upon. "Ask, and ye shall receive" (John 16:24). It is faith, living faith that we need. . . . {HP 87.4}

The Lord will lead His people and guide them. The commandment will go forth from God as to Daniel, to help those making earnest intercession to the throne of His grace in their time of need. {HP 87.5}

We need to open the heart to Christ. We need much firmer faith and more fervent devotion. We need to die to self, and in mind and heart to cherish an adoring love for our Saviour. When we will seek the Lord with all the heart we shall find Him, and our hearts will be all aglow with His love. Self will sink into insignificance, and Jesus will be all and in all to the soul. {HP 87.6}

Selected Messages, Book 3, Chapter 52, pp. 353**“Sinlessness and Salvation”****“The Claim to Sinlessness”**

The Claim to Sinlessness [EXCERPT FROM A SERMON PREACHED BY ELLEN G. WHITE AT SANTA ROSA, CALIFORNIA, MARCH 7, 1885.]

Says John, in speaking of the deceiver that doeth great wonders: He shall make an image to the beast, and shall cause all to receive his mark. Will you please to consider this matter? Search the Scriptures, and see. There is a wonder-working power to appear: and it will be when men are claiming sanctification, and holiness, lifting themselves up higher and higher and boasting of themselves. {3SM 353.1}

Look at Moses and the prophets; look at Daniel and Joseph and Elijah. Look at these men, and find me one sentence where they ever claimed to be sinless. The very soul that is in close relation to Christ, beholding His purity and excellency, will fall before Him with shamefacedness. {3SM 353.2}

Daniel was a man to whom God had given great skill and learning, and when he fasted the angel came to him and said, "Thou art greatly beloved." And he fell prostrate before the angel. He did not say, "Lord, I have been very faithful to You and I have done everything to honour You and defend Your word and name. Lord, You know how faithful I was at the king's table, and how I maintained my integrity when they cast me into the den of lions." Was that the way Daniel prayed to God? {3SM 353.3}

No; he prayed and confessed his sins, and said, Hear O Lord, and deliver; we have departed from Thy Word and have sinned. And when he saw the angel, he said, My comeliness was turned into corruption. He could not look upon the angel's face, and he had no strength; it was all gone. So the angel came to him and set him upon his knees. He could not behold him then. And then the angel came to him with the appearance of a man. Then he could bear the sight. {3SM 354.1}

*Lesson 7 Study Help**Friday, May 12th, 2023***That I May Know Him, Chapter 256, pp. 262****“What is God Like”****September 13th**

For the mountains shall depart, and the hills be removed; but my kindness shall not depart from thee, neither shall the covenant of my peace be removed, saith the Lord that hath mercy on thee. **Isaiah 54:10.** {TMK 262.1}

We are not to think of God only as a judge and to forget Him as our loving Father. Nothing can do our souls greater harm than this, for our whole spiritual life will be molded by our conceptions of God's character. . . . {TMK 262.2}

Now let us improve the precious opportunities to become acquainted with our heavenly Father, who "so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish. . . ." Wondrous love that God, the infinite God, has made it our privilege to approach Him by the name of Father! No earthly parent could plead more earnestly with an erring child than He who made us pleads with the transgressor. No human, loving interest has ever followed the impenitent with such tender invitations. . . . {TMK 262.3}

His word is pledged. The mountains shall depart, and the hills be removed, but His kindness shall not depart from His people, neither shall the covenant of His peace be removed. His voice is heard, "I have loved thee with an everlasting love" (Jeremiah 31:3). "With everlasting kindness will I have mercy on thee" (Isaiah 54:8). How amazing is this love, that God condescends to remove all cause for doubt and questioning from human fears and weakness and takes hold of the trembling hand reached up to Him in faith; and He helps us to trust Him by multiplied assurances and securities. He has made us a binding agreement upon condition of our obedience, and He comes to meet us in our own understanding of things. We think that a pledge or promise from our fellow men, if recorded, still needs a guarantee. Jesus has met all these peculiar fears, and He has confirmed His promise with an oath: "Wherein God, willing more abundantly to shew unto the heirs of promise the immutability of his counsel, confirmed it by an oath: . . ." What more could our Lord do to strengthen our faith in His promises? {TMK 262.4}

*Lesson 7 Study Help**Friday, May 12th, 2023***The Upward Look, Chapter 128, pp. 142****“When Mistakes Are Made”****September 7th**

Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and he will have mercy upon him; and to our God, for he will abundantly pardon. **Isaiah 55:7.** {UL 142.1}

Though a veil hangs over the future, you have a knowledge of the Lord's mercies in the past. Allow no difficulties to discourage you. You have passed through trials, and you will be called to pass through trials again. You have had to pass through experiences not altogether agreeable, and these experiences may be repeated. Temptations have come to you, and temptations will come to you again. {UL 142.2}

We know not what is before us; but we know that we have the privilege of committing our souls to God, as unto a faithful Creator. Let us thank God that we have a refuge in trial. Let us remember that Christ is a present help in every time of need. The promises of God's Word are rich and full and free. God is with us; He cares for us. {UL 142.3}

God is revealed to us in Christ. Our Saviour is the image of the invisible God. Oh, how near to heaven we may be. "He that hath seen me hath seen the Father," Christ declared. {UL 142.4}

Let us allow no worldly business to absorb our energies. Let us allow nothing to occupy the place that God should fill. We must have periods of rest, times set apart for meditation and prayer and for spiritual refreshing. Christ went about doing good, healing all manner of sickness and forgiving all sins, comforting the mourners, banishing sorrow by His presence. Let us behold Him--the very compassion and lovingkindness of God Himself. {UL 142.5}

Let us seek the Lord. . . . Never forget that you are God's little children. Refuse to worry about what you cannot help. If you make mistakes, go to the compassionate Saviour and ask Him for forgiveness. Tell Him that you want to follow His will. Be polite to God. Remember that He cares for you, and that He will be a present help in every time of need. His "tender mercies are over all his works." {UL 142.6}

It is our privilege to open our hearts and let the Saviour in. Let us praise Him for the brightness of His presence. Let us carry the sunshine of His love on our countenances and bring it into our words. Then His joy will be in us, and our joy will be full. . . . {UL 142.7}

The breath of the higher life is to be breathed into our lifework. This will bind us to one another, and to God. The love of Christ needs to come into our experience. Then we shall love one another as Christ has loved us.--Letter 81, May 8, 1903, to Dr. D.H. Kress and wife. (Dr. Kress was director of the Sydney Sanitarium.) {UL 142.8}

*Lesson 8 Study Help**Friday, May 19th, 2023***In Heavenly Places, Chapter 139, pp. 145****“Sanctifying Power”****May 18th**

Sanctify them through thy truth: thy word is truth. **John 17:17.** {HP 145.1}

The truth which we profess will be of no avail to us unless we are sanctified through it. . . . While error is prevailing to such an extent in our land, we want to know what is truth, because we cannot be sanctified by error. The better we understand the truth as it is in God's Word, the better we shall know how to sanctify our lives through God's Word. {HP 145.2}

We are in this world as probationers, and God is providing us by giving us an opportunity to obey His truth. It is a very solemn thing to live in this age of the world, and we should not be satisfied unless we have a living connection with the God of heaven, and we should have a sense of our accountability to Him every day of our lives. . . . {HP 145.3}

There are voices that we shall hear all around us to divert us away from the truth, but if we have an eye single to the glory of God and are striving to do His will, we shall hear His voice and know it is the voice of the Good Shepherd. It is very important that we understand the voice that speaks to us. . . . {HP 145.4}

There are temptations that will come to every one of us. We all have our different dispositions to overcome, and how are we to know that we are doing this work day by day? We must look into the mirror--God's holy law--and there discover the defects in our characters. It is a very difficult thing for one to understand himself. We must examine closely to see if there is not something that must be laid aside, and then as we make an effort to put away self, our precious Saviour will give us the help we need that we may be overcomers. . . . {HP 145.5}

This world is not heaven, it is the preparation place; it is the workshop of God where we are to be hewed and chiseled and fitted up for the heavenly mansions. Then do not be satisfied with a mere sense of the truth; God calls for a reformation at every step. It is to have a fitness for the mansions that Christ has gone to fit up for us. And if we can only be of the heavenly family in the kingdom of glory then we shall have the eternal reward. May God help us to overcome by the blood of the Lamb and the word of His testimony. {HP 145.6}

That I May Know Him, Chapter 205, pp. 211**“God’s Appointed Signature”****April 19th**

And hallow my sabbaths; and they shall be a sign between me and you, that ye may know that I am the Lord your God. **Ezekiel 20:20.** {TMK 211.1}

How shall we distinguish God's true servants from the false prophets who Christ said should arise to deceive many? There is only one test of character--the law of Jehovah. {TMK 211.2}

The Israelites placed over their doors a signature of blood to show that they were God's property. So the children of God in this age will bear the signature God has appointed. They will place themselves in harmony with God's holy law. A mark is placed upon every one of God's people just as verily as a mark was placed over the doors of the Hebrew dwellings, to preserve the people from the general ruin. God declares, "I gave them my sabbaths, to be a sign between me and them" (Ezekiel 20:12). . . . There is no need for us to be deceived. . . . {TMK 211.3}

Satanic agencies have made the earth a stage for horrors which no language can describe. War and bloodshed are carried on by nations claiming to be Christian. A disregard for the law of God has brought its sure result. The great conflict now being waged is not merely a strife of man against man. On one side stands the Prince of life, acting as man's substitute and surety; on the other, the prince of darkness, with the fallen angels under his command. . . . {TMK 211.4}

There will be a sharp conflict between those who are loyal to God and those who cast scorn upon His law. The church has joined hands with the world. Reverence to God's law has been subverted. The religious leaders are teaching for doctrine the commandments of men. As it was in the days of Noah, so it is in this age of the world. But shall the prevalence of disloyalty and transgression cause those who have revered the law of God to have less respect for it, to unite with the powers of earth to make it void? The truly loyal will not be carried away by the current of evil. They will not throw scorn and contempt on that which God has set apart as holy. The test comes to every one. There are only two sides. On which side are you? {TMK 211.5}

The Upward Look, Chapter 44, pp. 58**“Labourers Needed for the Harvest”****February 13th**

The fruit of the righteous is a tree of life; and he that winneth souls is wise. **Proverbs 11:30.** {UL 58.1}

Let those who have been trained for service now take their places quickly in the Lord's work. House-to-house laborers are needed. The Lord calls for decided efforts to be put forth in places where the people know nothing of the truth. Singing and prayer and Bible readings are needed in the homes of the people. Now, just now, is the time to obey the commission, "Teaching them to observe all things whatsoever I have commanded you" (Matthew 28:20). Those who do this work must have a ready knowledge of the Scriptures. "It is written" is to be their weapon of defense. {UL 58.2}

God has given us light on His Word that we may give it to our fellow men. The truth spoken by Christ will reach hearts. A "Thus saith the Lord" will fall upon the ear with power, and fruit will appear wherever honest service is done. {UL 58.3}

The Lord calls for action. . . . Should we neglect to take advantage of this time, we should miss a great opportunity for letting light from God's Word shine forth. The trumpet is to give a certain sound. {UL 58.4}

Say to the people: "Know for yourselves of the doctrine." Let not your lips utter a sentence of doubt. Do not come before the people with an uncertain sound. Know what is truth and proclaim truth. Christ's teaching was always positive in its nature. Never, never utter sentiments of doubt. Bear with a certain voice an affirmative message. Lift Him up, the Man of Calvary, higher and still higher. There is power in the exaltation of the cross of Christ. {UL 58.5}

Christ's divinity is to be steadfastly maintained. When the Saviour asked His disciples the question, "Whom say ye that I am?" Peter answered, "Thou art the Christ, the Son of the living God" (Matthew 16:15, 16). Said Christ, "Upon this rock," not on Peter, but on the Son of God, "I will build my church; and the gates of hell shall not prevail against it" (verse 18). {UL 58.6}

Great is the mystery of godliness. There are mysteries in the life of Christ that are to be believed, even though they cannot be explained.-- Letter 65, Feb. 13, 1905, to A. T. Jones, a prominent minister. {UL 58.7}

Selected Messages, Book 3, Chapter 57, pp. 423**“The Last Great Struggle”****“Every Human Being Will Be Either in Christ’s Army or Satan’s Army”**

We are nearing the close of this earth's history, when two parties alone can exist, and every man, woman, and child will be in one of these armies. Jesus will be the General of one army; of the opposing army, Satan will be the leader. All who are breaking, and teaching others to break, the law of God, the foundation of His government in heaven and in earth, are marshaled under one superior chief, who directs them in opposition to the government of God. And "the angels which kept not their first estate, but left their own habitation" (Jude 6) are rebels against the law of God, and enemies to all who love and obey His commandments. These subjects, with Satan their leader, will gather others into their ranks through every possible means, to strengthen his forces and urge his claims. {3SM 422.5}

Through his deception and delusion, Satan would, if possible, deceive the very elect. His is no minor deception. He will seek to annoy, to harass, to falsify, to accuse, and misrepresent all whom he cannot compel to give him honor and help him in his work. His great success lies in keeping men's minds confused, and ignorant of his devices, for then he can lead the unwary as it were, blindfolded. . . . {3SM 423.1}

The Sabbath Is the Issue in the Final Conflict.-- The Sabbath is the great test question. It is the line of demarkation between the loyal and true and the disloyal and transgressor. This Sabbath God has enjoined, and those who claim to be commandment keepers, who believe that they are now under the proclamation of the third angel's message, will see the important part the Sabbath of the fourth commandment holds in that message. It is the seal of the living God. They will not lessen the claims of the Sabbath to suit their business of convenience.--Manuscript 34, 1897. {3SM 423.2}

John in the Revelation writes of the unity of those living on the earth to make void the law of God. "These have one mind, and shall give their power and strength unto the beast. These shall make war with the Lamb, and the Lamb shall overcome them: for he is Lord of lords, and King of kings: and they that are with him are called, and chosen, and faithful" (Revelation 17:13, 14). "And I saw three unclean spirits like frogs come out of the mouth of the dragon, and out of the mouth of the beast, and out of the mouth of the false prophet" (chap. 16:13). {3SM 423.3}

All who will exalt and worship the idol Sabbath, a day that God has not blessed, help the devil and his angels with all the power of their God-given ability, which they have perverted to a wrong use. Inspired by another spirit, which blinds their discernment, they cannot see that the exaltation of Sunday is entirely the institution of the Catholic Church. . . . {3SM 423.4}

Testimonies to Ministers and Gospel Workers,**Chapter 15, pp. 407****“To God’s Workmen”****“The Great Controversy Waxes Stronger”**

There never will be a time in the history of the church when God's worker can fold his hands and be at ease, saying, "All is peace and safety." Then it is that sudden destruction cometh. Everything may move forward amid apparent prosperity; but Satan is wide-awake, and is studying and counseling with his evil angels another mode of attack where he can be successful. The contest will wax more and more fierce on the part of Satan; for he is moved by a power from beneath. As the work of God's people moves forward with sanctified, resistless energy, planting the standard of Christ's righteousness in the church, moved by a power from the throne of God, the great controversy will wax stronger and stronger, and will become more and more determined. Mind will be arrayed against mind, plans against plans, principles of heavenly origin against principles of Satan. Truth in its varied phases will be in conflict with error in its ever-varying, increasing forms, and which, if possible, will deceive the very elect. {TM 407.1}

Our work must be an earnest one. We are not to fight as those that beat the air. The ministry, the pulpit, and the press demand men like Caleb, who will do and dare, men whose eyes are single to detect the truth from error, whose ears are consecrated to catch the words from the faithful Watcher. And the Spirit from the throne of God will make itself felt upon a degenerate Christianity, a corrupt world, ready to be consumed by the long-deferred judgments of an offended God {TM 407.2}

Lesson 10 Study Help**Friday, June 2nd, 2023****Selected Messages, Book 2,
Chapter 27, pp. 270****“The Bereaved”**

We are not like the heathen, to have days and nights of mourning when nothing is heard but dismal chanting for the dead, for the purpose of arousing human sympathy. We are not to clothe ourselves with mourning clothing and wear a mournful countenance, as though our friends and relatives were forever parted from us. John exclaims, "Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus. And I heard a voice from heaven saying unto me, Write, Blessed are the dead which die in the Lord from henceforth: Yea, saith the Spirit, that they may rest from their labours; and their works do follow them" (Revelation 14:12, 13). {2SM 270.1}

How appropriate are the words of John in the case of these loved ones who sleep in Jesus. The Lord loved them, and the words spoken by them in their life, the labors of love which will be remembered, will be repeated by others. Their earnest wholeheartedness in the work of God leaves an example for others to follow, for the Holy Spirit has worked in them to will and to do of His good pleasure. {2SM 270.2}

"But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you" (Romans 8:11). O how precious are these words to every bereaved soul! Christ is our Guide and Comforter, who comforts us in all our tribulations. When He gives us a bitter draught to drink, He also holds a cup of blessing to our lips. He fills the heart with submission, with joy and peace in believing, and enables us to say submissively, Not my will, but Thy will, O Lord, be done. "The Lord gave, and the Lord hath taken away; blessed be the name of the Lord" (Job 1:21). With this submission hope is resurrected, and the hand of faith lays hold upon the hand of infinite power. "He that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you" (Romans 8:11). {2SM 270.3}

The very bodies that are sown in corruption will be raised in incorruption. That which is sown in dishonor will be raised in glory; sown in weakness, it will be raised in power; sown a natural body, it will be raised a spiritual body. The mortal bodies are quickened by His Spirit that dwelleth in you. {2SM 270.4}

The Upward Look, Chapter 338, pp. 352**“God’s Word is True”****December 4th****“The Atonement—Our Foundation of Peace”**

No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the Lord, and their righteousness is of me, saith the Lord. **Isaiah 54:17.** {UL 352.1}

The great apostasy, which is developing and increasing and waxing stronger, . . . will continue to do so until the Lord shall descend from heaven with a shout. We are to hold fast the first principles of our denominated faith, and go forward from strength to increased faith. Ever we are to keep the faith that has been substantiated by the Holy Spirit of God from the earlier events of our experience until the present time. We need now larger breadth, and deeper, more earnest, unwavering faith in the leadings of the Holy Spirit. If we needed the manifest proof of the Holy Spirit's power to confirm truth in the beginning, after the passing of the time, we need today all the evidence in the confirmation of the truth, when souls are departing from the faith and giving heed to seducing spirits and doctrines of devils. There must not be any languishing of soul now. {UL 352.2}

If ever there was a period of time when we needed the Holy Spirit's power in our discourses, in our prayers, in every action proposed, it is now. We are not to stop at the first experience, but while we bear the same message to the people, this message is to be strengthened and enlarged. We are to see and realize the importance of the message made certain by its divine origin. We are to follow on to know the Lord, that we may know that His going forth is prepared as the morning. Our souls need the quickening from the Source of all power. We may be strengthened and confirmed in the past experience that holds us to the essential points of truth which have made us what we are--Seventh-day Adventists. {UL 352.3}

The past fifty years have not dimmed one jot or principle of our faith as we received the great and wonderful evidences that were made certain to us in 1844, after the passing of the time. The languishing souls are to be confirmed and quickened according to His Word. . . . Not a word is changed or denied. That which the Holy Spirit testified to as truth after the passing of the time, in our great disappointment, is the solid foundation of truth. [The] pillars of truth were revealed, and we accepted the foundation principles that have made us what we are--Seventh-day Adventists, keeping the commandments of God and having the faith of Jesus. {UL 352.4}

Have not the hearts of Christ's disciples burned within them as He has talked with us by the way and opened to us the Scriptures? Has not the Lord Jesus opened to us the Scriptures, and presented to us things kept secret from the foundation of the world?--Letter 326, Dec. 4, 1905, to W. C. White. {UL 352.5}

Lesson 11 Study Help**Friday, June 9th, 2023****In Heavenly Places, Chapter 220, pp. 226****“The Voice of Duty”****August 7th**

Whatsoever thy hand findeth to do, do it with thy might. **Ecclesiastes 9:10.** {HP 226.1}

The voice of duty is the voice of God--an inborn, heaven-sent guide. Whether it be pleasing or unpleasing, we are to do the duty that lies directly in our pathway. If the Lord would have us bear a message to Nineveh, it will not be pleasing to Him for us to go to Joppa or Capernaum. God has reasons for sending us to the place to which our feet are directed. . . {HP 226.2}

It is the little foxes that spoil the vines, the little neglects, the little deficiencies, the little dishonesties, the little departures from principle, that blind the soul and separate it from God. {HP 226.3}

It is the little things of life that develop the spirit and determine the character. Those who neglect the little things will not be prepared to endure severe tests when they are brought to bear upon them. Remember that the character building is not finished till life ends. Every day a good or bad brick is placed in the structure. You are either building crookedly or with the exactness and correctness that will make a beautiful temple for God. Therefore, in looking for great things to do, neglect not the little opportunities that come to you day by day. He who neglects the little things, and yet flatters himself that he is ready to do wonderful things for the Master, is in danger of failing altogether. Life is made up, not of great sacrifices and of wonderful achievements, but of little things. {HP 226.4}

Whatever your hands find to do, do it with your might. Make your work pleasant with songs of praise. If you would have a clean record in the books of heaven, never fret or scold. Let your daily prayer be, "Lord, help me to do my best. . . Give me energy and cheerfulness. Help me to bring into my service the loving ministry of the Saviour." {HP 226.5}

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. You will do your best, moving forward cheerfully in the service of the Lord, your hearts filled with His joy. {HP 226.6}

*Lesson 12 Study Help**Friday, June 16th, 2023***The Upward Look, Chapter 25, pp. 39****“Our Competent Saviour”****January 25th**

These shall make war with the Lamb, and the Lamb shall overcome them: for he is Lord of lords, and King of kings: and they that are with him are called, and chosen, and faithful. **Revelation 17:14.** {UL 39.1}

What is life? A standing memorial of the only true God. The work of creation can never be explained by science. What intellect is there that can explain the science of life? Can we wonder that the materialist has no place for the existence of God? The fourth commandment declares to the whole universe, to the worlds unfallen and the fallen world, that God created the world in six days and rested on the seventh. The evidence there given does not leave standing room for skepticism. . . . {UL 39.2}

Christ, the Commander in the heavenly courts, was accustomed to receive the attendance and adoration of angels. And at any time during His life on this earth He could have called to His Father for twelve legions of angels. But no bribe, no temptation to lead Him to manifest His divine prerogatives, could induce Him to deviate from the path of God's appointment. Great tact and cunning were shown in the tactics which Satan followed. Three times did the enemy try to gain the victory over Christ. He assailed Him on the point of appetite. He appealed to His pride. He presented before Him the most captivating scenes of this world. He challenged Him to give evidence that He was the Son of God. Christ gave him none, but righteously maintained His dignity as One to whom God has committed all power. {UL 39.3}

Today, Satan has great power in the world. He has been permitted to have proprietorship of this earth for an appointed time. During this period, when iniquity prevails, men and women are given a chance to take sides. In every possible way, Satan tries to make the broad road attractive and the narrow road grievous, humiliating, and objectionable. He lays ingenious plans to allure men and women to indulge appetite. Cheap, unsatisfying pleasures are made all and in all in this degenerate age. Satan throws his glamour about these amusements, which eclipse eternal things. Many will sell their birthright, as did Esau, for trifling consideration by the indulgence of appetite. Worldly pleasure will appear more desirable to them than the heavenly birthright. {UL 39.4}

But Christ has overcome in our behalf. He was the only one who could be a competent Saviour. He had divine wisdom, ability, and power. He could stand before the world as a wonderful Counsellor, the mighty God, the Everlasting Father, the Prince of Peace.--Letter 7, Jan. 25, 1900, to W. K. Kellogg, brother of and assistant to Dr. J. H. Kellogg. {UL 39.5}

Early Writings, Experience and Views, pp. 64-67**"The Mark of the Beast"**

In a view given June 27, 1850, my accompanying angel said, "Time is almost finished. Do you reflect the lovely image of Jesus as you should?" Then I was pointed to the earth and saw that there would have to be a getting ready among those who have of late embraced the third angel's message. Said the angel, "Get ready, get ready, get ready. Ye will have to die a greater death to the world than ye have ever yet died." I saw that there was a great work to do for them and but little time in which to do it. {EW 64.1}

Then I saw that the seven last plagues were soon to be poured out upon those who have no shelter; yet the world regarded them no more than they would so many drops of water that were about to fall. I was then made capable of enduring the awful sight of the seven last plagues, the wrath of God. I saw that His anger was dreadful and terrible, and if He should stretch forth His hand, or lift it in anger, the inhabitants of the world would be as though they had never been, or would suffer from incurable sores and withering plagues that would come upon them, and they would find no deliverance, but be destroyed by them. Terror seized me, and I fell upon my face before the angel and begged of him to cause the sight to be removed, to hide it from me, for it was too dreadful. Then I realized, as never before, the importance of searching the Word of God carefully, to know how to escape the plagues which that Word declares shall come on all the ungodly who shall worship the beast and his image and receive his mark in their foreheads or in their hands. It was a great wonder for me that any could transgress the law of God and tread down His holy Sabbath, when such awful threatenings and denunciations were against them. {EW 64.2}

The pope has changed the day of rest from the seventh to the first day. He has thought to change the very commandment that was given to cause man to remember his Creator. He has thought to change the greatest commandment in the decalogue and thus make himself equal with God, or even exalt himself above God. The Lord is unchangeable, therefore His law is immutable; but the pope has exalted himself above God, in seeking to change His immutable precepts of holiness, justice, and goodness. He has trampled underfoot God's sanctified day, and, on his own authority, put in its place one of the six laboring days. The whole nation has followed after the beast, and every week they rob God of His holy time. The pope has made a breach in the holy law of God, but I saw that the time had fully come for this breach to be made up by the people of God and the waste places built up. {EW 65.1}

I pleaded before the angel for God to save His people who had gone astray, to save them for His mercy's sake. When the plagues begin to fall, those who continue to break the holy Sabbath will not open their mouths to plead those excuses that they now make to get rid of keeping it. Their mouths will be closed while the plagues are falling, and the great Lawgiver is requiring justice of those who have had His holy law in derision and have called it "a curse to man," "miserable," and "rickety." When such feel the iron grasp of this law taking hold of them, these expressions will appear before them in living characters, and they will then realize the sin of having that law in derision which the Word of God calls "holy, just, and good." {EW 65.2}

Then I was pointed to the glory of heaven, to the treasure laid up for the faithful. Everything was lovely and glorious. The angels would sing a lovely song, then they would cease singing and take their crowns from their heads and cast them glittering at the feet of the lovely Jesus, and with melodious voices cry, "Glory, Alleluia!" I joined with them in their songs of praise and honor to the Lamb, and every time I opened my mouth to praise Him, I felt an unutterable sense of the glory that surrounded me. It was a far more, an exceeding and eternal weight of glory. Said the angel, "The little remnant who love God and keep His commandments and are faithful to the end will enjoy this glory and ever be in the presence of Jesus and sing with the holy angels." {EW 66.1}

Then my eyes were taken from the glory, and I was pointed to the remnant on the earth. The angel said to them, "Will ye shun the seven last plagues? Will ye go to glory and enjoy all that God has prepared for those who love Him and are willing to suffer for His sake? If so, ye must die that ye may live. Get ready, get ready, get ready. Ye must have a greater preparation than ye now have, for the day of the Lord cometh, cruel both with wrath and fierce anger, to lay the land desolate and to destroy the sinners thereof out of it. Sacrifice all to God. Lay all upon His altar--self, property, and all, a living sacrifice. It will take all to enter glory. Lay up for yourselves treasure in heaven, where no thief can approach or rust corrupt. Ye must be partakers of Christ's sufferings here if ye would be partakers with Him of His glory

hereafter." {EW 66.2}

Heaven will be cheap enough, if we obtain it through suffering. We must deny self all along the way, die to self daily, let Jesus alone appear, and keep His glory continually in view. I saw that those who of late have embraced the truth would have to know what it is to suffer for Christ's sake, that they would have trials to pass through that would be keen and cutting, in order that they may be purified and fitted through suffering to receive the seal of the living God, pass through the time of trouble, see the King in His beauty, and dwell in the presence of God and of pure, holy angels. {EW 67.1}

As I saw what we must be in order to inherit glory, and then saw how much Jesus had suffered to obtain for us so rich an inheritance, I prayed that we might be baptized into Christ's sufferings, that we might not shrink at trials, but bear them with patience and joy, knowing what Jesus had suffered that we through His poverty and sufferings might be made rich. Said the angel, "Deny self; ye must step fast." Some of us have had time to get the truth and to advance step by step, and every step we have taken has given us strength to take the next. But now time is almost finished, and what we have been years learning, they will have to learn in a few months. They will also have much to unlearn and much to learn again. Those who would not receive the mark of the beast and his image when the decree goes forth, must have decision now to say, Nay, we will not regard the institution of the beast. (68) {EW 67.2}

*Lesson 13 Study Help**Friday, June 23rd, 2023***Our High Calling, Chapter 39, pp. 45****“The Cord Let Down From Heaven”****February 8th**

And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. **Philippians 2:8.** {OHC 45.1}

Measure the cord, if you can, that has been let down from heaven to lift man up. The only estimate we can give you of the length of that chain is to point you to Calvary. {OHC 45.2}

Fallen men could not have a home in the paradise of God without the Lamb slain from the foundation of the world. Shall we not then exalt the cross of Christ? ... {OHC 45.3}

Angelic perfection failed in heaven. Human perfection failed in Eden, the paradise of bliss. All who wish for security in earth or heaven must look to the Lamb of God. The plan of salvation, making manifest the justice and love of God, provides an eternal safeguard against defection in unfallen worlds, as well as among those who shall be redeemed by the blood of the Lamb. Our only hope is perfect trust in the blood of Him who can save to the uttermost all that come unto God by Him. The death of Christ on the cross of Calvary is our only hope in this world, and it will be our theme in the world to come. Oh, we do not comprehend the value of the atonement! If we did, we would talk more about it. The gift of God in His beloved Son was the expression of an incomprehensible love. It was the utmost that God could do to preserve the honor of His law, and still save the transgressor. {OHC 45.4}

Jesus placed the cross in line with the light coming from heaven, for it is there that it shall catch the eye of man. The cross is in direct line with the shining of the divine countenances, so that by beholding the cross men may see and know God and Jesus Christ, whom He hath sent. In beholding God we behold the One who poured out His soul unto death. In beholding the cross the view is extended to God, and His hatred of sin is discerned. But while we behold in the cross God's hatred of sin, we also behold His love for sinners, which is stronger than death. To the world the cross is the incontrovertible argument that God is truth and light and love. {OHC 45.5}

*Lesson 13 Study Help**Friday, June 23rd, 2023***Reflecting Christ, Chapter 100, pp. 114****“The Truth Makes Us Free”****April 9th**

Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage. **Galatians 5:1.** {RC 114.1}

I am afraid for our churches. I tremble before God on their account. We have light on the Scriptures, and we shall be held accountable for all the light not cherished. . . . {RC 114.2}

The power of the Holy Spirit is needed to chase away our unbelief and unchristlike attributes. We must see our need of a physician. We are sick, and do not know it. May the Lord convert the hearts of His workmen! When there is a converted ministry, then look for results. But we cannot convert our own hearts. This work can be done only by the power of the Holy Spirit. In every stage of the work let this be remembered: "Not by might, nor by power, but by my spirit, saith the Lord of hosts." . . . {RC 114.3}

Christ has promised to send us the Comforter, whose work is to establish the kingdom of God in the soul. When such abundant provisions of mercy, grace, and peace have been made, why do human beings act as if they regarded the truth as a yoke of bondage? It is because the heart has never tasted and seen that the Lord is good. The truth of the Word of God is thought by some to be a fetter. But it is the truth that makes men free. If the truth therefore shall make you free, ye shall be free indeed. The truth separates man from his sins, from his hereditary and cultivated tendencies to wrongdoing. The soul that cherishes the love of Christ is full of freedom, light, and joy. In such a soul there are no divided thoughts. The whole man yearns after God. He does not go to men to know his duty, but to Christ, the source of all wisdom. He searches the Word of God, that he may find out what standard he must reach. {RC 114.4}

Can we ever find a surer guide than Jesus? True religion consists in being under the guidance of the Holy One in thought, word, and deed. He, who is the Way, the Truth, and the Life, takes the humble, earnest, wholehearted seeker, and says, Follow Me. He leads him in the narrow way to holiness and heaven. Christ has opened this path for us at great cost to Himself, and we are not left to stumble our way along in the darkness. Jesus is at our right hand, proclaiming, I am the way; and all who decide to follow the Lord will be led in the royal path cast up for the ransomed of the Lord to walk in. . . . {RC 114.5}

What kind of vessels are meet for the Master's use? Empty vessels. When we empty the soul of every defilement, we are ready for use. . . . When mind and heart are worked by the Spirit, when self is dead, the truth is capable of constant expansion and new development.--Review and Herald, Feb. 28, 1899. {RC 114.6}

