

Adult
Sabbath School
Bible Study Guide
July | Aug | Sept 2023

Name

EPHESIANS



LESSON STUDY HELPS

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God's Amazing Grace
Chapter 9, pp. 272
"The Power of Grace"

September 21st

"Source of Right Influence"

Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy reward. Isaiah 58:8. {AG 272.1}

The Lord has a special work to do for us individually. As we see the wickedness of the world brought to light in the courts of justice and published in the daily papers, let us draw near to God, and by living faith lay hold of His promises, that the grace of Christ may be manifest in us. We may have an influence, a powerful influence, in the world. . . . We are to have an eye single to the glory of God. We are to work with all the intelligence that God has given us, placing ourselves in the channel of light, that the grace of God can come upon us to mold and fashion us to the divine similitude. Heaven is waiting to bestow its richest blessings upon those who will consecrate themselves to do the work of God in these last days of the world's history. {AG 272.2}

There is nothing in us of ourselves by which we can influence others for good. If we realize our helplessness and our need of divine power, we shall not trust to ourselves. We know not what results a day, an hour, or a moment may determine, and never should we begin the day without committing our ways to our heavenly Father. His angels are appointed to watch over us, and if we put ourselves under their guardianship, then in every time of danger they will be at our right hand. When unconsciously we are in danger of exerting a wrong influence, the angels will be by our side, prompting us to a better course, choosing our words for us, and influencing our actions. Thus our influence may be a silent, unconscious, but mighty power in drawing others to Christ and the heavenly world. {AG 272.3}

Personal influence is a power. It is to work with the influence of Christ, to lift where Christ lifts, to impart correct principles, and to stay the progress of the world's corruption. It is to diffuse that grace which Christ alone can impart. It is to uplift, to sweeten the lives and characters of others by the power of a pure example united with earnest faith and love. {AG 272.4}

**Testimonies to Ministers and Gospel Workers,
Chapter 18, pp. 508**

“Pray for the Latter Rain”

"Ask ye of the Lord rain in the time of the latter rain." Do not rest satisfied that in the ordinary course of the season, rain will fall. Ask for it. The growth and perfection of the seed rests not with the husbandman. God alone can ripen the harvest. But man's co-operation is required. God's work for us demands the action of our mind, the exercise of our faith. We must seek His favours with the whole heart if the showers of grace are to come to us. We should improve every opportunity of placing ourselves in the channel of blessing. Christ has said, "Where two or three are gathered together in My name, there am I in the midst." The convocations of the church, as in camp meetings, the assemblies of the home church, and all occasions where there is personal labour for souls, are God's appointed opportunities for giving the early and the latter rain. {TM 508.1}

But let none think that in attending these gatherings, their duty is done. A mere attendance upon all the meetings that are held will not in itself bring a blessing to the soul. It is not an immutable law that all who attend general gatherings or local meetings shall receive large supplies from heaven. The circumstances may seem to be favourable for a rich outpouring of the showers of grace. But God Himself must command the rain to fall. Therefore we should not be remiss in supplication. We are not to trust to the ordinary working of providence. We must pray that God will unseal the fountain of the water of life. And we must ourselves receive of the living water. Let us, with contrite hearts, pray most earnestly that now, in the time of the latter rain, the showers of grace may fall upon us. At every meeting we attend our prayers should ascend, that at this very time God will impart warmth and moisture to our souls. As we seek God for the Holy Spirit, it will work in us meekness, humbleness of mind, a conscious dependence upon God for the perfecting latter rain. If we pray for the blessing in faith, we shall receive it as God has promised. {TM 508.2}

Our High Calling
Chapter 2, p. 44
“Take God Into Your Counsel”

February 7th

Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed. 1 Peter 2:24. {OHC 44.1}

Christ bore our sins in His own body on the tree. . . . What must sin be, if no finite being could make atonement? What must its curse be if Deity alone could exhaust it? The cross of Christ testifies to every man that the penalty of sin is death. . . . Oh, must there be some strong bewitching power which holds the moral senses, steeling them against the impressions of the Spirit of God? I entreat of you, as Christ's ambassador, . . . to be diligent in securing the grace of God. You need it every day, that you make no mistake in your life. . . . {OHC 44.2}

You may feel that you are competent to manage yourself, to lay plans and execute them in your own judgment. This is unsafe for you or for any one to do. I speak of the things I know. Take God into your counsel. Seek Him for guidance. He will not be sought of in vain. . . . I entreat of you not to let these precious hours of probation pass without spiritual advancement. In no case allow your moral powers to become dwarfed. . . . {OHC 44.3}

Heaven with its attractions is before you, an eternal weight of glory, which you may lose or gain. Which shall it be? Your life and your character will testify the choice you have made. I feel the more anxious because I see so many indifferent upon the subjects of infinite importance. They are always busy here and there about matters of minor importance, and the one great subject is put out of their thoughts. They have no time to pray, no time to watch, no time to search the Scriptures. They are altogether too busy to make the necessary preparation for the future life. They cannot devote time to perfect Christian characters and in diligence to secure a title to heaven. {OHC 44.4}

If you have life eternal, you must be earnest and work to the point. . . . Glorify God by choosing His way, His will. He will be your wise counselor and your fast, unchanging friend. {OHC 44.5}

**Reflecting Christ
Chapters 4, pp. 124**

“Reflecting Christ In Our Spiritual Growth”

April 20th

“By Faith All Things Are Ours”

For all things are yours; . . . and ye are Christ's; and Christ is God's. 1 Corinthians 3:21-23. {RC 124.1}

Not only has the Son of God been given as a sacrifice for the guilty, as a Redeemer for the lost, but through Him all things are ours. Those who have faith in Christ, those who are obedient to His instruction, will know by experience the boundlessness of the power that gives us constant witness that we are Christ's, and that Christ is ours. The Saviour has given us the charter of our inheritance, and we stand on vantage ground, because we have chosen Christ as our portion. {RC 124.2}

Those who are obedient to His Word can receive this evidence--the assurance of the truth as it is in Jesus. If we will accustom our minds to dwell upon the facts of faith that have been given us, we may endure the seeing of Him who is invisible. Those who walk with Jesus may rejoice with joy unspeakable and full of glory. . . . {RC 124.3}

An abiding faith, a constant obedience, is essential to a continuance in His love. . . . We are to live by every word that proceedeth out of the mouth of God. Then the truth as it is in Jesus, the truth that is exemplified in His character, will be expressed in our lives, in our spirit, our words, our temper. Truth will be the law of the mind. Christ will be formed within, the hope of glory. {RC 124.4}

There is a peculiarly close union between the transformed soul and God. It is impossible to find words to describe this union. It is a treasure worth infinitely more to the true believer than gold and silver. {RC 124.5}

The Christian sees the Saviour ever before him, and by beholding, he becomes changed into the same image, from glory to glory. He bears the signature of God. Shall we give this up for the science of sophistry? Never! Truth is full of Godlike richness. He who is a partaker of the divine nature will hold firm to the truth. He will never let go; for the truth holds him. {RC 124.6}

Let us never forget that by the characters which we are forming day by day, we are deciding our future destiny. Those whose hearts are filled with the love of Christ will find in the heavenly courts a glad reception. . . . {RC 124.7}

It is the spirituality of the children of God that is their glory in His eyes. This is the distinguishing mark that separates them from the world. . . . We are to hunger and thirst after righteousness, that we may represent Christ to the world. If His love abides in our hearts, it will be distinctly revealed. We shall be lights in the world. Christ calls upon every follower of His to reveal His virtues of character, to represent Him in word and deed, to make known His love.--Manuscript 84, 1905. {RC 124.8}

My Life Today
Chapters 6, pp. 171
“A Happy Life”

June 16th

“Thanksgiving and Praise”

Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.
 Psalm 100:4 {ML 171.1}

If we will consecrate heart and mind to the service of God, doing the work He has for us to do and walking in the footsteps of Jesus, our hearts will become sacred harps, every chord of which will send forth praise and thanksgiving to the Lamb sent by God to take away the sins of the world. . . . {ML 171.2}

Christ would have our thoughts center upon Him. . . . Look away from self to Jesus Christ, the life of every blessing, every grace, the life of all that is precious and valuable to the children of God. . . . {ML 171.3}

The Lord Jesus is our strength and happiness, the great storehouse from which, on every occasion, men may draw strength. As we study Him, talk of Him, become more and more able to behold Him--as we avail ourselves of His grace and receive the blessings He proffers us, we have something with which to help others. Filled with gratitude, we communicate to others the blessings that have been freely given us. Thus receiving and imparting, we grow in grace; and a rich current of praise and gratitude constantly flows from our lips; the sweet spirit of Jesus kindles thanksgiving in our hearts, and our souls are uplifted with a sense of security. The unfailing, inexhaustible righteousness of Christ becomes our righteousness by faith. {ML 171.4}

Let the fresh blessings of each new day awaken praise in our hearts for these tokens of His loving care. {ML 171.5}

When you open your eyes in the morning, thank God that He has kept you through the night. Thank Him for His peace in your heart. Morning, noon, and night let gratitude as a sweet perfume ascend to heaven. . . . {ML 171.6}

The angels of God, thousands upon thousands, . . . guard us against evil and press back the powers of darkness that are seeking our destruction. Have we not reason to be thankful every moment, thankful even when there are apparent difficulties in our pathway? {ML 171.7}

That I May Know Him
Chapter 12, p. 362
“On the Threshold of Eternity”

December 22nd

So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. 1 Corinthians 15:54. {TMK 362.1}

How precious to those who are losing their loved of this world are their faith and hope in the promises of God which open before them the future immortal life! Their hopes may fasten upon unseen realities of the future world. Christ has risen from the dead the first fruits. Hope and faith strengthen the soul to pass through the dark shadows of the tomb, in full faith of coming forth to immortal life in the morning of the resurrection. The Paradise of God, the home of the blessed! There all tears shall be wiped from off all faces! When Christ shall come the second time, to be "admired in all them that believe" (2 Thessalonians 1:10), death shall be swallowed up in victory, and there shall be no more sickness, no more sorrow, no more death! A rich promise is given to us: "Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city" (Revelation 22:14). Is not this promise rich and comforting to those who love God? {TMK 362.2}

The resurrection of Jesus was a sample of the final resurrection of all who sleep in Him. The risen body of the Saviour, His deportment, the accents of His speech, were all familiar to His followers. In like manner will those who sleep in Jesus rise again. We shall know our friends even as the disciples knew Jesus. Though they may have been deformed, diseased, or disfigured in this mortal life, yet in their resurrected and glorified body their individual identity will be perfectly preserved, and we shall recognize, in the face radiant with the light shining from the face of Jesus, the lineaments of those we love. {TMK 362.3}

The Life-giver will call up His purchased possession in the first resurrection, and until that triumphant hour, when the last trump shall sound and the vast army shall come forth to eternal victory, every sleeping saint will be kept in safety and will be guarded as a precious jewel, who is known to God by name. {TMK 362.4}

Testimonies to Ministers and Gospel Workers
Chapter 18, pp. 515–520

“Vital Principles of Relationship”

“The Victorious Life”

I have been deeply impressed by scenes that have recently passed before me in the night season. There seemed to be a great movement--a work of revival-- going forward in many places. Our people were moving into line, responding to God's call. My brethren, the Lord is speaking to us. Shall we not heed His voice? Shall we not trim our lamps, and act like men who look for their Lord to come? The time is one that calls for light bearing, for action. {TM 515.1}

Let those in every far-off country work unselfishly in the fear and love of God to advance the work; as missionaries for God, they can do much for it if they are connected with Him. They should draw nigh to God with full assurance of faith, lifting up holy hands, without wrath or doubting. God will make known unto them His pleasure; but all who do not work with an eye single to the glory of God, making Him their dependence and trust, who lean rather upon human wisdom, will make blunders. It is in doing the work of God that the richest experience is to be gained. Here is where you get wisdom, and find the promises of God verified.--Special Testimonies to Ministers and Workers (Series A, No. 9, 1897), page 35. {TM 515.2}

The Victorious Life [REPRINT OF A LITTLE TRACT, THE LAST OF MRS. WHITE'S WRITING BEFORE HER DEATH.]

Sanitarium, California, June 14, 1914.

Dear Friend:

The Lord has given me a message for you, and not for you only, but also for other faithful souls who are troubled by doubts and fears regarding their acceptance by the Lord Jesus Christ. His word to you is, "Fear not: for I have redeemed thee, I have called thee by thy name; thou art Mine." You desire to please the Lord, and you can do this by believing His promises. He is waiting to take you into a harbor of gracious experience, and He bids you, "Be still, and know that I am God." You have had a time of unrest; but Jesus says to you, "Come unto Me, . . . and I will give you rest." The joy of Christ in the soul is worth everything. "Then are they glad," because they are privileged to rest in the arms of everlasting love. {TM 516.1}

Put away your distrust of our heavenly Father. Instead of talking of your doubts, break away from them in the strength of Jesus, and let light shine into your soul by letting your voice express confidence and trust in God. I know that the Lord is very nigh to give you victory, and I say to you, Be helped, be strengthened, be lifted out of and away from the dark dungeon of unbelief. Doubts will rush into your mind, because Satan is trying to hold you in captivity to his cruel power; but face him in the strength that Jesus is willing to give you, and conquer the inclination to express unbelief in your Saviour. {TM 516.2}

Do not talk of your inefficiency and your defects. When despair would seem to be sweeping over your

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soul, look to Jesus, saying, He lives to make intercession for me. Forget the things that are behind, and believe the promise, "I will come to you," and "abide with you." {TM 516.3}

God is waiting to bestow the blessing of forgiveness, of pardon for iniquity, of the gifts of righteousness, upon all who will believe in His love and accept the salvation He offers. Christ is ready to say to the repenting sinner, "Behold, I have caused thine iniquity to pass from thee, and I will clothe thee with change of raiment." The blood of Jesus Christ is the eloquent plea that speaks in behalf of sinners. This blood "cleanseth us from all sin." {TM 517.1}

It is your privilege to trust in the love of Jesus for salvation, in the fullest, surest, noblest manner; to say, He loves me, He receives me; I will trust Him, for He gave His life for me. Nothing so dispels doubt as coming in contact with the character of Christ. He declares, "Him that cometh to Me I will in no wise cast out;" that is, there is no possibility of My casting him out, for I have pledged My word to receive him. Take Christ at His word, and let your lips declare that you have gained the victory. {TM 517.2}

Is Jesus true? Does He mean what He says? Answer decidedly, Yes, every word. Then if you have settled this, by faith claim every promise that He has made, and receive the blessing; for this acceptance by faith gives life to the soul.

You may believe that Jesus is true to you, even though you feel yourself to be the weakest and most unworthy of His children. And as you believe, all your dark, brooding doubts are thrown back upon the archdeceiver who originated them. You can be a great blessing if you will take God at His word. By living faith you are to trust Him, even though the impulse is strong within you to speak words of distrust. {TM 517.3}

Peace comes with dependence on divine power. As fast as the soul resolves to act in accordance with the light given, the Holy Spirit gives more light and strength. The grace of the Spirit is supplied to cooperate with the soul's resolve, but it is not a substitute for the individual exercise of faith. Success in the Christian life depends upon the appropriation of the light that God has given. It is not an abundance of light and evidence that makes the soul free in Christ; it is the rising of the powers and the will and the energies of the soul to cry out sincerely, "Lord, I believe; help Thou mine unbelief." {TM 518.1}

I rejoice in the bright prospects of the future, and so may you. Be cheerful, and praise the Lord for His loving-kindness. That which you cannot understand, commit to Him. He loves you and pities your every weakness. He "hath blessed us with all spiritual blessings in heavenly places in Christ." It would not satisfy the heart of the Infinite One to give those who love His Son a lesser blessing than He gives His Son. {TM 518.2}

Satan seeks to draw our minds away from the mighty Helper, to lead us to ponder over our degeneration of soul. But though Jesus sees the guilt of the past, He speaks pardon; and we should not dishonor Him by doubting His love. The feeling of guiltiness must be laid at the foot of the cross, or it will poison the springs of life. When Satan thrusts his threatenings upon you, turn from them, and comfort your soul with the promises of God. The cloud may be dark in itself, but when filled with the light of heaven, it turns to the brightness of gold; for the glory of God rests upon it. {TM 518.3}

God's children are not to be subject to feelings and emotions. When they fluctuate between hope and fear, the heart of Christ is hurt; for He has given them unmistakable evidence of His love. He wants them to be established, strengthened, and settled in the most holy faith. He wants them to do the work He has given them; then their hearts will become in His hands as sacred harps, every chord of which will send forth praise and thanksgiving to the One sent by God to take away the sins of the world. {TM 518.4}

Christ's love for His children is as tender as it is strong. And it is stronger than death; for He died to purchase our salvation, and to make us one with Him, mystically and eternally one. So strong is His love that it controls all His powers, and employs the vast resources of heaven in doing His people good. It is without variableness or shadow of turning--the same yesterday, today, and forever. Although sin has existed for ages, trying to counteract this love and obstruct its flowing earthward, it still flows in rich currents to those for whom Christ died. {TM 519.1}

God loves the sinless angels, who do His service and are obedient to all His commands; but He does not give them grace; they have never needed it, for they have never sinned. Grace is an attribute shown to undeserving human beings. We did not seek after it; it was sent in search of us. God rejoices to bestow grace upon all who hunger and thirst for it, not because we are worthy, but because we are unworthy. Our need is the qualification which gives us the assurance that we shall receive the gift. {TM 519.2}

It should not be difficult to remember that the Lord desires you to lay your troubles and perplexities at His feet, and leave them there. Go to Him, saying: "Lord, my burdens are too heavy for me to carry. Wilt Thou bear them for me?" And He will answer: "I will take them. 'With everlasting kindness will I have mercy on thee.' I will take your sins, and will give you peace. Banish no longer your self-respect; for I have bought you with the price of My own blood. You are Mine. Your weakened will I will strengthen. Your remorse for sin I will remove." {TM 519.3}

"I, even I, am He," the Lord declares, "that blotteth out thy transgressions for Mine own sake, and will not remember thy sins. Put Me in remembrance: let us plead together: declare thou, that thou mayest be justified." "I have not spoken in secret, in a dark place of the earth: I said not unto the seed of Jacob, Seek ye Me in vain: I the Lord speak righteousness, I declare things that are right." "Look unto Me, and be ye saved, all the ends of the earth: for I am God, and there is none else." Respond to the calls of God's mercy, and say: "I will trust in the Lord and be comforted. I will praise the Lord; for His anger is turned away. I will rejoice in God, who gives the victory." {TM 520.1}

My Life Today
Chapter 4, pp. 100
“A Progressive Life”

April 6th

“The Exceeding Riches of His Grace”

But God, who is rich in mercy, for his great love wherewith he loved us, even when we were dead in sins, hath quickened us together with Christ, . . . and hath raised us up together, and made us sit together in heavenly places in Christ Jesus: that in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus. Ephesians 2:4-7 {ML 100.1}

We would never have learned the meaning of this word "grace" had we not fallen. God loves the sinless angels who do His service and are obedient to all His commands, but He does not give them grace. These heavenly beings know naught of grace; they have never needed it, for they have never sinned. Grace is an attribute of God shown to undeserving human beings. We did not seek after it, but it was sent in search of us. God rejoices to bestow this grace on everyone who hungers for it, not because we are worthy, but because we are so utterly unworthy. Our need is the qualification which gives us the assurance that we will receive this gift. {ML 100.2}

But God does not use this grace to make His law of none effect or to take the place of His law. "The Lord is well pleased for His righteousness' sake; He will magnify the law, and make it honorable." His law is truth. . . . {ML 100.3}

God's grace and the law of His kingdom are in perfect harmony; they walk hand in hand. His grace makes it possible for us to draw nigh to Him by faith. By receiving it, and letting it work in our lives, we testify to the validity of the law; we exalt the law and make in honorable by carrying out its living principles. . . . {ML 100.4}

How may we witness for God? . . . By rendering pure, wholehearted obedience to God's law. If we will let Him, He will manifest Himself in us, and we shall be witnesses, before the universe of heaven and before an apostate world who are making void the law of God, to the power of redemption. {ML 100.5}

There is but one power that can bring us into conformity to the likeness of Christ, that can make us steadfast and keep us constant. It is the grace of God that comes to us through obedience to the law of God. {ML 100.6}

That I May Know Him
Chapter 175, pp. 181
“How to Settle Your Troubles”

June 24th

Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother. Matthew 18:15. {TMK 181.1}

We should carefully consider what is our relation to God and to one another. We are continually sinning against God, but His mercy still follows us; in love He bears with our perversities, our neglect, our ingratitude, our disobedience. He never becomes impatient with us. We insult His mercy, grieve His Holy Spirit, and do Him dishonor before men and angels, and yet His compassions fail not. The thought of God's long-suffering to us should make us forbearing to one another. How patiently should we bear with the faults and errors of our brethren when we remember how great are our own failings in the sight of God. How can we pray to our heavenly Father, "Forgive us our debts, as we forgive our debtors" (Matthew 6:12) if we are . . . exacting in our treatment of others? . . . {TMK 181.2}

If you think your brother has injured you, go to him in kindness and love, and you may come to an understanding and to reconciliation. . . . If you succeed in settling the trouble you have gained your brother without exposing his frailties, and the settlement between you has been the covering of a multitude of sins from the observation of others. . . . {TMK 181.3}

It takes special watchfulness to keep the affections alive and our hearts in a condition where we shall be sensible of the good that exists in the hearts of others. If we do not watch on this point, Satan will put his jealousy into our souls; he will put his glasses before our eyes, that we may see the actions of our brethren in a distorted light. Instead of looking critically upon our brethren we should turn our eyes within, and be ready to discover the objectionable traits of our own character. As we have a proper realization of our own mistakes and failures, the mistakes of others will sink into insignificance. {TMK 181.4}

Satan is an accuser of the brethren. He is on the watch for every error, no matter how small, that he may have something on which to found an accusation. Keep off from Satan's side. {TMK 181.5}

Our High Calling
Chapter 6, pp. 179

“All Honour to the Peace Makers!”

June 22nd

Blessed are the peacemakers: for they shall be called the children of God. Matthew 5:9. {OHC 179.1}

Peacemakers! What a treasure is a peacemaker in the family; what a blessing in the church! Peacemakers may be tempted, but their life is hid with Christ in God. They look unto Jesus, copying His pattern. . . . They receive the peace which Christ gives. . . . {OHC 179.2}

The true nature of our religion is not found in the position we occupy, but in the gentle spirit, the kindness, the peace which we manifest. Our religion is made manifest in the home circle by the atmosphere surrounding the soul that brings happiness to the family.... {OHC 179.3}

True Christians will not ... speak in a cheap or fretting way. In the familiar circle of the home they will do services of love and Christian courtesy. These services may seem very commonplace, but the universe of heaven will be interested in the consistent walk of those who seek to benefit others. . . . {OHC 179.4}

It is not only our privilege but our duty to cultivate gentleness, to have the peace of Christ in the heart and as peacemakers and followers of Christ to sow precious seed that will produce a harvest unto eternal life. Professed followers of Christ may possess many good and useful qualities; but their characters are greatly marred by an unkind, fretful, faultfinding, harshly judging temper. The husband or the wife who cherishes suspicion and distrust creates dissension and strife in the home. Neither of them should keep his gentle words and smiles for strangers alone, and manifest irritability in the home, thus driving out peace and contentment.... {OHC 179.5}

It is practical Christlikeness alone that can make one a peacemaker in the home, in the church, in the neighborhood, and in the world. Home religion is practical sanctification.... The true quality of religion is gauged by the manner in which each member in the family does his duty to his associates. . . . Learn the precious lesson of being peacemakers in your home life. {OHC 179.6}

*Lesson 6 Study Help**Friday, August 4th, 2023*

In Heavenly Places
Chapter 8, pp. 248
“Our Glorious Work”

August 29th

Sing unto the Lord, bless his name; shew forth his salvation from day to day. Declare his glory among the heathen, his wonders among all people. Psalm 96:2, 3. {HP 248.1}

The great and glorious work committed to us in acting a part in the plan of salvation is wonderfully high and exalted. We cannot weigh its merits. We are to walk by faith; and as we strive to appreciate the possibilities, and realize the immensity of the plan of salvation, it is our privilege to pray with the apostle Paul that we may be able to "comprehend with all saints what is the breadth, and length, and depth, and height; and to know the love of Christ, which passeth knowledge" (Ephesians 3:18). Lift Him up, the Man of Calvary. Let the mind dwell upon the beauties of His character until by beholding you become changed into the same image. A life of prayer and faith will lead us to speak of His praise and tell of His power. . . . {HP 248.2}

Genuine conversion will unite our hearts in faith and love. It will teach us to hold fast our confidence in Him who is our only hope. By conversion we join our weakness to God's strength, our ignorance to His wisdom, our unworthiness to His merits, our poverty to His boundless riches, our helplessness to His enduring might. {HP 248.3}

We must search the Word of God, making it a part of ourselves. A spirit of humility, the spirit of Christ, will help us to know Him who has called us to glory and virtue. {HP 248.4}

If we brought the truth into the daily life as we should we would advance higher and still higher, gaining a clearer and still clearer understanding of the revelation of God. We would lift Him up in songs of praise. Through the psalmist Christ declared, "In the midst of the congregation will I praise thee" (Psalm 22:22). His voice was the keynote of the universe. His unconfined power, His unsearchable understanding, His wonderful sacrifice for the human race, help us to comprehend the love of God. We need individually to have Christ abiding in the soul. We need to open our minds and hearts to the indwelling of the Spirit of truth. We need to appreciate our privileges as the possessors of sacred, elevating truth. Think of what this means to us-- heirs of God and joint heirs with Christ! {HP 248.5}

— [My Life Today, “God Is My Father,” p. 289](#)

*Lesson 6 Study Help**Friday, August 4th, 2023*

My Life Today
Chapter 10, pp. 289
“A Reverent Life”

October 12th**“God is My Father”**

Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God. 1 John 3:1 {ML 289.1}

What love, what matchless love, that, sinners and aliens as we are, we may be brought back to God and adopted into His family! We may address Him by the endearing name, "Our Father," which is a sign of our affection for Him and a pledge of His tender regard and relationship to us. And the Son of God, beholding the heirs of grace, "is not ashamed to call them brethren." They have even a more sacred relationship to God than have the angels who have never fallen. {ML 289.2}

All the paternal love which has come down from generation to generation through the channel of human hearts, all the springs of tenderness which have opened in the souls of men, are but as a tiny rill to the boundless ocean, when compared with the infinite, exhaustless love of God. Tongue cannot utter it; pen cannot portray it. You may meditate upon it every day of your life; you may search the Scriptures diligently in order to understand it; you may summon every power and capability that God has given you, in the endeavor to comprehend the love and compassion of the heavenly Father; and yet there is an infinity beyond. {ML 289.3}

In all His children God beholds the image of His only-begotten Son. He looks upon them with a love greater than any language can express. He enfolds them in the arms of His love. The Lord rejoices over His people. {ML 289.4}

He has redeemed us out of the careless world and has chosen us to become members of the royal family, sons and daughters of the heavenly King. He invites us to trust in Him with a trust deeper and stronger than that of a child in his earthly father. {ML 289.5}

God is to us a tender, compassionate, heavenly Father. {ML 289.6}

The Upward Look
Chapter 12, pp. 379
“Stewards of God’s Grace”

December 31st

Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give. Matthew 10:8. {UL 379.1}

Those who walk in the narrow way must follow the directions of the Guidebook. Thus only can they reach the gates of the City of God. . . . {UL 379.2}

God has put men and women in possession of precious gifts. To different ones He has given different gifts. Not all have the same strength of character or the same depth of knowledge. But each one is to use his gifts in the Master's service, however small this gift may seem to be. The faithful steward trades wisely on the goods entrusted to him. {UL 379.3}

The endowments of mind and body are to be carefully guarded. Our gifts are not to be weakened by self-indulgence. Every power is to be carefully preserved, that it may always be ready for instant use. No part of the physical organism is to be weakened by misuse. Each part, however small, has an influence on the whole. The abuse of one nerve or muscle lessens the usefulness of the whole body. Those for whom Christ has given His life should bring their habits and practices into conformity to His will. {UL 379.4}

God's Word declares, "The soul that sinneth, it shall die" (Ezekiel 18:20). But God does not desire the death of anyone. At infinite cost He provided for man a second probation. He "so loved the world that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16). {UL 379.5}

Should not those to whom the light of truth for this time has come place themselves in close connection with God, using their capabilities to advance the work of soul saving? Should not the one who possesses an understanding of the Scriptures impart the knowledge given him to those who know not the truth? {UL 379.6}

Upon every believer in present truth rests the responsibility of working for sinners. God points them to their special work--the proclamation of the third angel's message. They are to show their appreciation of God's great gift by consecrating themselves to the work for which Christ gave His life. They are to be stewards of the grace of God, dispensing to others the blessings bestowed on them. {UL 379.7}

He who has found comfort in the Word of God is to share this comfort with others. Thus only can he continue to receive comfort.--Manuscript 147, Dec. 31, 1903, "The Narrow Way." {UL 379.8}

**Testimony Treasures,
Volume 1, pp. 462-463**

“Sensational Revivals”

“Steadfastness Needed”

There are some in the church who need to cling to the pillars of our faith, to settle down and find rock bottom, instead of drifting on the surface of excitement and moving from impulse. There are spiritual dyspeptics in the church. They are self-made invalids; their spiritual debility is the result of their own wavering course. They are tossed about here and there by the changing winds of doctrine, and are often confused and thrown into uncertainty because they move entirely by feeling. They are sensational Christians, ever hungering for something new and diverse; strange doctrines confuse their faith, and they are worthless to the cause of truth. [1TT 462.1]

God calls for men and women of stability, of firm purpose, who can be relied upon in seasons of danger and trial, who are as firmly rooted and grounded in the truth as the eternal hills, who cannot be swayed to the right or to the left, but who move straight onward and are always found on the right side. There are some, who, in time of religious peril, may almost always be looked for in the ranks of the enemy; if they have any influence, it is on the wrong side. They do not feel under moral obligation to give all their strength to the truth they profess. Such will be rewarded according to their works. [1TT 462.2]

Those who do little for the Saviour in the salvation of souls, and in keeping themselves right before God, will gain but little spiritual muscle. We need continually to use the strength we have that it may develop and increase. As disease is the result of the violation of natural laws, so is spiritual declension the result of a continued transgression of the law of God. And yet the very transgressors may profess to keep all of God's commandments. [1TT 463.1]

We must come nearer to God, place ourselves in closer connection with heaven, and carry out the principles of the law in the minutest actions of our everyday lives in order to be spiritually whole. God has given His servants ability, talents to be used for His glory, not to lie idle or be wasted. He has given them light and a knowledge of His will to be communicated to others, and in imparting to others we become living channels of light. If we do not exercise our spiritual strength we become feeble, as the limbs of the body become powerless when the invalid is compelled to remain long inactive. It is use that gives power. [1TT 463.2]

In Heavenly Places**Chapter 6, pp. 176****“Don’t Retaliate”****June 18th**

Not rendering evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing. 1 Peter 3:9. {HP 176.1}

Be determined not to please the enemy by allowing words of unfavorable criticism to lead you to retaliate or to depress you. Make the enemy's efforts a failure so far as you are concerned. Then the Lord will draw near to you and will give you a rich measure of love and peace and joy so deep and full that even in the midst of the trial of your faith you can bear triumphant witness to the truth of the word of promise. You will have a sense of the divine presence. The eyes of your understanding will be enlightened, and the truth that at times you have seen but dimly you will then see clearly. You will be able to tell the story of the cross with a deep appreciation of the Saviour's love, for this love will have melted your heart. You will bear about with you in the daily life the witness that Christ is formed within, the hope of glory. {HP 176.2}

Look constantly to Jesus. Take all your troubles to Him. He will never misunderstand you. He is the refuge of His people. Under the shadow of His protection they can pass unharmed. Believe in Him and trust in Him. He will not give you up to the spoiler. {HP 176.3}

Let the atmosphere surrounding your soul be sweet and fragrant. If you will battle against selfish human nature, you will go steadily forward in the work of overcoming hereditary and cultivated tendencies to wrong. By patience, long-suffering, and forbearance you will accomplish much. Remember that you cannot be humiliated by the unwise speeches of someone else, but that when you speak unwisely you humiliate yourself and lose a victory that you might have gained. . . . {HP 176.4}

Keep yourselves where the three great powers of heaven--the Father, the Son, and the Holy Spirit--can be your efficiency. These powers work with the one who gives himself unreservedly to God. The strength of heaven is at the command of God's believing ones. The man who makes God his trust is barricaded by an impregnable wall. {HP 176.5}

The Upward Look
Chapter 1, pp. 20
“Light Verses Darkness”

January 6th

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: and be ye kind one to another, . . . even as God for Christ's sake hath forgiven you. Ephesians 4:31, 32. {UL 20.1}

The great controversy going on in the world is waging more sharply today than at any period of this world's history between the Prince of light and the prince of darkness. Bear the fact in mind that, wherever there are plans set in operation to advance the cause of God in the world, Satan will be on hand to counteract, if possible, the workings of our merciful heavenly Father. . . . He will use every possible advantage you give him to control minds. . . . {UL 20.2}

God's people, rescued from the fire by Jesus Christ, have a sense of their sin, feel humbled and ashamed. God sees and recognizes their repentance, and notes their sorrow for sin, which they cannot remove or cancel themselves. But as they pray their prayers are heard, and this is the reason that Satan stands by to resist Christ; because He hears their prayers, He maketh intercession for the saints according to the will of God. He regenerates the sinner, and pardon is written off against his name. This stirs Satan up to resistance. He steps in between the repenting, believing soul and Christ. He seeks to cast his hellish shadow before that soul, to dampen faith, and to make of none effect the words of God. . . . {UL 20.3}

If Satan stands between the soul and Jesus Christ, then the love and acceptance and pardon of Christ are eclipsed--man will be constantly striving to prepare a robe of righteousness to cover his deformity and sin, when Christ wants him to come to Him just as he is, and believe in Him as his personal Saviour. In His tender love, a forgiving Father brings forth His best robe in which to array His returning child. . . . {UL 20.4}

Satan is a vigilant, untiring foe, and he sleeps not. He knows that his time is short, and he will work until the end with every species of deception to draw souls into his snare and ruin them. I have a message for you--"Watch and pray, lest ye enter into temptation." Give no place to the devil to stand between you and Christ, lest you savor of the things that be of men and not of God. If your faith is genuine, it must and will produce obedience. God commands us to do nothing which we cannot do. He will give strength to every believing, trusting soul. . . . {UL 20.5}

Cherish the love of Jesus in the heart, respect each other, for Christ has given His life for you. Every soul is precious in the sight of God. It is a wonderful thing to be remembered and cared for every hour by God.--Letter 65, Jan. 6, 1894, to the ship's crew on board the Pitcairn. {UL 20.6}

**Lift Him Up
Chapter 12, pp. 355**

“Lift Him Up SA The Coming King”

December 7th

“Steadfast Unto The End”

Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot, and blameless. 2 Peter 3:14. {LHU 355.1}

Looking down through the ages to the close of time, Peter was inspired to outline conditions that would exist in the world just prior to the second coming of Christ. "There shall come in the last days scoffers," he wrote, "walking after their own lusts, and saying, Where is the promise of his coming? for since the fathers fell asleep, all things continue as they were from the beginning of the creation." But "when they shall say, Peace and safety; then sudden destruction cometh upon them" (1 Thessalonians 5:3). Not all, however, would be ensnared by the enemy's devices. As the end of all things earthly should approach, there would be faithful ones able to discern the signs of the times. . . . There would be a remnant who would endure to the end. {LHU 355.2}

Peter kept alive in his heart the hope of Christ's return, and he assured the church of the certain fulfillment of the Saviour's promise, "If I go and prepare a place for you, I will come again, and receive you unto myself" (John 14:3). To the tried and faithful ones the coming might seem long delayed, but the apostle assured them: "The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance. But the day of the Lord will come as a thief in the night; in the which the heavens shall pass away with a great noise, and the elements shall melt with fervent heat, the earth also and the works that are therein shall be burned up. {LHU 355.3}

"Seeing then that all these things shall be dissolved, what manner of persons ought ye to be in all holy conversation and godliness, looking for and hasting unto the coming of the day of God, wherein the heavens being on fire shall be dissolved, and the elements shall melt with fervent heat? Nevertheless we, according to his promise, look for new heavens and a new earth, wherein dwelleth righteousness. {LHU 355.4}

"Wherefore, beloved, seeing that ye look for such things, be diligent that ye may be found of him in peace, without spot, and blameless. And account that the longsuffering of our Lord is salvation; even as our beloved brother Paul also according to the wisdom given unto him hath written unto you. . . . Ye therefore, beloved, seeing ye know these things before, beware lest ye also, being led away with the error of the wicked, fall from your own steadfastness. But grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ" (2 Peter 3:9-18) (The Acts of the Apostles, pp. 535-537) {LHU 355.5}

This Day With God
Chapter 2, pp. 45
“A Thankful Heart”

February 6th

Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ. Ephesians 5:20.
 {TDG 45.1}

It would please the Lord if you would make an effort to forget yourself. Begin to thank the Lord for your home and your pleasant surroundings, and the many temporal blessings He gives you. By returning thanks to the Lord for His goodness, you can do something for the One who has done everything for you. Contemplate the depths of the compassion that the Saviour felt for you. For you He gave His life, suffering the cruel death of the cross. Can you not praise the Lord for this? If you will hide your life in Christ, He will receive you. {TDG 45.2}

If you will show that you have a working faith, by trying every day to exercise your will power, your faculties will gain strength. I know this by experience. I remember in my own case how my faculties recovered their pliability as I tried to exercise them. Will you try to move about, and be cheerful in spirit? Put your trust in Jesus. Have faith in Him, and be pliant in His hands. You will receive great blessing by making a change in your habits. . . . {TDG 45.3}

For eleven months after going to Australia, I suffered from inflammatory rheumatism. I was unable to lift my feet from the floor without suffering great pain. . . . {TDG 45.4}

During those eleven months of suffering . . . I would not give up. My right arm, from the elbow down, was whole, so that I could use the pen, and I wrote twenty-five hundred pages of letter paper for publication. During this period, I had the most terrible suffering of my life. . . . {TDG 45.5}

But to all this there is a cheerful side. My Saviour seemed to be close beside me. I felt His sacred presence in my heart, and I was so thankful. These months of suffering were the happiest months of my life, because of the companionship of my Saviour. . . . His love filled my heart. All through my sickness, His love, His tender compassion, was my comfort. . . . {TDG 45.6}

Look unto Jesus, your pitying, loving Saviour. If you cast your helpless soul on Christ, He will bring joy and peace to your soul. He will be your crown of rejoicing, your exceeding great reward.--Letter 34, Feb. 6, 1907, to the wife of a conference administrator in Australia. {TDG 45.7}

In Heavenly Places
Chapter 12, pp. 356
“Would You Be Ready”

December 15th

“Every Human Being Will Be Either in Christ’s Army or Satan’s Army”

Therefore be ye also ready: for in such an hour as ye think not the Son of man cometh. Matthew 24:44. {HP 356.1}

Suppose that today Christ should appear in the clouds of heaven, who . . . would be ready to meet Him? Suppose we should be translated into the kingdom of heaven just as we are. Would we be prepared to unite with the saints of God, to live in harmony with the royal family, the children of the heavenly King? What preparation have you made for the judgment? Have you made your peace with God? . . . Are you seeking to help those around you, those in your home, those in your neighbourhood, those with whom you come in contact that are not keeping the commandments of God? . . . Remember that profession is worthless without a practice that enters into the daily life. God knows whether we are keeping His law in truth. He knows just what we are doing, just what we are thinking and saying. Are we getting ready to meet the King? When He comes in the clouds of heaven with power and great glory, will you be able to say, "Lo, this is our God; we have waited for him, and he will save us" (Isaiah 25:9)? To those who can say this Christ will say, "Come up higher. Upon this earth you have loved Me. You have loved to do My will. You can now enter the Holy City and receive the crown of everlasting life." {HP 356.2}

If it were possible for us to be admitted into heaven as we are, how many of us would be able to look upon God? How many of us have on the wedding garment? How many of us are without spot or wrinkle or any such thing? . . . {HP 356.3}

This is our washing and ironing time--the time when we are to cleanse our robes of character in the blood of the Lamb. John says, "Behold the Lamb of God, which taketh away the sin of the world" (John 1:29). . . . Shall we not let our sins go? . . . {HP 356.4}

I entreat you, brethren and sisters, to labor earnestly to secure the crown of everlasting life. The reward will be worth the conflict, worth the effort. . . . In the race in which we are running, everyone may receive the reward offered--a crown of everlasting life. I want this crown; I mean by God's help to have it. I mean to hold fast to the truth, that I may see the King in His beauty. {HP 356.5}

Thoughts From the Mount of Blessing**Chapter 3, pp. 63-65****“The Spiritually of The Law”****“Is It Lawful for a Man to Put Away His Wife?”**

"Is it lawful for a man to put away his wife?" Matthew 19:3.

Among the Jews a man was permitted to put away his wife for the most trivial offenses, and the woman was then at liberty to marry again. This practice led to great wretchedness and sin. In the Sermon on the Mount Jesus declared plainly that there could be no dissolution of the marriage tie, except for unfaithfulness to the marriage vow. "Everyone," He said, "that puts away his wife, saving for the cause of fornication, makes her an adulteress: and whosoever shall marry her when she is put away commits adultery." R.V. {MB 63.1}

When the Pharisees afterward questioned Him concerning the lawfulness of divorce, Jesus pointed His hearers back to the marriage institution as ordained at creation. "Because of the hardness of your hearts," He said, Moses "suffered you to put away your wives: but from the beginning it was not so." Matthew 19:8. He referred them to the blessed days of Eden, when God pronounced all things "very good." Then marriage and the Sabbath had their origin, twin institutions for the glory of God in the benefit of humanity. Then, as the Creator joined the hands of the holy pair in wedlock, saying, A man shall "leave his father and his mother, and shall cleave unto his wife: and they shall be one" (Genesis 2:24), He enunciated the law of marriage for all the children of Adam to the close of time. That which the Eternal Father Himself had pronounced good was the law of highest blessing and development for man. {MB 63.2}

Like every other one of God's good gifts entrusted to the keeping of humanity, marriage has been perverted by sin; but it is the purpose of the gospel to restore its purity and beauty. In both the Old and the New Testament the marriage relation is employed to represent the tender and sacred union that exists between Christ and His people, the redeemed ones whom He has purchased at the cost of Calvary. "Fear not," He says; "thy Maker is thine husband; the Lord of hosts is His name; and thy Redeemer, the Holy One of Israel." "Turn, O backsliding children, saith the Lord; for I am married unto you." Isaiah 54:4, 5; Jeremiah 3:14. In the "Song of Songs" we hear the bride's voice saying, "My Beloved is mine, and I am His." And He who is to her "the chiefest among ten thousand," speaks to His chosen one, "Thou art all fair, My love; there is no spot in thee." Song of Solomon 2:16; 5:10; 4:7. {MB 64.1}

In later times Paul the apostle, writing to the Ephesian Christians, declares that the Lord has constituted the husband the head of the wife, to be her protector, the house-band, binding the members of the family together, even as Christ is the head of the church and the Saviour of the mystical body. Therefore he says, "As the church is subject unto Christ, so let the wives be to their own husbands in everything. Husbands, love your wives, even as Christ also loved the church, and gave Himself for it; that He might sanctify and cleanse it with the washing of water by the word, that He might present it to Himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish. So ought men to love their wives." Ephesians 5:24-28. {MB 64.2}

The grace of Christ, and this alone, can make this institution what God designed it should be--an agent for the blessing and uplifting of humanity. And thus the families of earth, in their unity and peace and love, may represent the family of heaven. {MB 65.1}

Now, as in Christ's day, the condition of society presents a sad comment upon heaven's ideal of this sacred relation. Yet even for those who have found bitterness and disappointment where they had hoped for companionship and joy, the gospel of Christ offers a solace. The patience and gentleness which His Spirit can impart will sweeten the bitter lot. The heart in which Christ dwells will be so filled, so satisfied, with His love that it will not be consumed with longing to attract sympathy and attention to itself. And through the surrender of the soul to God, His wisdom can accomplish what human wisdom fails to do. Through the revelation of His grace, hearts that were once indifferent or estranged may be united in bonds that are firmer and more enduring than those of earth--the golden bonds of a love that will bear the test of trial. {MB 65.2}

Maranatha**Chapter 12, pp. 359****“The Final Judgment and The New Earth”****December 17th****“Unexpected Recompense”**

Whatever good thing any man doeth, the same shall he receive of the Lord. Ephesians 6:8. {Mar 359.1}

In this life our work for God often seems to be almost fruitless. Our efforts to do good may be earnest and persevering, yet we may not be permitted to witness their results. To us the effort may seem to be lost. But the Saviour assures us that our work is noted in heaven, and that the recompense cannot fail. {Mar 359.2}

The poor widow who cast her two mites into the Lord's treasury little knew what she was doing. Her example of self-sacrifice has acted and reacted upon thousands of hearts in every land and in every age. It has brought to the treasury of God gifts from the high and the low, the rich and the poor. It has helped to sustain missions, to establish hospitals, to feed the hungry, clothe the naked, heal the sick, and preach the gospel to the poor. Multitudes have been blessed through her unselfish deed. And the outworking of all these lines of influence she, in the day of God, will be permitted to see. So with Mary's precious gift to the Saviour. How many have been inspired to loving service by the memory of that broken alabaster box! And how she will rejoice as she beholds all this! {Mar 359.3}

"Verily I say unto you," Christ declared, "Wheresoever this gospel shall be preached throughout the whole world, this also that she hath done shall be spoken of for a memorial of her." Looking into the future, the Saviour spoke with certainty concerning His gospel. It was to be preached throughout the world. And as far as the gospel extended, Mary's gift would shed its fragrance, and hearts would be blessed through her unstudied act. Kingdoms would rise and fall; the names of monarchs and conquerors would be forgotten; but this woman's deed would be immortalized upon the pages of sacred history. Until time should be no more, that broken alabaster box would tell the story of the abundant love of God for a fallen race. {Mar 359.4}

Every impulse of the Holy Spirit leading men to goodness and to God is noted in the books of heaven, and in the day of God everyone who has given himself as an instrument for the Holy Spirit's working will be permitted to behold what his life has wrought. {Mar 359.5}

Gospel Workers**Chapter 338, pp. 267-268****“A Season of Trust and Privilege”**

The present is a season of solemn privilege and sacred trust. If the servants of God keep faithfully the trust given to them, great will be their reward when the Master shall say, "Give an account of thy stewardship." [Luke 16:2.] The earnest toil, the unselfish work, the patient, persevering effort, will be abundantly rewarded. Jesus will say, Henceforth I call you not servants, but friends. [See John 15:15.] The approval of the Master is not given because of the greatness of the work performed, but because of fidelity in all that has been done. It is not the results we attain, but the motives from which we act, that weigh with God. He prizes goodness and faithfulness above all else. {GW 267.1}

I entreat the heralds of the gospel of Christ never to become discouraged, never to regard the most hardened sinner as beyond the reach of the grace of God. The one apparently hopeless may accept the truth in the love of it. He who turns the hearts of men as the rivers of water are turned, can bring the most selfish, sin-hardened soul to Christ. Is anything too hard for God to do? "My word," He declares, "shall not return unto Me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it." [Isaiah 55:11.] {GW 267.2}

Those who are endeavouring to build up the work in new territory will often find themselves in great need of better facilities. Their work will seem to be hindered for lack of these facilities; but let them not lose their faith and courage. Often they are obliged to go to the limit of their resources. At times it may seem as if they could advance no farther. But if they pray and work in faith, God will answer their petitions, sending them means for the advancement of the work. Difficulties will arise; they will wonder how they are going to accomplish what must be done. At times the future will look very dark. But let the workers bring to God the promises He has made, and thank Him for what He has done. Then the way will open before them, and they will be strengthened for the duty of the hour. {GW 267.3}

Few realize the significance of the words of Luke, that when Paul saw his brethren, "he thanked God, and took courage." [Acts 28:15.] In the midst of the weeping, sympathizing company of believers, who were not ashamed of his bonds, the apostle praised God aloud. The cloud of sadness that had rested upon his spirit was swept away. His Christian life had been a succession of trials, sufferings, and disappointments, but in that hour he felt abundantly repaid. With firmer step and joyful heart he continued on his way. He would not complain of the past, nor fear for the future. Bonds and afflictions awaited him, he knew; but he knew also that it had been his to deliver souls from a bondage infinitely more terrible, and he rejoiced in his sufferings for Christ's sake.--"The Acts of the Apostles," page 449. {GW 268.1}

Lesson 12 Study Help**Friday, September 15th, 2023**

This Day With God
Chapter 4, pp. 128
“Complete Commitment”

April 29th

Hear, O Israel: The Lord our God is one Lord: and thou shalt love the Lord thy God with all thine heart, and with all thy soul, and with all thy might. Deuteronomy 6:4, 5. {TDG 128.1}

Angels were expelled from heaven because they would not work in harmony with God. They fell from their high estate because they wanted to be exalted. They had come to exalt themselves, and they forgot that their beauty of person and of character came from the Lord Jesus. This fact the [fallen] angels would obscure, that Christ was the only begotten Son of God, and they came to consider that they were not to consult Christ. {TDG 128.2}

One angel began the controversy and carried it on until there was rebellion in the heavenly courts, among the angels. They were lifted up because of their beauty. {TDG 128.3}

All should learn their lesson from this, that they are individually amenable to God. When they love God with all their hearts, they will be wise unto salvation. They will do His will, and their light will ever be their glory, and be undiminished because they recognize and fear and serve their Lord. The solemn work rests upon every soul to consider that he is a servant of Jesus Christ, solemnly pledged by his baptismal vows to clothe himself with the righteousness of Christ. Will we carry out the living example of the Lord Jesus? {TDG 128.4}

I am instructed that every believer must watch unto prayer, lest he fail in the Christian life battle. Every soul must daily seek the Lord with full purpose of heart, morning, noon, and night, and let the mind dwell upon the Word of God, to understand His requirements. {TDG 128.5}

The one all-important matter is to serve the Lord with full purpose of heart, and seek to become the Lord's, heart and mind. All who come to the Saviour for counsel will receive the very help they need, if they will come in humility, and with assurance cling to that promise, "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you" (Matthew 7:7). . . . {TDG 128.6}

Lift up the standard, beginning with full surrender and continuing in the simplicity of obedience to all the Lord's commandments, according to His special directions. None of the important things specified in His Word are to be neglected.-- Letter 42, April 29, 1910, to Elder D. A. Parsons, a minister in southern California. {TDG 128.7}

That I May Know Him**Chapter 12, pp. 346****“Fortress of the Soul”****December 6th**

Finally, my brethren, be strong in the Lord, and in the power of his might. Ephesians 6:10. {TMK 346.1}

This has always been applicable to God's people in every age of the world, but how much more so to the remnant church who have to meet the constant and most powerful masterly workings of the power of darkness for this last time. The words of the apostle come sounding down the lines to this time: "Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places" (Ephesians 6:11, 12). {TMK 346.2}

These words inspired of God are appropriate for us. They apply in a special manner to those who are endeavoring to keep the commandments of God amidst a crooked and perverse nation among whom they shine as lights in the world. O how solemn, how fearfully solemn is this time for the youth among us who have had great light, . . . that their words, spirit, and character shall not be misleading to those with whom they associate. . . . {TMK 346.3}

"Take unto you the whole armour of God" (verse 13). Make your guide the Word. "Take" it. The whole armor which is furnished you in the Scriptures is all prepared for you to take. "Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth" (verses 13, 14). {TMK 346.4}

Fiction, spurious interpretations of the Scriptures, dishes of fables, are everywhere presented for your acceptance. But great discernment is needed that the girdle should be the golden chain of truth. "And having on the breastplate of righteousness"--not your own, but the righteousness of Christ. This is the fortress of the soul. We may, with Christ's righteousness going before us, withstand the moral darkness and penetrate the devices of the satanic agencies. {TMK 346.5}

My Life Today
Chapter 4, pp. 105
“A Progressive Life”

April 11th

“O God! Help Me to Higher Levels”

Hear my cry, O God; attend unto my prayer. From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I. For thou hast been a shelter for me, and a strong tower from the enemy. Psalm 61:1-3 {ML 105.1}

Have you ever watched a hawk in pursuit of a timid dove? Instinct has taught the dove that in order for the hawk to seize his prey, he must gain a loftier flight than his victim. So she rises higher and still higher into the blue dome of heaven, ever pursued by the hawk, which is seeking to obtain the advantage. But in vain. The dove is safe as long as she allows nothing to stop her in her flight, or draw her earthward; but let her once falter, and take a lower flight, and her watchful enemy will swoop down upon his victim. Again and again have we watched this scene with almost breathless interest, all our sympathies with the little dove. How sad we should have felt to see it fall a victim to the cruel hawk! {ML 105.2}

We have before us a warfare--a lifelong conflict with Satan and his seductive temptations. The enemy will use every argument, every deception, to entangle the soul; and in order to win the crown of life, we must put forth earnest, persevering effort. We must not lay off the armor or leave the battlefield until we have gained the victory, and can triumph in our Redeemer. {ML 105.3}

As long as we continue to keep our eyes fixed upon the Author and Finisher of our faith we shall be safe. But our affections must be placed upon things above, not on things on the earth. By faith we must rise higher and still higher in the attainments of the graces of Christ. By daily contemplating His matchless charms, we must grow more and more into His glorious image. While we thus live in communion with Heaven, Satan will lay his nets for us in vain. {ML 105.4}

My Life Today**Chapter 11, pp. 326****“A Victorious Life”****November 18th****“Paul’s Shout of Victory”**

Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? . . . Nay, in all these things we are more than conquerors through him that loved us. Romans 8:35-37 {ML 326.1}

Paul suffered for the truth's sake, and yet we hear no complaints from his lips. As he reviews his life of toil and care and sacrifice, he says, "I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us." The shout of victory from God's faithful servant comes down the line to our time: "Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? . . . Nay, in all these things we are more than conquerors through Him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord." {ML 326.2}

Though Paul was at last confined in a Roman prison--shut away from the light and air of heaven, cut off from his active labors in the gospel, and momentarily expecting to be condemned to death--yet he did not yield to doubt or despondency. From that gloomy dungeon came his dying testimony, full of sublime faith and courage that has inspired the hearts of saints and martyrs in all succeeding ages. His words fitly describe the results of . . . sanctification. . . . "I am now ready to be offered, and the time of my departure is at hand. I have fought a good fight, I have finished my course, I have kept the faith: henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love His appearing." {ML 326.3} [2 Tim 4:6-8](#)

The wounds and scars of our warfare will be to us, as to Paul, the trophies of victory. {ML 326.4}

Our High Calling
Chapter 3, pp. 80
“Which Captain?”

March 15th

For this God is our God for ever and ever; he will be our guide even unto death. Psalm 48:14. {OHC 80.1}

We are all under one or the other of two great captains. One, the Creator of man and of the world, is the greatest of all. All owe Him the allegiance of their whole being, the devotion of their entire affection. If the mind is given to His control, and if God has the molding and developing of the powers of the mind, new moral power will be received daily from the Source of all wisdom and all strength. Moral blessings and divine beauties will reward the efforts of everyone whose mind is heaven bent. We may grasp revelations--heavenly beauties-- that lie beyond the short vision of the worldling, that outshine the imagination of the greatest mind. . . . {OHC 80.2}

Satan is the leader of the worldly. . . . His highest aim is to gather under his banner the majority of the world, that numbers may stand against the power of righteousness and eternal truth. Talent and ability given of God to be devoted to His service, are laid at the feet of the great rebel of God's government. . . . {OHC 80.3}

While the worldly wise is skimming along the surface, grasping the things of sight and sense, the one who fears and reveres God is reaching into eternity, penetrating the deepest recesses and gathering the knowledge and riches that are as enduring as eternity. Justice, honor, love, and truth are the attributes of God's throne. They are the principles of His government. . . . These are jewels to be sought after and cherished for time and for eternity. . . . {OHC 80.4}

To walk the world a pure man of untarnished morals, bearing the sacred principles of truth in your heart, its influence seen in the acts of your life; to live uncorrupted by the baseness, falsity, and dishonesty of a world which must soon be purified of its moral corruption by the fires of God's retributive justice, is to be a man whose record is immortalized in heaven, honored among the pure angels who weigh and appreciate moral worth. This is what it is to be a man of God. {OHC 80.5}

Sons and Daughters of God
Chapter 3, pp. 79
“We Enrol in the School of Christ”

March 13th

“To Resist Temptation”

Submit yourselves therefore to God. Resist the devil, and he will flee from you. James 4:7. {SD 79.1}

Satan still comes with his temptations to the children of men. He employs every means at his command to conceal himself from view, and this is why so many are ignorant of his devices. A few days since, the question was asked me, "Do you believe in a personal devil?" "I do," was the answer. "Well," rejoined the questioner, "I do not believe that there is any such being; our evil thoughts and impulses are all the devil we know anything about!" "But," I asked, "who suggests these thoughts? Whence do they originate, if not from Satan?" . . . {SD 79.2}

Just as surely as we have a personal Saviour, we have also a personal adversary, cruel and cunning, who ever watches our steps, and plots to lead us astray. He can work most effectually in disguise. Wherever the opinion is entertained that he does not exist, there he is most busy. When we least suspect his presence, he is gaining advantage over us. I feel alarmed as I see so many of the youth yielding to his power while they know it not. Did they but see their danger, they would flee to Christ, the sinner's refuge. {SD 79.3}

Aim to be faithful students in the school of Christ, learning daily to conform your life to the divine Pattern. Set your faces heavenward, and press toward the mark for the prize of your high calling in Christ Jesus. Run the Christian race with patience, and rise superior to every temptation, however grievous it may be, that shall come to you. Resist the devil, and he will flee from you. Draw nigh to God; and if you are desirous of taking the first upward step, you will find His hand stretched out to help you. It remains with you, individually, as to whether you walk in the light of the Sun of Righteousness, or in the darkness of error. The truth of God can be a blessing to you only as you permit its influence to purify and refine your soul. {SD 79.4}



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