

SDCR SABBATH SCHOOL GUIDE

OCTOBER-DECEMBER 2024

A blurred photograph of a family reading a book together. A man on the left is looking at the book, while a woman and a child are also looking at it. The background is out of focus, showing what appears to be a window with light coming through.

STUDIES ON
PRACTICAL RELIGION
IN THE HOME

PUBLISHED ORIGINALLY IN 1906

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The Home

1. What was the crowning work of creation? Gen. 1:26-28.
2. How close was the relationship between our first parents? Gen. 2:22-24; Eph. 5: 31. Note 1.
3. Where were they placed? Gen 2:8.
4. What description is given of their home? Verses 9, 10.
5. What sad change occurred because of sin? Gen. 3: 22, 23.
6. What else resulted? Gen. 3:16-19.
7. What is the proper position of the husband in the home? Eph. 5:23-26; Titus 2: 4, 5. Note 2.
8. What exhortation is given to wives? Eph. 5: 22; Col. 3: 18; 1 Peter 3: 1, 2. With what should they be adorned? Verses 3, 4. What example is given? Verses 5, 6.
9. What beautiful description is given of a home pre- sided over by a virtuous wife? Prov. 31: 10-27.

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10. How will she be regarded by the family? Verse 28. Note 3.

11. What admonition is given to husbands? Col. 3: 19; Eph. 5: 25.

12. What instruction is given to husbands in 1 Peter 3:7? Why? Note 4.

13. What are both husbands and wives exhorted to do? 1 Peter 3: 8-11. Note 5.

Notes

1. "Eve was created from a rib taken from the side of Adam, signifying that she was not to control him as the head, nor to be trampled under his feet as an inferior, but to stand by his side as an equal, to be loved and protected by him. A part of man, bone of his bone, and flesh of his flesh, she was his second self; showing the close union and the affectionate attachment that should exist in this relation."—Patriarchs and Prophets, page 52.

2. "Every member of the family centers in the father. His name, 'houseband,' is the true definition of husband. He is the law-maker, illustrating in his own manly bearing the sterner virtues, energy, integrity, honesty, and practical usefulness. The father is in one sense the priest of the household, laying upon the altar of God the morning and evening sacrifice, while the wife and children unite in prayer-and praise. With such a household Jesus will tarry, and through His quickening influence the parents' joyful exclamations shall yet be heard amid more exalted scenes, saying, 'Behold I, and the children whom the Lord hath given me.'" Testimonies for the Church, Vol. 1, page 547.

3. "God hath assigned woman her mission; and if she, in' her humble way, yet to the best of her ability, makes a heaven of her home, faithfully and lovingly performing her duties to her husband and children, continually seeking to let a holy light shine from her useful, pule, and virtuous life to brighten all around her, she is doing the work left her of the Master, and will hear from His divine lips, the words, 'Well done, good and faithful servant, enter thou into the joy of thy Lord.' These women who are doing with ready willingness what their hands find to do, with cheerfulness of spirit aiding their husbands to bear their burdens, and training their children for God, are missionaries in the highest sense. They are engaged in an important branch of the great work to be done on earth to prepare mortals for a higher life; and they will receive their reward." — Idem, Vol. 2, pages 465, 466.

"Though the results of her work are not apparent, angels of God are watching the care-worn mother, noting the burdens she carries from day to day. Her name may never appear upon the records of history, or receive the honor and applause of the world, as may that of the husband and father; but it is immortalized in the book of God. She is doing what she can, and her position in God's sight is more exalted than that of a king upon his throne; for she is dealing with characters, she is fashioning minds." — Christian Temperance, page 69.

4. "There are men in this church who feel that they should teach the truth to others, while they are fretful, impatient, and fault-finding in their own families. Such need that one teach them, until they become patient, God-fearing men at home. They need to learn the first principles of true religion. They should seek God with earnestness of soul; for they have been a scourge to their families, and as a desolating hail to depress and destroy their brethren. These men do not deserve the name of husband, 'house-band;' for they do not bind the family together with the Christian love, sympathy, and true dignity of a godly life and Christlike character." — Testimonies for the Church, Vol. 4, page 612.

5. "Marriage, a union for life, is a symbol of the union between Christ and His church. The spirit that Christ manifests toward the church is the spirit that husband and wife are to manifest toward each other. Neither husband nor wife is to make a plea for rulership. The Lord has laid down the principle that is to guide in the matter. The husband is to cherish his wife as Christ cherishes the church. And the wife is to respect and love her husband. Both are to cultivate the spirit of kindness, being determined never to grieve or injure the other.

"My brother and sister, both of you have strong will-power. You may make this power a great blessing or a great curse to yourselves and to

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those with whom you come in contact. Do not try to compel each other to do as you wish. You cannot do this, and retain each others love. Manifestations of self-will destroy the peace and happiness of the home. Let not your married life be one of contention. If you do, you will both be unhappy. Be kind in speech and gentle in action, giving up your own wishes. Watch well your words; for they have a powerful influence for good or for ill. Allow no sharpness to come into your voices. Bring into your united life the fragrance of Christlikeness."—Idem, Vol. 7. pages 46, 47.

Relation of Parents and Children

1. From whom are children a heritage? Ps. 127: 3; Gen. 33: 5; Prov. 23: 24, 25.
2. What admonition is given parents in reference to their children? Eph. 6: 4; Col. 3: 21.
3. If properly trained what will be the result? Prov. 22: 6. How are children thus trained described? Ps. 144: 12. Note 1.
4. What is the sad result of a failure to discipline children? Prov. 29: 15. Note 2.
5. Do parents who fail to discipline their children show their love for them in the wisest way? Prov. 13: 24.
6. Why does the Lord chastise His children? Heb. 12: 5-10.
7. If the Lord disciplines His children in love, in what spirit only should parents discipline their children?
8. How diligently should children be instructed in the precepts of the Lord? Deut. 6: 6-9; Ps. 78: 5. Why? Deut. 11: 18-25.

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9. Whose example in this matter has been recorded? Gen. 18: 17-19; See also Job 1: 5.

10. What is said concerning the sons of Eli? 1 Sam. 2:12

11. Did Eli endeavor to correct their evil course? Verses 22-25. Note 3.

12. What terrible words are written concerning Eli's failure to correct his sons? 1 Sam. 3: 11-14.

13. What is one of the special sins of the last days? Disobedience to parents. 2 Tim. 3: 1, 2.

14. Does the responsibility for this condition of things rest upon the parents or the children? Note 4.

15. What beautiful example is given parents in the life of Hannah? 1 Sam. 1: 9-11, 26-28. Note 5.

Notes

1. It is a lamentable fact that many of our youth are drifting into the world. A great question confronts this denomination in the work of our young people. Many of the problems in this work must be solved by the parents in the home. No college, academy, church school, or young people's society can ever do the work of the parents. These can all be a help, but there must be some special cooperation on the part of parents before the work which the Lord says should be done for the young can be accomplished. If parents fail to maintain government in their homes; if they fail to surround their children with the right influence, to diligently instruct them in the precepts

of the word, to pray with and for them, all that others may do will be largely undone in the home. It is time that parents took this burden to heart as never before. We can take children with us to the new earth, and no sacrifice should be considered too great to accomplish this blessed result.

2. "Children who are allowed to come up to manhood or womanhood with the will undisciplined and the passions uncontrolled, will generally in after life pursue a course which God condemns."--Testimonies for the Church, No. 31, page 34.

"The neglect of parents to properly discipline their children has been a fruitful source of evil in many families. The youth have not been restrained as they should have been. Parents have neglected to follow the directions of the Word of God in this matter, and the children have taken the reins of government into their own hands. The consequence has been that they have generally succeeded in ruling their parents, instead of being under their authority." – Idem. Vol. 4, pages 192, 193.

"False ideas and a foolish, misdirected affection have nurtured traits which have made the children unlovely and unhappy, have embittered the lives of the parents, and have extended their baleful influence from generation to generation. Any child that is permitted to have his own way will dishonor God and bring his father and mother to shame." – Idem: No. 32, page 81.

3. "Eli did not manage his household according to God's rules for family government. He followed his own judgment. The fond father overlooked the faults and sins of his sons in their childhood, flattering himself that after a time they would outgrow their evil tendencies. Many are now making a similar mistake. They think they know a better way of training their children than that which God has given in His Word. They foster wrong tendencies in them, urging as an excuse, 'They are too young to be punished. Wait till they become older, and can be reasoned with.' Thus wrong habits are left to strengthen until they become second nature. The children grow up without restraint, with traits of character that are a lifelong curse to them, and are liable to be reproduced in others.

"There is no greater curse upon households than to allow the youth to have their own way. When parents regard every wish of their children, and indulge them in what they know is not for their good, the children soon lose all respect for their parents, all regard for the authority of God and man, and are led captive at the will of Satan. The influence of an ill-regulated family is widespread, and disastrous to all society. It accumulates in a tide of evil that effects families, communities, and governments." – Patriarchs and Prophets, pages 544,545.

4. "God condemns the negligence that dallies with sin and crime, and the insensibility that is slow to detect its baleful presence in the families of professed Christians. He holds parents accountable, in a great degree, for the faults and follies of their offspring. God visited with His curse, not only he sons of Eli, but Eli himself, and this fearful example should be a warning to the parents of this time.

"As I looked upon the perilous situation of our youth, and was shown how indifferent the parents are to their welfare, my heart was sick and faint; angels were troubled, and wept with grief. The youth are passing into the world, and into the hands of Satan. They are becoming less susceptible to the sweet influences of the grace of God, bolder and more defiant, and manifest increasing disregard of eternal interests. I saw Satan planting his banner in the households of those who profess to be God's chosen ones; but those who are walking in the light should be able to discern the difference between the black banner of the adversary and the blood-stained standard of Christ."—Testimonies for the Church, Vol. 4, page 200.

5. "What a reward was Hannah's! and what encouragement to faithfulness is her example! There are opportunities of inestimable worth, interests infinitely precious, committed to every mother. The humble round of duties which women have come to regard as a wearisome task, should be looked upon as a grand and noble work. It is the mother's privilege to bless the world by her influence, and in doing this she will bring joy to her own heart. She may make straight paths for the feet of her children, through sunshine and shadow, to the glorious heights above. But it is only when she seeks, in her own life, to follow the teachings of Christ, that the mother can hope to form the character of her children after the divine pattern."—Patriarchs and Prophets, page 538.

Duty of Children Toward Their Parents

1. Repeat the fifth commandment. Ex. 20:12.
2. What is this commandment said to be? Eph. 6:2. Why? Note 1.
3. What admonition is given to children regarding their parents? Col. 3:20; Eph. 6:1. Note 2.
4. What further admonition is given to the young in this matter? Prov. 1:8, 9; 23:22.
5. What will be the blessed result? Prov. 4:20-22; 6:20-22.
6. What attitude will a wise son take regarding the instruction of his father? Prov. 13: 1; 15: 5.
7. What sad evil in the home, between parents and children, will constitute a sign of the last days? 2 Tim. 3:1-5. Is this sign now being fulfilled?
8. How does the Lord regard this evil thing? Prov. 20:20; 30: 11, 17.

LESSON 3

October 13 – October 19

9. What example of obedience to his parents is left the young by the Saviour? Luke 2: 51.

10. What great work is to be wrought in the home between parents and children before the Lord comes? Mal. 4: 5, 6.

11. When John the Baptist came in the spirit and power of Elijah, what was the effect upon both parents and children? Luke 1: 11-17.

12. What does this indicate concerning a special work to be wrought in the homes of God's people under the influence of the "latter rain"? Note 3.

13. What bearing does this have upon our need of the Holy Spirit

Notes

1. This is the "first commandment with promise" doubtless for the reason that it is the first precept which we are called upon to obey when born into the world. The first duty a child can render is obedience to its parents.

2. "Parents are entitled to a degree of love and respect which is due to no other person. God Himself, who has placed upon them a responsibility for the souls committed to their charge, has ordained that during the earlier years of life parents shall stand in the place of God to their children. And he who rejects the rightful authority of his parents, is rejecting the authority of God. The fifth commandment requires children not only to yield respect, submission, and obedience to their parents, but also to give them love and tenderness, to lighten their cares, to guard their reputation, and to succor and comfort them in old age. It also enjoins respect for ministers and rulers, and for all others to whom God has delegated authority." – Patriarchs and Prophets, page 308.2

3. "As the children sang in the temple courts, 'Hosanna! Blessed is He that

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cometh in the name of the Lord,' so in these last days; children's voices will be raised to give the last message of warning to a perishing world. When heavenly intelligences see that men are no longer permitted to present the truth, the Spirit of God will come upon the children, and they will do a work in the proclamation of the truth which the older workers cannot do, because their way will be hedged up." — Testimonies for the Church, Vol. 6, pages 202, 203.

Duties and Work of the Young

1. What important counsel is given the young by Solomon? Eccl. 12: 1.
2. What is the counsel of Jeremiah? Lam.3:27. Whose yoke are they to bear? Matt. 11: 28, 29.
3. Cite an example. 2 Chron. 34:1-3
4. What important admonitions are given in Prov. 1: 8-10? Compare Prov. 4:1-15. Note 1.
5. How should they regard the aged? Lev. 19:32.
6. What example is recorded as a warning? 2 Kings 2:23, 24.
7. What solemn reminder is given the young in Eccl. 11: 9? See also Chap. 12:14. Note 2.
8. How may the youth obtain true knowledge? Prov. 2: 1-6.

LESSON 4

October 20 – October 26

9. What did Timothy study in childhood? 2 Tim. 3: 14, 15. How did this affect his life? Chap. 1: 5; Acts 16:1.

10. What will enable the young to live a Christian life? Ps. 119: 9, 11. Note 3.

11. Has the Lord given them a work to do? Mark 13: 34; 1 Tim. 4: 12. Note 4.

12. What striking example is given, showing how children may be missionaries? 2 Kings 5: 1-3, 14, 15.

13. What purpose filled the heart of the young captive, Daniel? Dan. 1: 8. What was the result? Verses 17-20.

14. What noble resolve was in the heart of Joseph when' a slave in Egypt? Gen. 39: 9. Note 5.

15. What blessing did this bring to him? Verse 2 - 3, 23.

16. What gift does our heavenly Father ask of the young? Prov. 23:26.

Notes

1. "Young men and women, you are accountable to God for the light that He has given you. This light and these warnings, if not heeded, will rise up in the judgment against you. Your dangers have been plainly stated; you have been cautioned and guarded on every side, hedged in with

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warnings. In the house of God you have listened to the most solemn, heart searching truths presented by the servants of God in demonstration of the Spirit. What weight do these solemn appeals have upon your hearts? What influence do they have upon your characters? You will be held responsible for every one of these appeals and warnings. They will rise up in the judgment to condemn those who pursue a life of vanity, levity, and pride. Dear young friends, that which you sow, you will also reap. Now is the sowing time for you. What will the harvest be? What are you sowing? Every word you utter, every act you perform, is a seed which will bear good or evil fruit, and will result in joy or sorrow to the sower. As is the seed sown, so will be the crop. God has given you great light and many privileges. After this light has been given, after your dangers have been plainly presented before you, the responsibility becomes yours. The manner in which you treat the light that God gives you, will turn the scale for happiness or woe. You are shaping your destinies for yourselves." *Testimoities for the Church, Vol. 3, page 363.*

- 2 "A little time spent in sowing your wild oats, dear young friends, will produce a crop that will embitter your whole life; an hour of thoughtlessness—once yielding to temptation—may turn the whole current of your life in the wrong direction. You can have but one youth; make that useful. When once you have passed over the ground, you can never return to rectify your mistakes. He who refuses to connect with God, and puts himself in the way of temptation, will surely fall. God is testing every youth."—*Idem, Vol. 4, pages 622, 623.*

3. The youth who find joy and happiness in reading the Word of God and in the hour of prayer, are constantly refreshed by draughts from the Fountain of Life. He will attain a height of moral excellence and a breadth of thought of which others cannot conceive."—*Idem, Vol. 4, page 624.* "I was shown that the youth must take a higher stand and make the Word of God the man of their counsel and their guide."—*Idem, Vol. 1, page 497.*

4. "I saw that Satan is a vigilant foe, intent upon his purpose of leading the youth to a course of action entirely contrary to that which God would approve. He well knows that there is no other class that can do as much good as young men and young women who are consecrated to God. The youth, if right, could sway a mighty influence. Preachers, or laymen

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advanced in years, cannot have one-half the influence upon the young that the youth, devoted to God, can have upon their associates. They ought to feel that a responsibility rests upon them to do all they can to save their fellow mortals, even at a sacrifice to their pleasure and natural desires." – Idem, Vol. 1, page 511. "Young men and young women, gather a stock of knowledge. Do not wait until some human examination pronounces you competent to work, but go out into the highways and hedges, and begin to work for God. Use wisely the knowledge you have. Exercise your ability with faithfulness, generously imparting the light that God gives you." – Idem, Vol. 7, page 281.

5. "His soul thrilled with the high resolve to prove himself true to God under all circumstances to act as became a subject of the King of Heaven. He would serve the Lord with undivided heart; he would meet the trials of his lot with fortitude and perform every duty with fidelity." – Patriarchs and Prophets, page 206.

Our Words and Thoughts

1. What caution is given concerning our words? Ecc. 5: 2, 3; Prov. 10:19.
2. What instruction regarding our words should be kept constantly in mind, especially in the home? Prov. 15:1. Note 1.
3. Of what are words a sure index? Matt. 12: 35. For what must we render an account? Verse 36.
4. What is the mouth of a righteous man called? Prov. 10: 11; Ps. 37: 30.
5. What is a wholesome tongue called? Prov. 15: 4.
6. What kind of words are to be commended? 1 Tim. 6: 3; 2 Tim. 1: 13.
7. What manner of- conversation should ever. proceed out of our mouth? Eph. 4: 29; Col. 4: 6.
8. What kind of speech should never proceed-out of our mouth? Eph. 5: 3, 4. Note 2.

LESSON 5

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9. Upon what will the decisions of the judgment turn in each case? Matt. 12: 37; Luke 19: 22.

10. Upon what should we think? Ps: 1:1, 2; 119: 15; Phil. 4: 8.

11. What besides our words will be considered in the judgement? Eze. 11: 5. What else? 1 Sam 2:3.

12. About what should we talk? Ps. 77:11, 12; 145: 10-12.

13. What is one way by which we can all make the hearts of others glad? Prov. 12: 25; 15: 23. Note 3.

14. What injunction does the Lord give against tale-bearing? Lev. 19: 16; Prov. 17: 9; 26: 20. How may we avoid trouble? Prov. 21: 23.

15. How is a vain religion defined? James 1: 26.

16. What is an appropriate prayer for all? Ps. 19: 14.

Notes

1. "He [the husband] should encourage her [the wife] to lean upon his large affections, and direct her mind to heaven, where there is strength and peace, and a final rest for the weary. He should not come to his home with a clouded brow but should with his presence bring sunlight into the family and should encourage his wife to look up and believe in God. Unitedly they can claim the

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promises of God and bring His rich blessing into the family. Unkindness, complaining, and anger shut Jesus from the dwelling. I saw that angels of God will flee from a house where there are unpleasant words, fretfulness and

strife."—Testimonies for the Church, Vol. 1, page 307. "A house with love in it, where love is expressed in words and looks and deeds, is a place where angels love to manifest their presence and hallow the scene by rays of light from glory. There the humble household duties have a charm in them."—Idem, Vol. 2, page 417.

2. "Those who profess to believe the Third Angel's Message often wound the cause of God by lightness, joking, and trifling. I was shown that this evil was all through our ranks. There should be a humbling before the Lord; the Israel of God should rend the heart, and not the garment."—Idem, Vol. 1, page 133. "Jesting, joking, and worldly conversation belong to the world. Christians who have the peace of God in their hearts. will be cheerful and happy without indulging in lightness or frivolity. While watching unto prayer, they will have a serenity and peace which will elevate them above all superfluities."—Idem, Vol. 3, page 241.

3. "Is it not a better thing to seek to make the living happy than to leave them to walk along dreary paths without sympathy, unhelped, neglected, perhaps wronged, and then flood their coffins with sunshine? Many a man goes down under the pressure of life's hardship and the weight of its burdens, never hearing the voice of human sympathy. What matters to him, when the agony is over and he lies dead in the field, that friends come in throngs to lament his fall and to utter his praises? May it not be that a tithe of the sympathy and appreciation wasted and unavailing now would have kept his heart bravely beating for many another year? "Do not, then, keep the alabaster boxes of your love and tenderness sealed up until your friends are dead. Fill their lives with sweetness. Speak approving, cheering words while their ears can hear them. The things you mean to say when they are gone say before they go. The flowers you mean to send for their coffins send to brighten and sweeten their homes before they leave them." Week day Religion, pages 159, 160.

Family Prayer

1. Near the close of his life what firm resolution did Joshua express concerning himself and his family? Josh. 24:15

2. How faithfully are parents to instruct their children in the way of righteousness? Deut. 11: 18-21.

3. Who was Moses' teacher during the early years of his life? Ex. 2: 1-9. With what result? Note 1.

4. What is said concerning the families who do not call upon the Lord? Jer. 10: 25. Note 2.

5. Does the heavenly family have seasons of worship? Rev. 5:11, 12; 4: 8-11. Note 3.

6. What instruction is given concerning morning prayer? Ps. 5: 3. Noon and evening? Ps. 55: 17. Note 4.

7. What was Daniel's example in this matter? Chap. 6: 6-10.

8. What instruction is given in the Word regarding secret prayer? Matt. 6: 5, 6.

LESSON 6

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9. What example has the Saviour left us of secret prayer? Matt. 14: 23; Luke 6: 12. (See also the example of Peter, Acts 10: 9; and Paul, Acts 9: 11.)

10. What preparation of heart is necessary for effectual prayer? Ps. 66: 18; Mark 11: 25, 26; John 9: 31. In whose prayer does the Lord delight? Prov. 15: 8.

11. When Hezekiah received from the Assyrian general the letter threatening with destruction the city of Jerusalem, what did he do? Isa 37:14-20 What was the result? Verses 33-36

12. When rebellion was in David's kingdom, and he Was fleeing in distress from Jerusalem, what prayer did he utter? 2 Sam. 15: 30, 31. What answer was given? 2 Sam. 17: 1-4, 14, 23.

13. When Israel was threatened with alien armies, what did King Jehoshaphat do? 2 Chron. 20: 3-13. What answer was given? Verses 14-23.

14. What is there in Elijah's experience that encourages us to pray? James 5: 15-18.

15. What strong assurance is given to those who pray in faith? Matt. 21: 22; 1 John 3: 22. Note 5.

Notes

1. Moses was under the instruction of his mother until about twelve years of age. The godly instruction imparted during these years laid the foundation for the noble and un- paralleled career of this mighty man. It enabled him to live amid the splendor and idolatry of the court of the Pharaohs, and to receive the education of a statesman, yet to maintain in his heart the pure

precepts of the religion of the Most High. What a noble example for mothers.

2. "Then there is nothing else that so sweetens the home life. True family worship is a fountain that brings streams of holy influence into every part of the household. It is a vase of perfume that sheds fragrance overall. It softens asperities. It quells anger. It quiets impatience. It settles differences. It subdues evil passions. Hearts that are drawn together at God's feet every day cannot get very far apart. The frictions of the day are forgotten when all voices mingle in the same heavenly song. As the tender words of inspiration fall with their benign counsels all feeling of unkindness melts away. The altar in the midst wondrously hallows and sweetens the home fellowship. Besides, it puts new strength into every heart. It comforts sorrow. It is a shield against temptation. It smooths out the wrinkles of care. It inspires strength for burden-bearing. It quickens every religious sentiment and keeps the fires burning on every heart's altar." – Week Day Religion, page 79.

3. "The hour for joyful, happy songs of praise to God and His dear Son had come. Satan had led the heavenly choir. He had raised the first note, then all the angelic host united with him, and glorious strains of music had resounded through heaven in honor of God and His dear Son. But now, instead of strains of sweetest music, discord and angry words fall upon the ear of the great rebel leader. Where was he? Was it not all a horrible dream? Was he shut out of heaven? Were the •gates of heaven never more to open and admit him? The hour of worship draws nigh, when bright and holy angels bow before the Father. No more will he unite in heavenly song. No more will he bow in reverence and holy awe before the presence of the eternal God. Could he be again as he was when he was pure, true, and loyal, gladly would he yield up the claims of his authority. But he was lost, beyond redemption, for his presumptuous rebellion!" – Spirit of Prophecy, Vol. 1 page 28.

4. "Morning and evening, the father, as priest of the household, should confess to God the sins committed by himself and his children through the day. Those sins which have come to his knowledge, and also those which are secret, of which God's eye alone has taken cognizance, should be confessed. This rule of action, zealously carried out by the father when he is present or by the mother when he is absent, will result in blessings to the family." – Testimonies for the Church, Vol. 2, page 701. "The father, who is the 'houseband' of the family, will bind his children to the throne of God by living faith. Distrusting his own strength, he hangs his helpless soul on Jesus and takes hold of the strength of the Most High. Brethren, pray at home, in your family, night and morning; pray earnestly in your closet; and while engaged in your daily labor, lift up your soul to God in prayer. It was thus that Enoch walked with God." – Idem, Vol. 4, page 616.

LESSON 6

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5. "We never need to distrust God. The just Judge repulses no one who comes to Him in contrition. He has more pleasure in His church struggling with temptation here below, than in the imposing host of angels that surround His throne. Not one sincere prayer is lost. Amid the anthems of the celestial choir God hears the cries of the weakest human being."—Mrs. E. G. White, *Signs of Times* Sept. 15, 1898.

The Fruit of the Spirit

1. What are the fruits of the Spirit? Gal: 5: 22, 23. Note 1.

2. How are these contrasted with the works of the flesh? Verses 19-21.

3. What have true Christians done? Verse 24; 6: 14.

4. How is their daily experience set forth? Gal. 2: 20.

5. By what is a tree known? Matt. 7: 17-20.

6. Does a tree ever bear more than one kind of fruit at the same time? James 3: 10-12. How is this same principle illustrated in a fountain?

7. What application is made of this principle to our Christian experience? Luke 6: 43-46; Matt. 12: 33-35.

8. What disposition is made of trees that do not yield good fruit? Matt. 3: 8-10.

9. How only can we bear good fruit? John 15:4, 5. 10. What is the result of truly abiding in Christ? Verses 7; 8.

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10. What is done with fruitless branches? Verses 2, 6. 12. What did the Saviour do with the fruitless fig tree? Mark 11: 11-14, 20, 21. Note 2.

11. What parable spoken by the Saviour' illustrates this matter? Luke 13: 6-9.

12. How is wisdom which comes from above defined? James 3: 17.

13. What is an appropriate prayer for all? Phil. 1: 9-11.

Notes

1. Home should be a miniature heaven. It should be the dearest place on earth to each member of the family. That alone which will make it what the Lord desires it should be, is love. Nowhere are the tender, gentle, soul-winning, heavenly graces of the Holy Spirit more fitting than in the home circle, between husband and wife, and the children. Without this adorning, no home is worthy the name. Let these lessons on the fruits of the Spirit be studied with this thought especially in mind.

2. "Christ's act in cursing the tree which His own power had created, stands as a warning to all churches and to all Christians. No one can live the law of God without minister- ing to others. But there are many who do not live out Christ's merciful, unselfish life. Some who think themselves excellent Christians do not understand what constitutes service for God. They plan and study to please themselves. They act only in reference to self. Time is of value to them only as they can gather for themselves. In all the affairs of life this is their object. Not for others, but for themselves, do they minister. God created them to live in a world where unselfish service must be performed. He designed them to help their fellowmen in every possible way. But self is so large that they cannot see anything else. They are not in touch with humanity. Those who thus live for self are like the fig-tree, which made every pretension, but was fruitless. They observe the forms of worship, but without repentance or faith. In profession they honor the law of God, but obedience is lacking. They say, but do not. In the sentence pronounced on the fig-tree Christ demonstrates how hateful in His eyes is this vain pretense. He declares that the open sinner is less guilty than is he who professes to serve God, but

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who bears no fruit to His glory." – Desire of Ages, page 584.

The Fruits of the Spirit—Love and Joy

1. By what agency is love planted in the human heart? Rom. 5:1-5.
2. For what did Jesus pray? John 17: 26.
3. What is the test of our discipleship? John 13:34, 35.
4. By what may we know that we have passed from death unto life? 1 John 3:14. Note 1.
5. If the fruit of love is in the heart, what will be our attitude toward our enemies? Matt. 5: 44-48; Rom. 12: 19-21.
6. What exhortation seems especially applicable to the home? Rom. 12: 10. Compare Eph. 5: 21-25.
7. How is the fruit of joy emphasized? Phil 4: 4; 3:1.
8. In what trying time may joy be manifest? Matt. 5:11, 12; Acts 5:41.
9. What may be the experience of the sorrowful? 2 Cor. 6:10.

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10. What is the Christian's privilege in times of affliction and necessity? 2 Cor. 12: 9, 10.

11. What causes joy in heaven? Luke 15: 7, 10.

12. What experience will the conversion of a sinner bring to us? Phil. 4: 1.

13. Concerning what should we especially rejoice? Luke 10: 20.

14. How is joy manifest in the soul of the believer? Eph. 5:19; Col. 3: 16.

15. How is the kingdom of God defined? Rom. 14: 17

16. For what did the apostle Paul pray? Rom. 15: 13. Note 2.

Notes

1. Many are in perplexity as to whether they are in a saved condition, whether or not they have passed from death unto life. They need not be. Here is a test by which each can determine for himself his standing before the Lord. If we love the brethren, not some of them simply, but all of them, our name stands recorded in the book of life. But if hatred fills our heart against some one, we are not written among the living.

2. "If we do represent Christ, we shall make His service appear attractive, as it really is. Christians who gather up gloom and sadness to their souls, and murmur and complain, are giving to others a false representation of God and the Christian life. They give the impression that God is not Pleased to have His children happy, and in this they bear false witness against our Heavenly

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Father." –Steps to Christ, page 147.

The Fruit of the Spirit—Peace and Long-suffering

1. What did Jesus leave with His people when He went away? John 14: 27. Note 1.
2. What has He spoken unto them? Ps. 85: 8.
3. What prayer expressed by the Holy Spirit is recorded for our encouragement? 2 Cor. 13: 11; Phil. 4: 7
4. Upon what is a special blessing pronounced? Mat. .5: 9.
5. What personal exhortation is given us? Rom. 12: 18.
6. How may we do this? Verses 19, 20; Mark 11: 25, 26.
7. What graces of the Spirit are closely associated with the ,fruit of long-suffering? 1 Cor. 13: 4-7.
8. What is said concerning the long-suffering of the Lord? Num. 14: 18; Ps. 86: 15; Rom. 9 :22, 23.

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9. How did Jonah express this in prayer? Jonah 4: 2.
10. To what did the Psalmist ascribe his greatness? 2 Sam. 22: 36. See also 1 Cor. 15: 10.
11. To how many is the Lord kind? Luke 6: 35.
12. What should continually be upon our tongues? Prov.31:26 If this were true of all, would there ever be any unkind, impatient words spoken in the home or elsewhere? Note 2.
13. What has been the result of the Lord's long-suffer- ing ? 2 Peter 3: 15. How have some regarded it? 2 Peter 3 : 9; Rom. 2: 4.
14. What instruction is given us in reference to cultivating this heavenly plant in our own lives? Eph. 4: 1, 2.
15. How alone can we do this? Col. 1: 9-11. What Christian virtue is here closely associated with long- suffering?
16. What excellent admonition is given us in this matter? Col. 3: 12, 13.

Notes

1. "In the heart of Christ, where reigned perfect harmony with God, there was perfect peace. He was never elated by applause, nor dejected by censure or disappointment. Amid the greatest opposition and the most cruel treatment,

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He was still of good courage. But many who profess to be His followers have an anxious, troubled heart, because they are afraid to trust themselves with God. They do not make a complete surrender to Him for they shrink from the consequences that such a surrender may involve. Unless they do make this surrender, they cannot find peace. It is the love of self that brings unrest." – Desire of Ages, page 330.

2. "We can have the salvation of God in our families, but we must believe for it, live for it, and have a continual, abiding faith and trust in God. We must subdue a hasty temper and control our words; and in this we shall gain great victories. Unless we control our words and temper, we are slaves to Satan. We are in subjection to him. He leads us captive. All jangling and unpleasant, impatient, fretful words are an offering presented to his Satanic majesty. And it is a costly offering, more costly than any sacrifice we can make. for God; for it destroys the peace and happiness of whole families, destroys health, and is eventually the cause of forfeiting an eternal life of happiness." – Testimonies for the Church, Vol. 1, page 310.

The Fruit of the Spirit—Goodness, Faith, Meekness

1. What is it that leads us to repentance? Rom. 2: 4; Ex. 33:19.
2. With what is the earth filled? Ps. 33: 5; 23: 6.
3. For what should we praise the Lord? Ps: 107:8,15.
4. With what does the Lord fill the hungry soul? Ps. 107: 9; Luke 1: 53.
5. What fruit of the Spirit are we especially told we must have in order to please the Lord? Heb. 11: 6. Note 1.
6. What precious promise is made to the trusting soul? Isa. 26: 3. Note 2.
7. How only can our hearts be purified? Acts 15: 9. How are we sanctified? Acts 26: 18. How justified? Rom. 3: 28.
8. What was counted to Abraham for righteousness? Rom. 4: 3; Gen. 15: 4-6.

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9.. How may we become righteous? Rom. 4: 5.

10. What illustration did Jesus give us of the power of faith? Matt. 17: 20; Luke 17: 6.

11. Cite some examples of faith. Heb. 11: 32-40.

12. What is an appropriate prayer for all? Luke 17: 5.

13. What are some of the promises made to the meek? Ps. 25:9; 147: 6; 149:4.

14. Who will inherit the new earth? Matt. 5: 5; Ps. 37: 10, 11.

15. Give an example of meekness. Num. 12:3.

16. What spirit should we manifest in dealing with the erring? Gal. 6:1.

17. What exhortation is given us? Eph. 4: 1-3; Col. 3:12, 13.

Notes

1. "Oh, for living, active faith! We need it; we must have it, or we shall faint and fail in the day of trial. The darkness that will then rest upon our path must not discourage us or drive us to despair. It is the veil with which God covers His glory when He comes to impart rich blessings." – Testimonies for the Church, No. 31, page 211.

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2. "The difficulties we have to encounter may be very much lessened by that meekness which hides itself in Christ. If we possess the humility of our Master, we shall rise above the slights, the rebuffs, the annoyances to which we are daily exposed, and they will cease to cast a gloom over the spirit. The highest evidence of nobility in a Christian is self-control." – *Desire of Ages*, page 301.

Temperance

1. Concerning what did Paul reason before Felix? Acts 24: 25. How was this intemperate ruler affected by it? Note 1.
2. What is said of those who strive for a crown? 1 Cor. 9: 24, 25.
3. Over what did Paul exercise self-control? Verse 27. Why? See also Rom. 8: 13.
4. What admonition regarding self-control is given by Peter? 2 Peter 1: 5-7.
5. If we do this, what will be our reward? Verse 8. What is the condition of those who are lacking in these graces? Verse 9.
6. What intemperate condition will prevail in the last days? Matt. 24: 37-39; Luke 17: 24-30.
7. What warning is given those living in this time? Luke 21: 34.
8. Upon what point did the first Adam fail? Gen. 3: 6.
9. What victory was gained for man, by the second Adam over appetite? Matt.

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4: 1-4.

10. What should be our purpose in eating? Eccl. 10: 17.

11. What inhibition is placed upon the use of fermented drinks? Prov. 23: 29-32.

12. What motives should characterize every act of life? 1 Cor. 10: 31; Col. 3: 17
1 Peter 4: 11; Note 2.

13. What is the true basis of temperance and health reform work? Rom. 14: 23. Note 3.

14. What precious promises has the Lord made to His people? 2 Cor. 6: 14-18.

15. Because of these promises what has He bidden them to do? 2 Cor. 7: 1; Titus 2: 11-14.

16. What spiritual service does He require at our hands? Rom. 12: 1; 1 Cor. 6: 19, 20. Note the rendering of the Revised Version of Rom. 12: 1.

Notes

1. For the word "temperance" given in the Authorized • Version, the Revised Versions have "self-control." See such texts as Gal. 5:23; Acts 24: 25; 1 Cor. 9: 25. etc. This gives the correct idea. True temperance means to exercise self-

control in all things.

2. "There is real common sense in health reform. People cannot all eat the same things. Some articles of food that are wholesome and palatable to one person, may be hurtful to another. Some cannot use milk, while others can subsist upon it. For some dried beans and peas are wholesome, while others cannot digest them. Some stomachs have become so sensitive that they cannot make use of the coarser kind of graham flour. So, it is impossible to make an unvarying rule by which to regulate every one's dietetic habits. Narrow ideas, an overstraining of small points, have been a great injury to the cause of hygiene." – Christian Temperance and Bible Hygiene, page 57.

3. Temperance, sometimes called physical righteousness, is a fruit of the Spirit, and in its truest sense can be acquired only by the operation of the Spirit of God on the intemperate passions of the natural heart. It should be studied, and practiced, from the Christian rather than the pagan standpoint. Various forms of correct living are manifest among heathen nations and have been for centuries, but those who have practiced them are pagan still. Men of the world adopt temperate habits that their minds may be clear to drive sharp bargains and manipulate transactions to their own advantage and operate schemes to plunder the people. Others practice proper habits before eating and drinking to develop muscle in order to win in some physical contest. Temperance from the Christian standpoint is far different from these. It is a thing of the heart, a fruit of righteousness, a purification of the soul from unclean passions through faith. Its object is the attainment of a pure and holy life, which is wrought only by the operation of the Spirit of God.

Patience

1. How are the believers brought to view under the Third Angel's Message designated? Rev. 14: 12.

2. Through what means is patience developed in us? Rom. 5: 1-3.

3. When, therefore, we pray for patience, what may we expect to be called upon to pass through?

4. How should we regard divers temptations? James 1:2. Why? Verses 3, 4.

5. What exhortation is given us concerning trials? 1 Peter 4: 12, 13. Of whose sufferings are we in this way a partaker? Note 1.

6. What is the greatest victory any person can ever achieve? Prov. 16: 32. Note 2.

7. What is said concerning those who speak hasty, impatient words? Prov: 29: 20; 14: 29; Ecc. 7: 9. Note 3.

8. What is said regarding those who do not control their tongues? James 1: 26. What vow did David make? Ps. 39: 1.

9. What is said in the Word regarding fretfulness? Ps. 37: 8. The Revised

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Version reads, "Fret not thyself, it tendeth only to evil doing." What leads to fret-fulness? 1 Sam. 1: 6.

10. If able to control the tongue, what else are we able to do? James 3: 2.

11. What evil is in the power of an unruly tongue? Verses 4-6.

12. By what comparison is the difficulty of controlling the "little -member" presented? Verses 7, 8.

13. What victory is written concerning the remnant? Rev. 14: 5.

14. By what means have they overcome? Col. 1: 9-11.

15. What example of patience is revealed in the life of our Saviour? 1 Peter 2: 21-23; Heb. 12: 2, 3.

Notes

1. "Every injustice or grievance reacts and leaves a stain and a wound. All the cruelties and persecutions that human hate could inflict would not leave one trace of real harm upon us, but every feeling of resentment admitted into our hearts, every angry word uttered, will leave a stain. Forbearance thus becomes a perfect shield which protects us from all the cruelties and wrongs of life." – Week Day Religion, page 201.

2. "It is a majestic power, this power of keeping silent. Great is the conqueror who leads armies to victories. Mighty is the strength that captures a city. But he is greater who can rule his own spirit. There are men who can command armies. but cannot command themselves. There are men who by their

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burning words can sway vast multitudes who cannot keep silence under provocation or wrong. The highest mark of nobility is self-control. It is more kingly than regal crown and purple *robe*." – *Idem*, pages 198, 199.

3. Impatience! This evil thing is manifest everywhere. How many irritable, fretful souls there are who manifest, through sharp, impatient words, the raging, uncontrolled Passions within. In many professed Christian homes hearts are many times caused to ache because of unkind words, spoken because of anger aroused through some trifling thing. "My brethren, these things ought not so to be." With the Lord there is help for every soul who is "easily provoked."

The Proper Observance of the Sabbath

1. Which day of the week did the Lord bless? Gen. 2: 2, 3. Why did He bless a day? Gen. 12: 1, 2. Note 1.

2. Repeat the Sabbath commandment. Ex. 20: 8-11.

3. Why are we to remember the Sabbath? When should it be remembered? Note 2.

4. When does the Sabbath begin and end? Lev. 23: 32; Mark 1: 32. How much of the day is holy? Note 3.

5. What is the day before the Sabbath called? Ex. 16:4, 5; Luke 23:50-54; Mark 15:42.

6. What preparation should be made for the Sabbath? Ex. 16: 23, 24. Note 4.

7. What miracle was wrought to teach proper reverence for the Sabbath? Verses 25-30.

8. What else is included in proper Sabbath observance besides refraining from

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work? Isa. 58: 12, 13., Is it possible to refrain from doing physical labor and yet violate the sanctity of the Sabbath? Note 5.

9. How, was the Sabbath observed by the holy women when the Saviour was in the tomb? Luke. 23: 55, 56. Note 6.

10. What is the character of the law of God? Rom. 7: 12; 14. Is the fourth, or Sabbath, commandment spiritual?

11. Can a person then who is not spiritually minded properly observe the Sabbath? Ezek. 36: 26, 27; Rev. 1: 10.

12. What example of Christ's indicates the true spirit of Sabbath observance? . Matt. 12: 1-13.

13. How does the Lord regard Sabbath-breaking? Eze. 22: 25, 26. Compare Isa. 56: 2-7

14. What was done anciently with the person who disregarded the Sabbath? Num. 15: 32-36; Ex. 35: 2, 3.

15. What blessing is promised for obedience? Prov. 13: 13; Ps. 19:7-11.

Notes

1. The Lord blessed Abraham that he might be a blessing. For a like reason he blessed the Sabbath day, that it might be a blessing to man. The blessing of

God placed on the Sabbath is just as real a thing as the blessing which He gives to man. But in order for us to enjoy this blessing it is necessary that we observe, as He has directed, the day He blessed.

2. We are to remember the Sabbath to keep it holy. Throughout the entire week we are to so plan our secular affairs that, when the Sabbath comes to us, we will be ready to receive it, and not desecrate its sanctity because of our forgetfulness. In this sense the fourth commandment, like the other nine, covers all the transactions of life during the entire seven days of the week.

3. The divine Sabbath law commands that man's work shall be done in the "six working days" (Eze. 46: 1). The first hour of the Sabbath is as holy as any other hour, and when the day begins our own work should end and the Lord's work only should be done. Many are so burdened with the "cares of this life" that they frequently violate the sanctity of the Sabbath at its beginning and at its close in order to do their own work. Those who do this grieve the Spirit and fail of receiving the full blessing of the Sabbath-keeping. There is no more fitting way to begin the Sabbath than, as its sacred hours draw near, to assemble the family, and, after singing, and reading God's blessed Word, engage, in a season of prayer, invoking pardon for sin, and asking for a Sabbath blessing. Then as its closing moments draw nigh, offer a prayer of thanksgiving; and ask for strength for the coming week.

4. "When the Sabbath commences we should place a guard upon ourselves, upon our acts and our words, lest we rob God by appropriating to our own use that time which is strictly the Lord's. We should not do ourselves, nor suffer our children to do, any manner of our own' work for a livelihood, or anything which could have been done on the six working days. Friday is the day of preparation. Time can then be devoted to making the necessary preparation for the Sabbath, and to thinking and conversing about it. Nothing which will in the sight of heaven be regarded as a violation of the Holy Sabbath should be left unsaid or undone, to be said or done upon the Sabbath. God requires not only that we refrain from physical labor upon the Sabbath, but that the mind be disciplined to dwell upon sacred themes. The fourth commandment is virtually transgressed by conversing upon worldly things or by engaging in light and trifling conversation. Talking upon anything or everything which may come into the mind, is speaking our own words. Every deviation from right brings us into bondage and condemnation."— Testimonies for the Church, Vol. 2, pages 702, 703.

5. We are not to do our own ways, or our own pleasure, or speak our own words on the Sabbath. To think and plan regarding our secular business on the Sabbath or permit our mind to dwell on things pertaining to worldly

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pleasure, is a violation of the Sabbath. The fourth commandment, like the other precepts, covers the thoughts and intents of the heart, and when the Sabbath begins there should be a cessation, not simply of secular labor, but of secular thoughts as well.



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