

Junior searcher

Volume 3, No. 1

Level II



Path to Happiness

1st
Quarter

Junior Searcher
Volume 3, No. 1

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Junior Searcher

is a daily study for children primary/junior age, applying principles from the Bible and Spirit of Prophecy. This study is based on a four-year cycle. Published quarterly and copyrighted ©1998 by Reformation Herald Publishing Association, 5240 Hollins Road, Roanoke, Virginia 24019-5048, a non-profit corporation.

Annual Subscription:

(4 issues):
\$23.80 in the U.S.A.
Other countries US\$27.80.
Single issues US\$8.50.
Prices subject to change without notice.

To place your order,

please send your name, address, telephone number, and payment to RHPA, P.O. Box 7240, Roanoke, Virginia 24019-7240, USA, or call (540) 366-9400.

Acknowledgments:

As we are preparing these lessons, we are keeping in close touch with Christ, our Master Teacher. We thank Him for His wisdom, His guidance, and the revelation of His methods. He is our Wonderful Teacher, our Counselor, our Mighty God, our everlasting Father, and Prince of Peace (Isaiah 9:6). By the grace of God, we will continue to follow His leading in presenting the Word of Life to our children.

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Sabbath Bible Lessons

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Our special thanks to:

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Page 53, M. Garner.

PhotoDisc: front cover and illustrations throughout.

A Letter to You

Dear Juniors:

You have taken many hard tests at school, I am sure, but soon you are going to take the hardest test of your life. No, it won't be a history or math test; it will be a test on the ten commandments. If you have grown up in a Christian home, you have most likely memorized the ten commandments as a child. But this test will not test so much your memory, but your actions.

Have you been living those ten commandments every day? Are you worshiping the living God or perhaps you have some hidden idols that you love and adore? Has your language been pure, free from slang and profanity? How have you been spending your Sabbath days? Have you used those precious hours to come closer to Jesus or have you been robbing Him by doing your own pleasure? How have you been treating your parents lately? Have you been honoring them by your words and actions?

Each day of your lives, God is giving us quizzes on the ten commandments. He is testing us to see if we are ready to enter heaven and live with the pure angels. If we have been getting high marks on our daily quizzes, when the final test comes, we will do well. But if we have been failing in the little tests, there will be trouble ahead. As we listen to world news, we know that soon the big test will come. The pope has made an appeal already telling people to get back to church. He said that they must get back to keeping Sunday, the first day of the week holy, if they want God's blessing.

We know that the Sunday law will soon be passed. Are you, dear junior and youth, ready for that time? When you are separated from your mother and father are you going to be able to stand for the Sabbath even if you have to go to jail? Today you must answer these questions. Today is the day to get ready for the big final test. Our lesson study for the next two quarters is on the ten commandments. We must know them not only by memory, but they must be written in our hearts.

As you daily obey God's commandments in the little things, when the final Sabbath test comes, you will be strong, full of courage and faith. Even though mother and father may not be near, you can be brave and stand up for Jesus like Daniel, Shadrach, Meshach and Abed-nego. Get ready! Get ready! Get ready!

"Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest." Joshua 1:9.

—Your Friends at the Sabbath School Department



1

Hear His Majestic Voice

Memory Verse:
*“Now therefore,
if ye will obey my
voice indeed, and
keep my
covenant, then ye
shall be a pecu-
liar treasure unto
me above all peo-
ple: for all the
earth is mine.”*
Exodus 19:5.

▼ Sunday

Carried on Eagles' Wings

Lesson Help:
Patriarchs and Prophets,
p. 306.

Key Words:
Commentator, Covenant,
Solemn, Breach.



Mt. Sinai

Choices:

Have you ever heard of a trumpet so loud that it could shake a mountain?

Have you ever seen a mother eagle teaching her young ones to fly? When young eagles are nearly full grown, they weigh more than their parents. Being fat and flabby, they are not in the best condition to fly, so mother and father eagles start them on an exercise program. They stand on the edge of the nest and flap their wings, encouraging their young ones to copy them. When at last mother eagle feels they are strong, she attracts them with some food a short distance away. Suddenly the young ones try to fly, but soon become confused and begin to fall. The mother will swoop under her falling child and carry it on her back till it catches the air under its wings again. Then she will drop out from under the young eagle and gives it another chance. In this way young eagles slowly learn to fly.

The Israelites had been three months on the road traveling from slavery in Egypt to freedom. Their path took them through the Red Sea and now they were walking through the dry, sandy desert. Many a time they had seen a mother eagle carrying her young on her wings. So, as they were camping at the foot of Mount Sinai, God gave them a message through Moses in a language that they could understand. He said, “Ye have seen what I did unto the Egyptians, and how I bare you on eagles’ wings, and brought you unto myself.” Exodus 19:4. Our loving God wanted the Israelites to know that He cares for them as tenderly as a mother eagle cares for her young.

1. What did God tell His people through Moses? Exodus 19:3–6.

If ye _____

and keep my _____, then ye shall be a
 _____ unto me above all
 people . . . an holy _____.

2. What is a covenant? Look it up in the dictionary. What was Israel's part of the covenant? Exodus 19:8.

Covenant _____

Israel's Part _____

God's part of the covenant is given as the answer to question one above. A covenant is always conditional, which means it starts with the words, **If you** . . . and ends with the word **then**, listing all the blessings that will happen to us if we do what God says.

"Moses returned to the camp, and having summoned the elders of Israel, he repeated to them the divine message. Their answer was, 'All that the Lord hath spoken we will do.' Thus they entered into a solemn covenant with God, pledging themselves to accept Him as their ruler, by which they became, in a special sense, the subjects of His authority." —*Patriarchs and Prophets*, p. 303.

3. Does the covenant (contract, or agreement) God made with the Israelites have anything to do with us? Isaiah 56:5.

"This covenant [Exodus 19:3–8] is of just as much force today as it was when the Lord made it with ancient Israel.

"This is the pledge that God's people are to make in these last days. Their acceptance with God depends on a faithful fulfillment of the terms of their agreement with Him. God includes in His covenant all who will obey Him." —*The SDA Bible Commentary* [E. G. White Comments], vol. 1, p. 1103.

Have you ever been to a parade where a very important person was passing by? Maybe it was the mayor of your city, a congressman or even the president or prime minister of your country? The Israelites were about to meet a very important person, someone much greater than the President of the United States. They had a meeting with their God, the Creator of heaven and earth. Most of them did not know much about God because they had lived among the heathen Egyptians for 400 years. Many of them had forgotten how holy and awesome the God of Abraham, Isaac, and Jacob really is. Some of them had even worshiped heathen gods made out of stone, wood, and gold.

Since they had made a contract to obey God's voice, they pledged to accept Him as their Ruler and King. Now God was ready to meet with them and give them His holy law. Just think, the mighty God of creation would step down on



▼ **Monday**

Getting Ready to Meet God

Mount Sinai and speak to His people! This was to be a grand and glorious meeting, but first the people must get ready to stand before a holy God.

1. What preparation did the people have to do for three days to meet with God? Exodus 19:10, 11.

“The people were required to refrain from worldly labor and care, and to possess devotional thoughts. God required them also to wash their clothes. He is no less particular now than He was then. He is a God of order, and requires His people now upon the earth to observe habits of strict cleanliness. And those who worship God with uncleanly garments and persons, do not come before Him in an acceptable manner. He is not pleased with their lack of reverence for Him, and He will not accept the service of filthy worshipers, for they insult their Maker. The Creator of the heavens and of the earth considered cleanliness of so much importance that He said, ‘And let them wash their clothes.’” —*The Spirit of Prophecy*, vol. 1, pp. 233, 234.

“During these intervening days all were to occupy the time in solemn preparation to appear before God. Their person and their clothing must be freed from impurity. And as Moses should point out their sins, they were to devote themselves to humiliation, fasting, and prayer, that their hearts might be cleansed from iniquity.” —*Patriarchs and Prophets*, p. 304.

2. Why did Moses put up a fence in front of Mount Sinai? What would happen to any person, child, or animal who would just touch the fence? Exodus 19:12, 13.

What is the most wonderful, breathtaking, unforgettable experience you have ever had? I remember when I was your age, I went to see two large wall-size paintings of the crucifixion and resurrection of Christ. These paintings were so huge that they covered the wall of a large auditorium; they were 195 feet wide and 45 feet tall. The commentator shined the light on different Bible characters in the picture while the closing scenes of the crucifixion were dramatized. When Jesus spoke the words, “It is finished,” there was thunder and lightning and the sound of an earthquake. This scene was so impressive to me that I got a little glimpse of what it must have been like when Jesus died on the cross for me.

After the curtain closed and covered the crucifixion scene, another curtain opened and the painting of the resurrection of Jesus Christ came to view. In this painting, Jesus was kneeling in front of the tomb. By faith He was looking up into the heavens where thousands of redeemed were standing before Him. Suddenly a chorus began singing the “Hallelujah Chorus” from Handel’s *Messiah*. I will never forget this wonderful experience.

The Israelites saw something much more breathtaking than paintings of Jesus Christ’s crucifixion and resurrection. In the morning of the third day, the summit of Mount Sinai was covered with a thick cloud, which grew thicker and

▼ Tuesday

Mount Sinai in
Smoke



darker, coming down lower and lower until the whole mountain was wrapped in darkness and awful mystery. Something very solemn was about to happen.

1. Why was there thunder, lightning, smoke and an earthquake on Mount Sinai? Exodus 19:16 (first part), 17, 18.

2. How did the people and Moses feel as God stood on Mount Sinai? Exodus 19:16 (last part); Hebrews 12:21.

All the people tr__mbl__d. Moses said, “I exceedingly f__ _r and q__ _k__.”

“On the morning of the third day, as the eyes of all the people were turned toward the mount, its summit was covered with a thick cloud, which grew more black and dense, sweeping downward until the entire mountain was wrapped in darkness and awful mystery. Then a sound as of a trumpet was heard, summoning the people to meet with God; and Moses led them forth to the base of the mountain. From the thick darkness flashed vivid lightnings, while peals of thunder echoed and re-echoed among the surrounding heights. ‘And Mount Sinai was altogether on a smoke, because the Lord descended upon it in fire: and the smoke thereof ascended as the smoke of a furnace, and the whole mount quaked greatly.’ ‘The glory of the Lord was like devouring fire on the top of the mount’ in the sight of the assembled multitude. And ‘the voice of the trumpet sounded long, and waxed louder and louder.’ So terrible were the tokens of Jehovah’s presence that the hosts of Israel shook with fear, and fell upon their faces before the Lord. Even Moses exclaimed, ‘I exceedingly fear and quake.’ Hebrews 12:21.” —*Patriarchs and Prophets*, p. 304.

Have you ever felt an earthquake? Perhaps you have been in a terrible thunderstorm. For most people earthquakes are scary natural disasters. Strong earthquakes that last a few minutes can be especially frightening. Have you ever wondered why God chose to appear to the Israelites in a fire with a mighty earthquake, thunder, lightning, and the sound of a loud trumpet? Remember when God appeared to the prophet Elijah on Mount Horeb in a cave? He did not come to him in a strong wind or earthquake or fire. Rather He came by speaking in a “still small voice.”

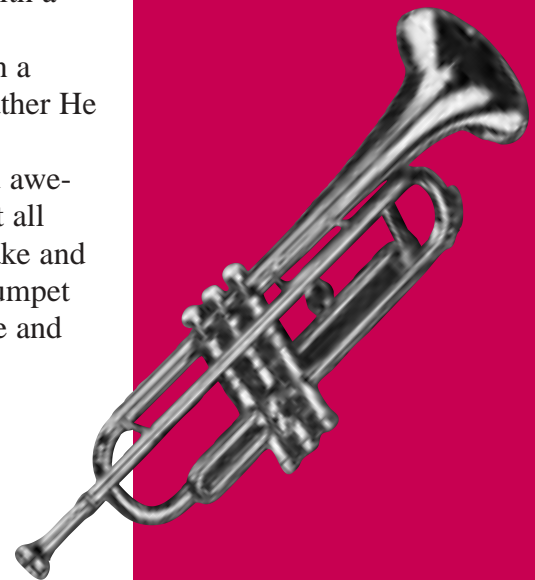
The Israelites had come from Egypt and had forgotten how holy and awesome their God is. They needed to know that He is all-powerful and that all nature is under His command. It was good for them to hear the earthquake and crashing thunder, to see the smoke and lightning, to listen to the long trumpet sound. All these loud wonders in nature would help them have reverence and fear for their God.

1. Who stood next to God on Mount Sinai? Deuteronomy 33:2, 3.

_____ and

▼ **Wednesday**

**The Long
Trumpet Sound**



▼ Thursday

From the Inside Out



“When the law was spoken, the Lord, the Creator of heaven and earth, stood by the side of His Son, enshrouded in the fire and the smoke on the mount.” —*The SDA Bible Commentary* [E.G. White Comments], vol. 1, p. 1103.

“The divine Majesty descended in a cloud with a glorious retinue of angels, who appeared as flames of fire.” —*The Spirit of Prophecy*, vol. 1, pp. 234, 235.

2. What was the long sound of the trumpet? What happened when thunder, lightning and the loud trumpet sound stopped? Exodus 20:1, 2.

The trumpet sound was the voice of _____

“The angelic host that attended the divine Majesty summoned the people by a sound resembling that of a trumpet, which waxed [grew] louder and louder until the whole earth trembled.” —*The Spirit of Prophecy*, vol. 1, p. 234.

“And now the thunders ceased; the trumpet was no longer heard; the earth was still. There was a period of solemn silence, and then the voice of God was heard. Speaking out of the thick darkness that enshrouded Him, as He stood upon the mount, surrounded by a retinue of angels, the Lord made known His law.” —*Patriarchs and Prophets*, p. 304.

Your house is sparkling clean for Sabbath. The kitchen is organized to perfection. You’ve helped Mother prepare special food for Sabbath. The living room is vacuumed and dusted. The bathroom tub, sinks, mirrors and floors are shining clean. Your room is just right, with closets and drawers in perfect order. The garage and yard are swept. All the shoes are perfectly lined up. Why, even the car is washed! As you walk through the house, you feel that everything looks perfect for God’s holy Sabbath day. Angels will love to come to your clean home. But wait a minute, you did all the outside cleaning for the Sabbath, what about the inside cleaning?

Just like the Israelites prepared for their meeting with God by washing their clothes, so we must prepare for our weekly meeting with Him on the Sabbath day. We may not see God or hear His voice in our churches, but He is there nonetheless.

1. As the Israelites had to wash their clothes before they met with God, what do we have to do before we can meet with Him each Sabbath day? Read the paragraphs below, then write one sentence about each noun below.

clothing

shoes

home

car

“When the Sabbath is thus remembered, the temporal will not be allowed

to encroach upon the spiritual. No duty pertaining to the six working days will be left for the Sabbath. During the week our energies will not be so exhausted in temporal labor that on the day when the Lord rested and was refreshed, we shall be too weary to engage in His service.

“On Friday let the preparation for the Sabbath be completed. See that all the clothing is in readiness, and that all the cooking is done. Let the boots be blacked, and the baths be taken. It is possible to do this. If you make it a rule, you can do it. The Sabbath is not to be given to the repairing of garments, to the cooking of food, to pleasure seeking, or to any other worldly employment. Before the setting of the sun, let all secular work be laid aside, and all secular papers be put out of sight.” —*Child Guidance*, p. 528.

**2. What is the “inside cleaning” we are to do before Sabbath begins?
Read James 5:16 and match the answers.**

- | | |
|-------------------------|-------------------------------|
| 1. Confess _____ | a. one for another |
| 2. Pray _____ | b. healed |
| 3. That ye may be _____ | c. your faults one to another |

Taking baths, washing our clothes, cleaning our houses before Sabbath has to do with “outside” preparation for the Sabbath. But even more important than the “outside” cleaning is the “inside cleaning” of our heart. This is what God meant when He told the Israelites to “sanctify” themselves.

“There is another work that should receive attention on the preparation day. On this day all differences between brethren, whether in the family or in the church, should be put away. Let all bitterness and wrath and malice be expelled from the soul. In a humble spirit, ‘confess your faults one to another, and pray one for another, that ye may be healed.’ James 5:16.” —*Testimonies*, vol. 6, p. 356.

1. Find Mount Sinai on your Bible map.
2. What do you remember about the Bible verse on “eagles’ wings”? Can you think of a specific time when God carried you and/or your family on “eagles’ wings”? _____
3. What is a covenant? Have you ever made a covenant (a contract, an agreement) with God? When? What did you promise Him?

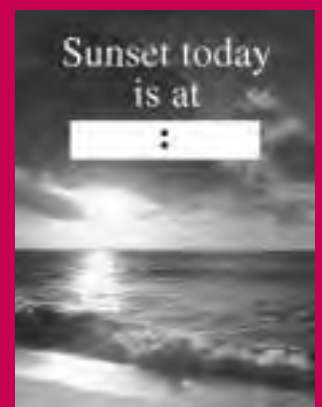
4. Which two parties made a covenant with each other in this lesson?
_____ and the _____
5. How did the Israelites get ready to meet with God?

6. Since the Israelites had to wash their clothes before meeting with God, what does that teach us about preparing our bodies, clothes, homes, yards, and cars for Sabbath?



▼ Friday

Review and Application





7. What does the silent gathering of the people teach us about our meeting with God at church, and morning and evening worship?

Have You Ever Been to Church?

Dear Young Friends, Have you ever been to church? I am going to tell you a story that will help you know whether you have been to church or not, if you are not sure.

I think I can hear some of you say, “Oh, I have been many times, I am sure.” Even still, you might be mistaken.

“But I’m not,” I hear a good many say. Well, I hope you are not, dear young friend. I hope you have been to church, and that more than once, and that God has seen you there. If you have been there, of course He has seen you there, and has been very glad; for it is His house, where He loves to meet His dear children.

It is a wonderful thing to be at church. Going to church gives us a look into heaven where God lives; for the church house is the gate to heaven. When we are in church, we have a chance to look into that wonderful place by faith. In our thoughts we can seem to see the angels round about the throne. We can catch the feelings of comfort that it would be to be there, the joy it would be to see Jesus, and be forever safe and happy and good.

I want to pass on to you a very interesting story about a young girl. She was skipping along between her father and mother as they were coming home from church. Her name was Mary Marsh. She felt like a very good girl, for she had sat quietly all through the long sermon, and sang out of Mother’s hymn book, and bowed her head during prayer. Another reason that Mary was well satisfied is that she had on her new dress and her best hat. She looked at all the girls near her in church, and decided that not one of them wore any nicer clothes than hers.

Mary was thinking to herself, “I like to come to church when I have a new dress and a nice hat to wear and pretty shoes.” She enjoyed herself, and also found Miss Jones’ singing very funny because it sounded squeaky. Presently she spoke to her mother saying, “Mother, hasn’t Miss Jones a funny voice when she sings? I almost laughed out loud when I heard that squeaky sound.”

Mary’s mother didn’t answer her question, but said, “What were you thinking about, Mary, while you were singing so nicely from my hymn book?”

“Why?” Mary exclaimed in surprise.

“Were you thinking about dear Jesus as you sang, and how He wants to come into our hearts by His Spirit and make us love what is pure and bright?” asked Mrs. Marsh.

Mary thought for a minute. She hardly knew what to say at first. Then as she had always been a truthful little person, she said, with a funny half smile, “No, Mother; I was thinking that if I couldn’t sing any better than Miss Jones, I wouldn’t sing at all.”

“And how about the prayer time, when you bowed your head; were you then trying to lift up your whole heart to God and ask Him to make you His obedient child?”

Mary’s face got redder as her mother asked her this. “No,” Mary said; “I opened my eyes and counted the tacks in the carpet. Do you think God was angry with me?”

“Oh no,” answered her mother smiling. “He knows what a young girl you are; but I think He was sorry you were not at church.”

“Not at church!” cried Mary. “But Mom, I was sitting right beside you all the time.”

“Yes, but the presence of our bodies is not enough. God sees our minds, and when we go to church and don’t lift up our hearts to God, the place where we sit looks empty to Him.”

Mary didn’t say anything for awhile, then suddenly she said: “I suppose God saw Miss Jones at church today.”

“Yes,” said Mary’s father, “and her squeaky voice probably made a beautiful sound by the time it got to God’s ear.”

When Mary got home she made up her mind that God would always see her in

2

Sweeter Than Honey

Memory Verse:
“More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.”
Psalm 19:10.

▼ Sunday

Human Laws

Lesson Helps:
Psalm 19:7–14; *The SDA Bible Commentary* [E.G. White Comments], vol. 6, pp. 1109–1110; *Selected Messages*, vol. 1, pp. 211–225, 229–241.

Key Words:
Motives, Emotions, Eloquent, Infirmities.



church, in both body and spirit. She knelt down beside her bed, and asked Him to forgive her for not being in church, and to help her know what it means to be present in church. Do you think she will find out next Sabbath? I really do! And she will be so happy! She will learn to talk with God at church like she does at home. ▼

Choices:

Mother asks you to organize your brother's closet, and to dust and vacuum his room. You are upset at your brother for looking at your stamp collection without permission. How can you clean your brother's room with love in your heart?

Can you picture a country that has no laws to protect its citizens? If you were living in such a country, your neighbor John would just come over to your house and take your bike without asking, and probably never return it. Travelers passing by your town would drop by your house, go to sleep in your bed and help themselves to food from your refrigerator without asking. If farmer Mert didn't like his wife, he would tell her to move away, then he would kidnap the mailman's wife and take her to himself. This is exactly how the antediluvians acted before God destroyed them by the great Flood. Aren't you thankful that we have laws in our countries to protect our property from being stolen, to protect our moms from being taken by wicked men and to keep us from being killed by evil people?

Do you know where the laws of your country came from? Although laws are signed by the king, prime minister, president or other system of government, they are based on God's perfect law—the ten commandments. You see, human beings, whether they be attorneys, judges, congressmen, senators or presidents would not be wise enough to come up with good laws to protect their country if they did not have God's holy law as an example.

1. Write down a few laws of your country, city or town. For each human law, write the commandment upon which it is based and the Bible reference.

Human Law	God's Law	Reference
Don't take another person's property.	Thou shalt not steal.	Exodus 20:15.
_____	_____	_____

Thought Question:

Would you enjoy playing a game in which there were no rules?
 Would your home be a happy place if Mother and Father made no rules?

2. What sort of country would your country be if there were not laws to protect you and other citizens?
- _____
- _____

As the Supreme Ruler of the universe, God has made laws to govern every part of His creation. He made laws for the smallest beetle, which is about one-hundredth of an inch long (0.25 mm) and could easily crawl through the eye of the smallest needle. Think of the great blue whale, which is up to 100 feet (30 meters) long and weighs more than 220 short tons (200 metric tons); it also is under God's laws. God has put every animal, bird, insect, fish, tree and flower, hill and river under fixed laws which cannot be changed. Heavenly bodies such as the moon, stars, sun and all the solar systems also obey specific laws that God has made for them. There is no "time out" from obeying God's law. Nature and animals obey God's laws constantly, never taking a day off.

Man, the masterpiece of God's creation was also placed under God's law. God has given us the laws of health, which we have been studying in *My Body House I and II* and the moral law of ten commandments. While everything in nature obeys natural law, man alone is the only intelligent being that can understand the requirements of the moral law. To us alone God has given a conscience which helps us to know the holy requirements of His law, and a mind that can love His law because it is holy, just, and good.

1. Name some of God's creatures and creations which are under laws.
- _____
2. What two sets of laws did God give to man? Exodus 20:1-17; Romans 12:1; 1 Corinthians 10:31. Which one is more important?

Moral Law _____ Physical Law _____

"God is as truly the author of physical laws as He is author of the moral

▼ Monday

The Law of the Universe



law. His law is written with His own finger upon every nerve, every muscle, every faculty, which has been entrusted to man. . . .

“It is as truly a sin to violate the laws of our being as it is to break the ten commandments. To do either is to break God’s laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai.” —*Counsels on Diet and Foods*, p. 17.

Bryan, your next-door neighbor, went to the supermarket with his mother. He asked her to buy him five candy bars so he could share them with his friends at school. Mother told him, “I can’t buy you any candies today, for we are short on money.” Bryan didn’t care that Mom had no money. He was determined to get the candy anyway. While no one was looking, he slowly took the five candy bars and stuffed them in his pocket. The next day, he took them to school and proudly shared them with his friends.

As you can see, human laws are not perfect. Bryan was a thief, but because he was able to hide the candy bars from his mother and the cashier, the law did not condemn him as guilty. Another problem with human laws is that they only judge a person’s outward actions, such as stealing, killing, and committing adultery. God’s law judges our outward actions, and also our thoughts, motives, and desires of the heart. So, before Bryan stole the candy bar, he thought about stealing. Even if he had not stolen the candy, he would have been guilty according to God’s law.

1. What is the difference between God’s law and human laws? Psalm 19:7.

“The laws which God gave His ancient people were wiser, better, and more humane than those of the most civilized nations of the earth. The laws of the nations bear marks of the infirmities [weaknesses, faults] and passions of the unrenewed heart; but God’s law bears the stamp of the divine.” —*Sons and Daughters of God*, p. 39.

2. What are some of the sinful emotions that God’s law takes into account, which human laws often miss? Look them up in the paragraph below, then fill in the missing vowels.

j _ _ l _ _ sy, _ nvy, h _ tr _ d, m _ l _ gn _ ty, r _ v _ ng _ , l _ st and
_ mb _ t _ _ n

“A man may be a transgressor, and yet conceal [hide] his misdeeds from human eyes; he may be a criminal—a thief, a murderer, or an adulterer—but so long as he is not discovered, the law cannot condemn him as guilty. The law of God takes note of the jealousy, envy, hatred, malignity, revenge, lust, and ambition that surge through the soul, but have not found expression in outward action, because the opportunity, not the will, has been wanting.” —*Selected Messages*, vol. 1, p. 217.

3. When will every man, woman, and junior have to answer for their secret

▼ Tuesday

God’s Law vs. Human Laws



thoughts and motives, whether they be good or bad? Ecclesiastes 12:14.

“And these sinful emotions [jealousy, envy, hatred, revenge, lust, ambition] will be brought into the account in the day when ‘God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil’ (Ecclesiastes 12:14).” —*Selected Messages*, vol. 1, p. 217.

When your parents tell you, “You can’t go skating with the next-door neighbors for they are playing music that is not appropriate for a Christian to listen to,” do you think that it is a positive or negative command? If you are looking at God’s commandments as ten do’s and don’ts, then you will think Mom and Dad’s rules are too strict. But our heavenly Father wants us to look at His commandments as “Yes’s” and blessings. God gave us rules because He loves us and does not want us to be hurt. If you look at the ten commandments as happiness rules, you will love them, and you will love to obey Mom and Dad’s rules because they are based on God’s rules.

Some Christian juniors and even adults look at God as holding a stick and waiting to punish them every time they disobey His law. This is an unjust picture of God. When we sin and disobey God’s law we bring the punishment upon ourselves. Every sinful thought or action reacts upon us and works a change in our character, making it easier for us to sin again. By choosing to disobey God’s law, we separate ourselves from Him.

1. What are some positive qualities of God’s law? Psalm 19:7–10. Read the verses, then find the eight qualities in the word search below.

1. sweet
2. perfect
3. holy
4. just
5. good
6. true
7. righteous
8. sure

S U R E G H L L K J U S T
 P E R J O G R I M E N C E
 R I G H O L Y R L H E S E
 E U S D D H F D K F I J W
 U O S T V O U B R P T O S
 R W R I G H T E O U S G U
 T S W E E I P J Y S U R I

2. Based on Psalm 19:7–10, what will happen to you if you obey God’s law out of love?

▼ **Wednesday**

A Positive Law

Word search



▼ Thursday

Don't Break
the Mirror

Jeremy was sitting at the table finishing his breakfast when his mother said, “Did you look in the mirror this morning? There is a big black smear on your face and your hair looks like tangled up chicken feathers.” Jeremy looked in the mirror and saw that his Mother was right. By the time he picked up his violin and music books, he had forgotten about how he looked. Mother was already in the car waiting to take him to violin lessons. When he arrived for his music lesson, his teacher remarked, “Jeremy, your face and hair tell me that you haven’t looked in the mirror this morning.” That moment he promised himself, “I will always be sure to wash my face and comb my hair first thing in the morning.”

Besides looking at the mirror each morning when you wake up, make sure you look at the mirror of God’s law, for it will show you where your character needs cleaning up. As you read God’s law, you may see some spots of selfishness, smudges of laziness, and even a few dirty marks of pride. God’s law cannot clean the dirty sin spots from your character. The law only shows us what sin is. Then we go to God and ask Him to forgive us and help us get cleaned up.

1. Why does the Bible call the law a mirror? James 1:23, 24.

2. What do some juniors and adults try to do when the mirror of God’s law shows them dirty sin spots on their characters? Romans 2:23. Fill in the missing vowels.

Th__y br__ __k th__ l__w.

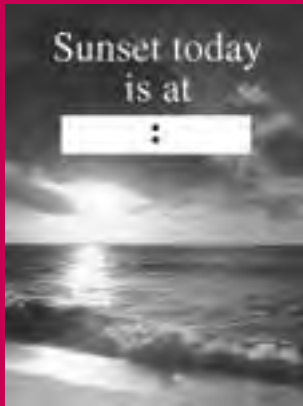
“And when [the sinner] sees himself condemned by that great standard of righteousness, his next move must be to repent of his sins, and seek forgiveness through Christ. Failing to do this, many try to break the mirror which reveals their defects, to make void the law which points out the blemishes in their life and character.” —*Selected Messages*, vol. 1, p. 219.

What is your favorite dessert? Is it homemade oatmeal cookies or perhaps apple pie? Some children like baklava. At home we make baklava with walnuts and paper-thin whole wheat dough called *phyllo*. After we put down several layers of *phyllo* dough, we spread shredded walnuts on top, repeating this three or four times. We cut the top layer of *phyllo* into diamond shapes and bake it for one hour. When we take the baklava out of the oven it looks dry and brittle. If you were to eat it, it would taste like dry dough and toasted, unsweetened walnuts. After eating a piece of this dry, unsweetened baklava, you would probably say, “This is the most awful dessert I ever tried.” But after we pour honey syrup on the pastry and let it sit overnight, it’s a delicious, sweet nutty dessert.

King David tells us that God’s law is sweeter than honey and the honeycomb. Would you like to know how you can love the commandments more

▼ Friday

Sweeter Than
Honey



▼ Sabbath

Bible Food Quiz



than your favorite dessert? When you first love Jesus with all your heart, then you will also love His holy law. Gladly you will obey it because you want to please Him. But if you try to obey the commandments in your own power without Jesus, it will be as tasteless like the dry baklava without the honey syrup. What the honey syrup is to desserts, Jesus is to the law. He is the One who makes it sweet and easy for us to obey.

1. What makes obeying the law sweet or bitter to us? John 14:15.

2. How can we ask help from God to love His law? Psalm 119:18.

“And as the Lord heard and answered David, so He will hear and answer us, making our hearts full of gladness and rejoicing.” —*That I May Know Him*, p. 196.

3. If you can find phyllo dough, with your mother’s help, make baklava for Sabbath. Taste it before adding the honey syrup and then after. Notice the difference. Then remember the connection between the baklava and the law. Find the recipe on p. 92.

Bible Food Quiz

1. “A land that floweth with _____ and _____.”
Joshua 5:6.
2. “A word fitly spoken is like _____ of gold.”
Proverbs 25:11.
3. “He was known of them in breaking of _____.”
Luke 24:35.
4. The lad “hath five _____ loaves, and two small _____.”
John 6:9.
5. “He asked water, and she gave him _____.”
Judges 5:25.
6. “Can the fig tree . . . bear _____ berries?”
James 3:12.
7. “He had taken the _____ out of the carcass.”
Judges 14:9.
8. “Even as a _____ tree casteth her untimely _____.”
Revelation 6:13.
9. “If he shall ask an _____, will he offer him a scorpion?”
Luke 11:12.
10. “A golden bell and a _____.”

3

Get Rid of Idols

Memory Verse:
“O come, let us worship and bow down: let us kneel before the Lord our maker.”
Psalm 95:6.

▼ Sunday

He Deserves Our Worship

Lesson Helps:
Exodus 20:1–3; *Patriarchs and Prophets*, p. 305.

Key Words:
Malicious, Deceitful, Backbiters, Pyre, Lotus.



Choices:

Jason is a Sabbathkeeper, but he is also an idol worshiper. How is this possible?

People love to worship! In many countries, juniors, youth and adults worship sports stars and movie stars. Many juniors and youth collect cards of their favorite sports fans, showing them love and adoration. In other places in the world, people may be worshipping idols and images made out of wood and stone. But praise God that Christians don't have to worship things or human beings who are sinful like themselves. Our heavenly Father created us to enjoy worshipping Him. As a result of sin, the enemy has turned worship away from God to things and people. When God gave the ten commandments to the Israelites, He knew that people would be tempted to worship false gods. This is why in the first command He says, “Thou shalt have no other gods before me.” Exodus 20:3.

1. Why did God tell the Israelites and us to worship Him? Exodus 20:1–3.

The Israelites owed to God their freedom and their lives. He gave them food, water and protection during their travels in the wilderness. We are also indebted to God for our freedom. By birth, we are captives of Satan, but God sent His Son to free us from the enemy's power.

2. Why is God the only One who deserves our worship? Psalm 100:3; Revelation 4:11. Fill in the missing words.

a. We are his _____.

- b. He _____ us and not we ourselves.
 c. He is _____ to receive glory and honor and power because he _____ all things.

“The duty to worship God is based upon the fact that He is the Creator and that to Him all other beings owe their existence. And wherever, in the Bible, His claim to reverence and worship, above the gods of the heathen, is presented, there is cited the evidence of His creative power. ‘All the gods of the nations are idols: but the Lord made the heavens.’ Psalm 96:5. ‘To whom then will ye liken Me, or shall I be equal? saith the Holy One. Lift up your eyes on high, and behold who hath created these things.’ ‘Thus saith the Lord that created the heavens; God Himself that formed the earth and made it: . . . I am the Lord; and there is none else.’ Isaiah 40:25, 26; 45:18. Says the psalmist: ‘Know ye that the Lord He is God: it is He that hath made us, and not we ourselves.’ ‘O come, let us worship and bow down: let us kneel before the Lord our Maker.’ Psalms 100:3; 95:6. And the holy beings who worship God in heaven state, as the reason why their homage is due to Him: ‘Thou art worthy, O Lord, to receive glory and honor and power: for Thou hast created all things.’ Revelation 4:11.” —*The Great Controversy*, pp. 436, 437.

3. Your next-door neighbor collects baseball cards. He asks you to get some and trade with him. What would you tell him?

▼ **Monday**
False Gods



Would you ever worship a two-inch long tooth? You may laugh and say, “That is silly,” but 400 million Buddhists worship a tooth as one of the most sacred objects on earth. The tooth is supposed to have been reclaimed from Buddha’s funeral pyre in 543 B.C. and was brought to Ceylon 800 years later. Today the tooth sets upon a golden lotus in the temple of the tooth in Kandy, Ceylon. It is surrounded by rubies and tons of flowers. Each year a hundred thousand faithful Buddhists come from many countries to look at the “sacred tooth.” They bring gifts of gold, silver and jewels to place within the temple.

Aren’t you thankful that our loving God has forbidden us to worship such silly objects as a tooth? Our God is a living God who created heaven and earth. He has no beginning and no end. How sad that millions of people in the world are ignorantly worshipping wood and stone gods.

1. Read the story of how the Israelites worshiped a heathen god together with their king and queen. 1 Kings 18:20–38. Answer the following questions true or false.

- a. The false god that Israel worshiped was called Baal. *True or False*
 b. Baal could hear, talk, see, and send fire from heaven. *True or False*
 c. When Baal didn’t answer their cries, the priests cut themselves with knives till blood gushed out. *True or False*
 d. In answer to Elijah’s prayer, God sent fire from heaven which consumed the sacrifice, the wood, stones, the dust,

and licked up the water.

True or False

2. **What eventually happens to people who don't want to worship the living God? Read Romans 1:21–23, 25, 28–31. Unscramble the words to find the answer.**

They become _____. (sloof) They are _____ of God. (ahters)
 They are _____. (purod) They are _____. (cioumlai)
 They are _____. (hispowerers) They like to _____. (barg)
 They are _____. (babcikters) They _____ evil thing. (nenvit)
 They are full of _____. (vyen) They are _____. (fulceitde)
 They commit _____. (mrderu) They are _____. (vetcoous)
 They get into _____. (tbed) They are _____. (mrecuniful)
 They are without _____. (derstanduning)
 They serve the _____ more than the Creator. (turecrea)
 They are _____ to parents. (obeddisient)
 They are without _____ affection. (ralnatu)

Aren't you thankful that God has called you out of darkness into His marvelous light?

Jonathan was talking to his sister Carie about keeping the commandments. He said, "Oh, the first commandment is easy for us to keep, for it applies only to people who worship idols and images. Is Jonathan right? Do you agree with him?"

As a Seventh-day Adventist, you would never think of bowing down to an image or setting up idols in your house, yet what about the idols in your heart? An idol does not have to be something you bow down and worship. It can be a person, thing, or even a thought that we love more than God. A modern idol can be anything like: clothes, stomach, computers, bicycles, even toys like Lego® and Mickey Mouse®. If we waste too much of our time and energy on making ourselves handsome or beautiful, we are also idol worshippers. Jesus will not share our heart with other things we love more than Him. This is why He gave us the first commandments.

Is there anything in your life that takes so much time and interest that you find reading the Bible, studying your lesson and going to church boring? Is there something that you love more than thinking about Jesus? As you study today's lesson, ask Jesus, "Please show me if there is an idol that I may be secretly worshipping."

1. **What is an idol? How does the Bible warn us against idol worship? 1 John 2:15–17.**

"Anything that separates our affections [love] from God and lessens our interest in eternal things is an idol." —*That I May Know Him*, p. 322.

"Whatever we cherish that tends to lessen our love for God or to interfere with the service due Him, of that do we make a god." —*Patriarchs and Prophets*,

▼ **Tuesday**

Idol Worshipers Today



p. 305.

2. What are some modern idols that many Christians are worshiping today? 1 Timothy 6:10; Philippians 3:19.

Love of m __ n __ y.

Love of their f __ __ d.

Love of __ m __ s __ m __ nts.

Love of f __ m __ .

Love of p __ ss __ __ ns.

Love of w __ rdl __ h __ n __ r.

Freedom of r __ sp __ ns __ b __ l __ ty.

B __ d ch __ r __ cter tr __ __ ts we don't want to give up.

“Mammon is the idol of many. The love of money, the desire for wealth, is the golden chain that binds them to Satan. Reputation and worldly honor are worshiped by another class. The life of selfish ease and freedom from responsibility is the idol of others. But these slavish bands must be broken. We cannot be half the Lord's and half the world's. We are not God's children unless we are such entirely.” —*Steps to Christ*, p. 44.

“Their objectionable hereditary traits of character they choose to retain as idols.” —*That I May Know Him*, p. 247.

How would you like to worship a god that speaks bad words and gets into fights? What about a god that steals and even kills? Many heathen gods have such terrible character qualities. A missionary tells of a woman in India who was holding a weak, whining baby in her arms. Next to her side was standing a beautiful, healthy child. The missionary saw her walking to the banks of the Ganges River. She threw her healthy child to the crocodiles as an offering to her god. Then she turned toward home still holding the sickly baby in her arms. “Why did you throw your healthy child into the river?” the missionary asked. “O sir, we always give our gods the best!” she said proudly.

People who worship a god that kills or curses cannot become any better than the god they serve. On Monday we learned that people who do not want to worship the living God will eventually do all sorts of evil actions. On the other hand, those who do worship our holy, perfect, loving, merciful, and kind God will become like Him through their worship.

1. What will happen to people who worship visible idols made out of wood or stone, or idols such as clothes, money and their bellies? Psalm 115:8.

“It is a law of the human mind that by beholding we become changed. Man will rise no higher than his conceptions of truth, purity, and holiness. If the mind is never exalted above the level of humanity, if it is not uplifted by faith to contemplate infinite wisdom and love, the man will be constantly sinking lower and lower. The worshipers of false gods clothed their deities with human attributes and passions, and thus their standard of character was degraded to

▼ **Wednesday**

**True Worship
Changes Us**



the likeness of sinful humanity.” —*Patriarchs and Prophets*, p. 91.

2. What wonderful things will happen to us as we worship God, the Creator of heaven and earth? Read 2 Corinthians 3:18 and paragraphs below. Then answer the true and false questions.

- a. **By looking at God’s perfectly holy character every day, we will become like Him.** *True or False*
- b. **This change from our sinful character to God’s perfect character will happen overnight.** *True or False*
- c. **The Holy Spirit will help to change us from our sinful ways to God’s perfect ways.** *True or False*

“Look to Christ, behold the attractive loveliness of His character, and by beholding you will become changed into His likeness. The mist that intervenes between Christ and the soul will be rolled back as we by faith look past the hellish shadow of Satan and see God’s glory in His law, and the righteousness of Christ.”—*The SDA Bible Commentary* [E.G. White Comments], vol. 6, p. 1097.

“The character of the one who thus beholds Christ is so like His, that one looking at him sees Christ’s own character shining out as from a mirror. Imperceptibly to ourselves we are changed day by day from our own ways and will into the ways and will of Christ, into the loveliness of His character.” —*Ibid.*

The apostle John was looking down to the end of time. He saw millions of people choosing to worship the beast and his image while only a little company was worshiping the God who made heaven and earth.

The little choices we make today, whether to obey Mom and Dad, whether to study our Bible or not, whether to speak kindly or impatiently, will all affect our final choice. Today, while most people are worshiping other gods, God is calling you and me to worship Him in every little detail of our lives. If we worship God every day in the little things, when the big test comes and we will be commanded to worship the beast and his image, we will say, “No.” But if we give in here a little and there a little now, doing what is easy and what feels good, we will at last worship the beast and his image.

1. What good advice does John give us about idols? 1 John 3:1.

2. What will we be able to do when we give up all of our idols? Isaiah 60:1.

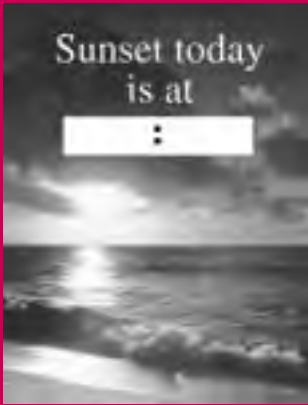
“Night after night, scenes have been presented to me of little companies pleading with God. He would show them some idol they had been cherishing. Some would give this up, and some would not. But the light of heaven shone from the faces of those who would put away their idol. Then other idols would be shown to them, and again some would put these away. But the light of heaven

▼ Thursday

Choose Whom You Will Worship

▼ Friday

Review and Application



shone upon all who would give up all for Christ.” —*The Upward Look*, p. 267.

1. Repeat the first commandment by memory.

2. Name some reasons why we should worship the true God.

3. Name some gods that professed Christians are worshipping today.

4. How will the character of those who worship false gods be changed? Romans 1:28–32.

5. How will those who worship the living God be changed? 2 Corinthians 3:18.

False Worship

On the way home from church, Ted and Diane told their parents about the missionary who had spoken to their Sabbath school department. “He told us that the people he works with worship a false god,” said Ted. “They run around and around their temple, and each time around they drop a piece of wood into a box. By the time they finish, they’re dead tired, but happy. They believe they have done a great thing for their god.

“Isn’t that silly?” asked Diane. “That’s not worship at all! I’m glad we know and worship the true God every time we go to church. Right, Dad?”

“Maybe not,” replied their father. He went on to explain. “While the pastor was preaching, Ted, I caught you and Billy writing notes, didn’t I? Do you think you can worship the Lord while writing notes?” Ted shook his head slowly. “As for me, I’ll have to confess that at one point, I was thinking about a problem at work instead of listening to the sermon,” added Dad.

“I’m sometimes guilty too,” confessed Diane. “Last Sunday I whispered to Laurie during our prayer time. After class, Mrs. Parker talked to me about it, and I was really embarrassed. Did she tell you about it, too?”

Mother shook her head. “No, but now I guess it’s my turn,” she said. “The Bible says we’re to sing with the spirit and with understanding. In other words, we should sing with real praise to the Lord, thinking about the words. Sometimes I catch myself thinking about something else while singing the old familiar hymns.”

“We could all improve in our worship, couldn’t we?” asked Dad. “Let’s ask Jesus for the will and determination to worship Him each time we come into His presence. Then we can truly say that we worship Him. And if we don’t, I can’t see that we’re much better than the heathen in their rituals and ceremonies. In fact, we’re worse, because we know better.” All the family nodded

▼ Sabbath
Story

4

Get Rid of More Idols

Memory Verse:
“I said therefore unto you, that ye shall die in your sins: for if ye believe not that I am he, ye shall die in your sins.”
John 8:24.

▼ Sunday

They Can't Speak, See, Hear or Smell

Lesson Help:
Patriarchs and Prophets,
pp. 315–330.

Key Words:
Remonstrated, Timidity,
Tumult, Frenzy,
Renounced.



Choices:

If you were the pastor of your local church, and the members came to you one day saying, “Make us an image of Jesus for us to worship,” what would you do?

Pontius, a young son of a Roman senator, was walking on a street in Rome when he heard many voices singing Psalm 115. He was impressed by the words, “But our God is in the heavens: He hath done whatsoever He hath pleased. Their idols are silver and gold, the work of men’s hands. They have mouths, but they speak not: eyes have they, but they see not: They have ears, but they hear not: noses have they, but they smell not: They have hands, but they handle not: feet have they, but they walk not: neither speak they through their throat.”

Going to the house from where the chanting was coming, he knocked at the door. The doorkeeper looked out and reported to the preacher, “It is only a little fellow knocking at the door.” “Well, open and let him in, for of such is the kingdom of heaven,” said the preacher. Eagerly the young boy told the preacher, “Sir, teach me the beautiful song I heard you sing. It is all so true. You sang that idols have feet and walk not, they have ears and cannot hear, they have eyes but cannot see. I know that they cannot move and that people are afraid of them being blown over by the wind or stolen. I myself have seen how they fasten them into their pedestals with melted lead.” The preacher was amazed about the boy’s understanding. He saw that the Holy Spirit was giving him light that idols are worthless. He asked him, “My boy, what do your parents think about idols?” Learning that they were pagans, he told the boy, “God in His own good time may give them understanding as He gave to you.” When the boy came home, he was so happy to share what he had learned about idols and about the living God



from the preacher. He took his father to see the preacher. Father and son accepted Jesus as their Saviour and were baptized together. This Christian boy became a hero for Christ and died a martyr in 257 A.D.

1. **What does the second commandment say? Exodus 20:4–6. Why did God give us the first and second commandments? Underline the answer.**

“The first and second commandments spoken by Jehovah are precepts against idolatry; for idolatry, if practiced, would lead men to great lengths in sin and rebellion, and result in the offering of human sacrifices. God would guard against the least approach to such abominations.” —*The Spirit of Prophecy*, vol. 3, p. 236.

2. **What are some idols that people worship, and which the Lord forbade the Israelites to worship? Read Deuteronomy 4:16–19. Then unscramble the answers below.**

nam,	mowan	limana	dirb	shif
kanse	zarlid	uns	onom	stras

Pontius, the young boy in yesterday’s story, was wiser than many so-called Christian priests, preachers and adults. By just hearing the words of Scripture about why we should not worship idols, he believed. In many countries around the world, people are worshipping animals, birds, fish, the sun, the moon or stars made out of gold, silver or stone. Some of these people are very sincere. They do not know any better because they don’t have the Bible.

What is really amazing, however, is that many so-called Christian churches encourage their members to bow down and worship what they call “holy objects.” Some of them bow down and worship carved images of Jesus, Mary (His mother), and the disciples whom they call “saints.”

The first commandment tells us that God is to be supreme in our worship. No other gods such as money, appetite, toys, clothes or amusements must come before Him in our esteem. The second commandment teaches us not to use any object made out of wood, stone, gold or silver as “aids” to worship God. If we do, we will quickly forget how holy and great God truly is, and will soon identify Him with the pictures and idols we worship.

1. **What does the second commandment forbid? Exodus 20:4, 5 (first part).**

Thou shalt not _____ unto thee any _____.

Thou shalt not _____ thyself to them nor _____ them.

▼ Monday

Christian Idol Worshipers



2. Cynthia goes to a church where they pray to dead saints. What is wrong with this? 1 Timothy 2:5; Hebrews 4:14–16.

“The so-called intercession of the saints is the greatest falsehood that can be invented. Priests and rulers have no right to interpose between Christ and the souls for whom He has died, as though invested with the Saviour’s attributes, and able to pardon transgression and sin. They themselves are sinners. They are only human. One day they will see that their deceptive doctrines have led to crimes of every stripe and type, to adultery, robbery, falsehood. They are responsible for many terrible wrongs which men have perpetrated upon their fellow men.” —*The SDA Bible Commentary* [E.G. White Comments], vol. 7, p. 913.

“[John 17:19–21, 24–26 quoted.] Here we see the great Intercessor presenting His petition to His Father. No middle man comes between the sinner and Christ. No dead prophet, no buried saint is seen. Christ Himself is our Advocate.” — *Ibid.*, p. 914.

The Israelites had just heard Jehovah speak the ten commandments from the smoking Mount Sinai. Just a few weeks ago, they had heard His thundering, majestic voice, but how soon had they forgotten His glory and holiness! Moses had ascended into the mountain to talk with God. As the Israelites waited eagerly for his return, they could see thick darkness resting on the mountain peak. Day after day, week after week passed, but still no Moses. The “mixed multitude” started to murmur against their leader.

In Egypt they had worshipped the ox and calf as symbols of their gods. And now they thought that Moses was not coming back, so they wanted some image to represent God. A big crowd of them rushed to Aaron’s tent, demanding loudly, “Make us gods, which shall go before us; for as for this Moses, the man that brought us up out of the land of Egypt, we wot not what is become of him.” What would Aaron do— would he make a golden image for them?

1. Through which miracles did God want to establish the faith of the Israelites in Him as their invisible, all-powerful God? Underline the answer. How did He show them His visible presence? Exodus 20:21.

“The mighty miracles in Egypt and at the Red Sea were designed to establish faith in Him as the invisible, all-powerful Helper of Israel, the only true God. And the desire for some visible manifestation of His presence had been granted in the pillar of cloud and of fire that guided their hosts, and in the revealing of His glory upon Mount Sinai.” —*Patriarchs and Prophets*, p. 316.

2. Shortly after hearing the law on Mount Sinai, how did the Israelites break the second commandment? What did they do? Exodus 32:1–6.

▼ **Tuesday**

**Already
Disobeying**

“With the cloud of the Presence still before them, they turned back in their hearts to the idolatry of Egypt, and represented the glory of the invisible God by the similitude of an ox!” —*Patriarchs and Prophets*, p. 316.

3. Based on the above verses, what kind of man was Aaron? Write your own thoughts and underline the answer.

“Aaron feared for his own safety; and instead of nobly standing up for the honor of God, he yielded to the demands of the multitude. His first act was to direct that the golden earrings be collected from all the people and brought to him, hoping that pride would lead them to refuse such a sacrifice. But they willingly yielded up their ornaments; and from these he made a molten calf, in imitation of the gods of Egypt. The people proclaimed, ‘These be thy gods, O Israel, which brought thee up out of the land of Egypt.’ And Aaron basely permitted this insult to Jehovah. He did more. Seeing with what satisfaction the golden god was received, he built an altar before it, and made proclamation, ‘Tomorrow is a feast to the Lord.’ The announcement was heralded by trumpeters from company to company throughout the camp. ‘And they rose up early on the morrow, and offered burnt offerings, and brought peace offerings; and the people sat down to eat and to drink, and rose up to play.’ Under the pretense of holding ‘a feast to the Lord,’ they gave themselves up to gluttony and licentious reveling.” —*Ibid.*, p. 317.

You’ve most probably attended at least one wedding in your lifetime. Did you hear the questions the preacher asked the bride and groom, and the answers they gave? When your father married your mother, the preacher asked him, “Do you take this woman to be your lawful wedded wife? Do you solemnly promise, before God and these witnesses, that you will love, honor, and cherish her; and that, forsaking all others for her alone, you will faithfully perform to her all the duties which a husband owes to a wife, so long as you both shall live?” After your father said, “I do” he asked the same question of your mother and she also said, “I do.”

On their wedding day, your parents promised to each other and to God that they would remain faithful as long as they lived. That meant they would love each other only, and not another man or woman. God compares our relationship to Him to a marriage. We are His bride and He is our husband. When we give our hearts to Jesus, we promise to love and be faithful to Him only, and not to our old master—Satan. It hurts our heavenly Father when we worship Satan or other gods. In the second commandment God says, “I am a jealous God,” meaning “I love you so much that I gave my Son to die for you. When you worship idols, you betray Me and become an adulterer or adulteress.” Your father loves your mother so much that in his heart he has no room for any other woman. In the same way, God wants us to love Him so much that we have no room in our heart for any other god besides Him.



▼ **Wednesday**
A Jealous God



1. How did God show His jealousy toward the Israelites after they made the golden calf? Exodus 32:7–10.

2. What did Moses do to show the people that the golden calf they worshiped was worthless? Exodus 32:20.

Thought Question:

In an emergency, do you act like Moses or Aaron? Are you a “people pleaser” or a “God pleaser”?

Do you think that the ten commandments are a bunch of “do’s and don’ts?” We want you to understand that the ten commandments are God’s happiness rules. If you obey them, you will be wise, prosperous and happy. Had the Israelites obeyed the ten commandments, today Israel would be the most powerful country in the world. The Jews would not be a scattered people as they are today. Instead, they would have been the richest, the wisest, healthiest, and happiest people on earth. Since they did not obey God’s law, God is looking for young people today who will take their place. Do you want to be the wisest, healthiest, happiest and richest juniors and youth in the world? Obey the commandments, word for word. Obey them not because someone is forcing you, but because you want to, and because you love God.

1. What blessing does God promise to us if we obey the second commandment? What will happen if we disobey it?

Blessings of Obedience
Exodus 20:6

Consequences of Disobedience
Exodus 20:5

The children will not be punished for their parents’ sins, unless they participate in their sins. But usually children follow in the steps of their parents. By inheritance and example the sons take part in their father’s sins. Wrong habits, spoiled appetites, bad morals and sickness are passed on from father to son to the third and fourth generation. This fearful truth should have a solemn power to stop men from following the course of sin. (Adapted from *Patriarchs and Prophets*, p. 306.)

Challenge Question

What is the proportion of God’s justice to mercy in the second commandment? [Clue: a division problem.] Exodus 20:5, 6. The answer is hidden somewhere in this quarterly.

▼ **Thursday**
**Blessings for
the Obedient**



▼ Friday

Are You a True Worshiper?

Do you know how to worship God the right way? “Of course,” some of you may say, “I’ve been going to church since I was a little baby. I am a third generation Seventh-day Adventist.” In the time of Christ, the Jews also felt that way. They had been worshiping God from the time of Abraham, for 42 generations. How proud they were to be the chosen nation! O how they bragged about the sacred temple in Jerusalem which they had built according to God’s instructions! But the sad thing was that in spite of such a great heritage, they still did not know how to worship God.

- 1. When the Samaritan woman asked Jesus which was the right place to worship, Jerusalem or Mount Gerazim, what did Jesus answer her? John 4:19–21.**

There was a long-time argument between the Jews and the Samaritans about where to worship God. While the Jews said that the right place to worship was Jerusalem, the Samaritans claimed that Mount Gerazim was the right place. The Samaritans had built a temple there in the time of Ezra, when the Jews refused to let them take part in the rebuilding of the temple at Jerusalem.

- 2. Jesus told the woman that the most important thing is not *where* you worship, but *how* you worship. Write what Jesus told her about true worshipers. John 4:23, 24. What do these words mean? Underline the answer.**

“[Jesus] desired to lift the thoughts of His hearer [the Samaritan] above matters of form and ceremony, and questions of controversy. ‘The hour cometh,’ He said, ‘and now is, when the true worshipers shall worship the Father in spirit and in truth: for the Father seeketh such to worship Him. God is a Spirit: and they that worship Him must worship Him in spirit and in truth.’ ”

—*The Desire of Ages*, p. 189.

Thought Question:

Are you a true worshiper? Do you worship God because of habit? Do you go to church because your parents, grandparents and great-grandparents were Seventh-day Adventists? Do you go to church because you have a nice, beautiful church or because you love God?

It does not matter how grand and beautiful, or humble and lowly is the place where we go to worship God. It does not matter if we are a fifth-generation Seventh-day Adventist or only a one-month-old Adventist. What matters to God is, “Are we worshiping Him because we truly love Him? Are we joyfully obeying all His requirements?” This is true worship, and we can only have it as the Holy Spirit works in our hearts.



Review and Application Questions

1. Repeat the second commandment by memory.
2. Explain what is the difference between the first and second commandments.
3. Mention an occasion when the Israelites disobeyed the second commandment.
4. To whom did Jesus talk about the true manner of worship? What does true worship mean?
5. What is meant when God calls Himself a “jealous God”?
6. Do you know what it truly means to worship God?

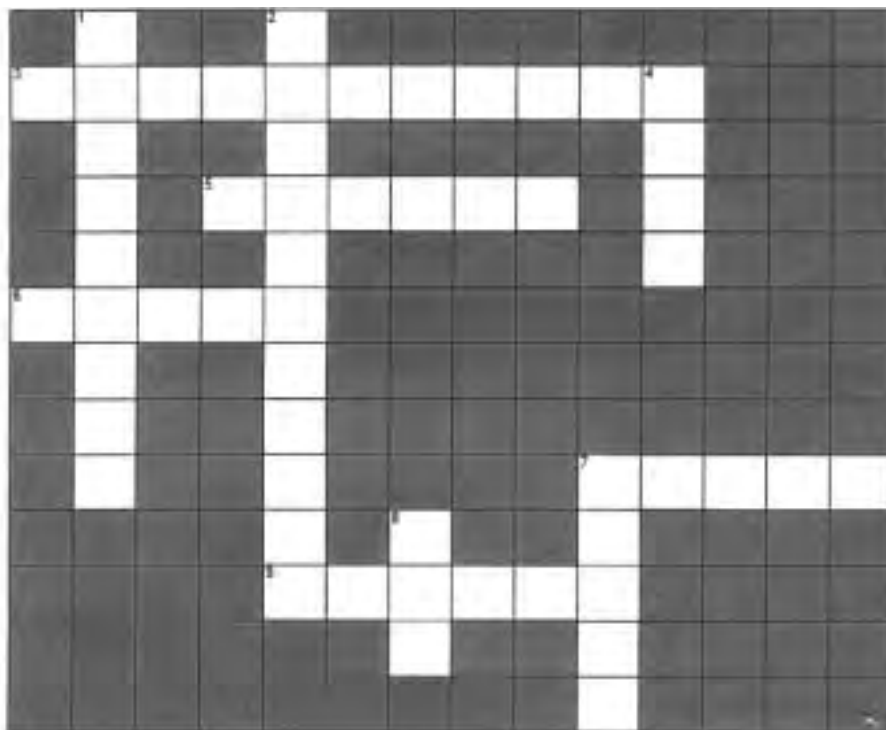
Puzzle

Across

3. We collect and accumulate these.
5. Found in treasure, and in heaven. (Not gold or silver.)
6. _____ is very sought after, along with wealth and long life.
7. We earn this when we go to work.
9. Very competitive games that are played, and watched.

Down

1. You are not ugly and have _____.
2. Famous people.
4. We must die to our _____.
7. The radio plays _____.
8. We get up early and leave for our _____.



▼ Sabbath

Modern Idol Puzzle

5



Respect God's Name

Memory Verse:
“Give unto the Lord the glory due unto his name; worship the Lord in the beauty of holiness.” Psalm 29:2.

▼ Sunday

A Holy Name

Key Words:

Reverence, Blasphemy,
Profanity, Fear of God,
Solemn, Hypocrite, Perjury,
Diverting.

Lesson Helps:

Exodus 20:7; Isaiah 6:1–5;
Messages to Young People,
pp. 265–267.

Choices:

If someone asks you to describe your father in one word, what would you say? What one word do the angels use to describe God?

One day the prophet Isaiah was standing under the veranda of the temple, when suddenly the gate and the inner curtain lifted up. Shocked, the prophet found himself looking inside the most holy place. There before him in vision was Jehovah sitting on His high throne. On each side of the throne were seraphim. Their faces were covered as they praised and worshiped their King. Solemnly they chanted, “Holy, holy, holy, is the Lord of hosts: the whole earth is full of His glory.” Their voices were so loud that the posts, pillars and the gate were shaking while the whole temple was filled with smoke.

As Isaiah saw God’s holiness and glory, he was afraid. Feeling unworthy to stand before a holy and majestic God, he cried in desperation, “Woe is me! For I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the Lord of hosts.” Isaiah 6:5.

This week, we will study the most important name in the universe—God’s name. Heavenly angels call Him holy. How sad it is that many children, juniors, youth and even adults forget about His holiness. They think thoughts, speak words, and do things that disrespect His holy name.

1. How do the seraphim show respect for God? Isaiah 6:2, 3.

2. What two adjectives describe the name of God our Father? Psalm 111:9. Can we call a minister “Reverend?”

_____ and _____ is His name.

“All should meditate upon [God’s] majesty, His purity and holiness, that the heart may be impressed with a sense of His exalted character; and His holy name should be uttered with reverence and solemnity.” —*Patriarchs and Prophets*, p. 307.

“According to the teaching of the Scriptures, it dishonors God to address ministers as “reverend.” No mortal has any right to attach this to his own name, or to the name of any other human being. It belongs only to God, to distinguish Him from every other being. . . . ‘Holy and reverend is his name.’ We dishonor God when we use this word where it does not belong.” —*Sons and Daughters of God*, p. 58.

3. Recite the third commandment by memory, and write it down. Exodus 20:7.

Thou shalt not _____

A Christian young lady was working in a doctor’s office. Many of the employees would joke around and use swear words when she was not around. But as soon as she walked through the door, they would stop speaking bad language and would talk respectfully to each other. Most Seventh-day Adventists are well known for their pure speech. The third commandment forbids us to swear and use bad language. It also teaches us not to use the name of God in a light and careless manner, without thinking what it really means. While we may not be guilty of saying bad words or swearing by the name of God, we may be transgressing the third commandment in many other ways. Have you heard people say, “Goodness gracious” or “Mercy?” People who use these words, transgress the third commandment, because they speak carelessly about the attributes of God’s character and so dishonor Him.

1. There are many slang words in every language which take the name of the Lord in vain and border on profanity. Match the meaning of the words with the words on the left. You may need to use a dictionary.

- | | |
|---------------|--|
| ___ Gee | a. God |
| ___ Gee Whiz! | b. a euphemistic variation of damn (curse, condemn, swear) |
| ___ Golly | c. Jesus |
| ___ Gosh | d. for showing disgust or contempt; Holy Spirit |
| ___ Darn | e. slang- excellent, first rate |
| ___ Shucks | f. used to express mild disappointment, disgust or annoyance |

Thought Question:

Do you think before you speak, making sure not to say any words or phrases such as those listed above?

2. What kind of words will Christians throw out of their vocabulary?

▼ Monday

Careless About God’s Name



Colosians 3:8. Unscramble the words below to find out.

yragrn words _____

lacousimi words _____

pohemuslab words _____

thylif communication _____

satisopane words _____

“Those who are brought into covenant relation with God are pledged to speak of Him in the most respectful, reverential manner. . . .

“Swearing, and all words spoken in the form of an oath, are dishonoring to God. The Lord sees, the Lord hears, and He will not hold the transgressor guiltless. He will not be mocked. Those who take the name of the Lord in vain will find it a fearful thing to fall into the hands of the living God.” —*My Life Today*, p. 282.

“Burning words of passion should never be spoken, for in the sight of God and holy angels, they are as a species of swearing.” —*Sons and Daughters of God*, p. 58.

3. Your neighbor often says “O my God!” and “Good heavens!” What is wrong with saying these words?

When you were a little boy or girl, perhaps you learned the Lord’s Prayer. This simple prayer that Jesus gave us begins with, “Our Father which art in heaven.” When you say these words, you are calling the Almighty, holy God who created the heavens and the earth, your Father. In prayer, we enter into His presence. We must come before Him with holy awe. The angels veil their faces when they come before Him; how much more should we, finite, sinful beings, come before Him with reverence and awe.

Some Christians show irreverence to God during prayer and singing. Let us find out how that happens and what we can do to avoid it.

1. How can we disrespect God’s holy name during prayer and church service? Ecclesiastes 5:1, 2.

“Some think it a mark of humility to pray to God in a common manner, as if talking with a human being. They profane His name by needlessly and irreverently mingling with their prayers the words, ‘God Almighty’—awful, sacred words, which should never pass the lips except in subdued tones and with a feeling of awe.” —*Gospel Workers*, p. 176.

“Reverence should be shown also for the name of God. Never should that name be spoken lightly or thoughtlessly. Even in prayer its frequent or needless repetition should be avoided. . . .

“What faint views some have of the holiness of God, and how much they take His holy and reverend name in vain, without realizing that it is God, the great and terrible God, of whom they are speaking. While praying, many use careless and irreverent expressions, which grieve the tender Spirit of the Lord and cause their petitions to be shut out of heaven.” —*My Life Today*, p. 282.

▼ **Tuesday**

**Reverence
During Song and
Prayer**

1. How does God want us to sing and pray? 1 Corinthians 14:15; Ephesians 5:19. What does that mean?

I will pray with the _____, with _____ also.

I will sing with the _____, and I will sing with the _____ also.

Speaking to yourselves in _____ and _____ and _____
_____ and making _____ in
your heart to the Lord.

Many of the modern Christian songs repeat the name of God and Jesus too many times in the song. Do you know what is wrong with that? When you say someone's name too many times, it becomes common like any other name. Also we can dishonor God's name by not thinking about the meaning of the words we are singing or by laughing during the song.

"All should sing with the spirit and with the understanding also. God is not pleased with jargon and discord. Right is always more pleasing to Him than wrong. And the nearer the people of God can approach to correct, harmonious singing, the more is He glorified, the church benefited, and unbelievers favorably affected." —*Testimonies*, vol. 1, p. 146.

2. What will happen to Christians who do not obey the words of God's law and honor God's glorious and fearful name? Read the verses and unscramble the verses to find the answers. Deuteronomy 28:59–63.

God will send on them pl __ g __ __s, s __ ckn __ss __ s.

They will be few in n __ mb __ r.

God will d __ str __ __ them.

Thought Question

When you sing a song, do you think about the words that you are singing? Are you reverent and happy in your singing?

Do you know what is one of the strongest temptations for children and young people in our day? They are tempted to be irreverent toward God. Sister White was alarmed when she saw how the children and youth of Christian parents are irreverent in church. While the Sabbath school teacher or minister was teaching or preaching, some were reading, others were whispering and laughing. She said, "Their eyes are sinning by diverting the attention of those around them. This habit, if allowed to remain unchecked, will grow and influence others.

"Children and youth should never feel that it is something to be proud of to be indifferent and careless in meetings where God is worshiped. God sees every irreverent thought or action, and it is registered in the books of heaven. He says, 'I know thy works.' Nothing is hid from His all-searching eye. . . .

"If those who commit this fault could see the angels of God looking upon them and marking their doings, they would be filled with shame and abhorrence [hate] of themselves." —*Messages to Young People*, pp. 265, 266.



▼ **Wednesday**

**Words or
Actions?**

Dear Young People: When you are in church listening to the sermon, you are listening to the voice of God through His servant, the minister. Do not miss one word he says by being inattentive. Who knows if one of those words may keep your feet from straying in wrong paths.

1. **Some people take the name of the Lord in vain by calling themselves Christians, while acting like unbelievers. Has that ever happened to you? What does Christ call these people? Matthew 15:8, 9.**

They are h ____ c ____ es.

“Above all, let children be taught that true reverence is shown by obedience.” —*Education*, p. 244.

2. **What is another way that we can show irreverence (blasphemy) to God? James 2:6, 7.**
-
-

Have you ever gone to court and see a witness taking an oath? An oath is a pledge or promise. The judicial oath is used in the court of law. A witness who takes an oath in court swears before the judge that all his words will be true. Often the person lays one hand upon the Bible while he takes an oath, promising before God that what he is saying is the truth.

What happens if a person makes an oath in court and then lies while under the oath? According to civil law, he is guilty of perjury, which is a crime punishable by a fine or jail sentence.

1. **What does the Bible say about taking oaths? Is it all right for Christians to swear by God’s name? Deuteronomy 6:13.**
-
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“But if there is anyone who can consistently testify under oath, it is the Christian. He lives constantly as in the presence of God, knowing that every thought is open to the eyes of Him with whom we have to do; and when required to do so in a lawful manner, it is right for him to appeal to God as a witness that what he says is the truth, and nothing but the truth.” —*Thoughts From the Mount of Blessing*, p. 67.

2. **Did Jesus forbid us to swear by His Father’s name? Matthew 5:34, 35; Leviticus 19:12.**
-
-

“Jesus condemned [the] practices [of the Jews], declaring that their custom in oath taking was a transgression of the commandment of God. Our Saviour

▼ Thursday

Using God’s Name in Oaths



did not, however, forbid the use of the judicial oath, in which God is solemnly called to witness that what is said is truth and nothing but the truth. Jesus Himself, at His trial before the Sanhedrin, did not refuse to testify under oath. The high priest said unto Him, 'I adjure Thee by the living God, that Thou tell us whether Thou be the Christ, the Son of God.' Jesus answered, 'Thou hast said.' Matthew 26:63, 64. Had Christ in the Sermon on the Mount condemned the judicial oath, He would at His trial have reproved the high priest and thus, for the benefit of His followers, have enforced His own teaching." —*Thoughts From the Mount of Blessing*, p. 67.

3. Which prophets swore by the Lord that their words were true? Daniel 12:7; Revelation 10:5, 6.

Crystal sat down in the youth Sabbath school class ready to listen to the new lesson. As the teacher asked the first question, several answers were given but he was still looking for more. Crystal raised her hand and began giving the answer. Before she was finished, several of her classmates began laughing loudly. Surprised at their irreverence, and a little hurt as well, she finished answering the question even though no one paid any attention.

The class proceeded with many distractions along the way. Laughing and making fun of others seemed to be the theme of this Sabbath school. Attempting several times to stop the interruptions, the teacher was drowned out by the students.

Once again Crystal tried to participate in the lesson when again she was rudely interrupted with laughter and thoughtless remarks. This true story is a sad description of a Sabbath school who did not honor God's name. It is our prayer that your Sabbath school never acts this way, and that by God's grace you will be among those who fear and honor God's name.

1. What has God promised to those who fear [honor and respect] His name? Malachi 3:16; 4:2.

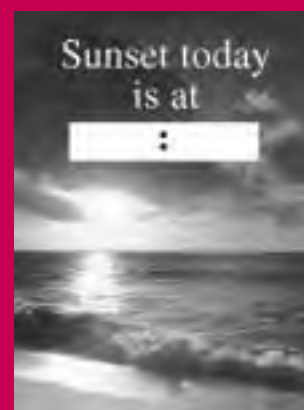
He will write their name in the _____ of _____.
 The Sun of righteousness shall _____ with healing in His wings; and you shall go forth and _____ as _____ of the stall.

2. What is the meaning of Malachi 4:2? Who is the Sun of Righteousness?

3. What can help us to be more reverent toward God? Exodus 3:5.

▼ Friday

Reward for Those Who Fear His Name



“True reverence for God is inspired by a sense of His infinite greatness and a realization of His presence. With this sense of the Unseen the heart of every child should be deeply impressed.” —*Education*, p. 242.

Thought Question:

Are your words and actions such that make the angels happy to record them?

I Promise

1. **That I will not dishonor my God, my parents, or my church with the words I say. I will not abuse the language I use by letting slang words pass through careless lips.**
2. **That I will say “yes” instead of “yah” or “uh-huh,” and use “no” rather than “nope” or a mere grunt.**
3. **That I will make the dictionary my friend, and consult it frequently for the spelling, pronunciation, and meaning of words.**
4. **That I will do my best to encourage better speech by cultivating the habit of speaking distinctly, pleasantly, and sincerely.**
5. **That I will help to keep my country’s language clean for the sake of the many boys and girls of foreign nations who come to visit, or to be my neighbors.**



A little boy in the city of Washington heard a young man using bad words on the street. The child listened in surprise for a few minutes, then ran to the evil speaker, and said, “If you were my mother’s boy, she would wash out your mouth with soapsuds.” His mother had stopped his using all bad words by this method. The little fellow’s remark made a lasting impression upon the young man.

▼ Sabbath My Pledge for Clean Speech



6

Remember God's Holy Day

Memory Verse:
*“He hath made
his wonderful
works to be
remembered.”*
Psalm 111:4.

▼ Sunday

The Master Artist's Autograph

Lesson Helps:
Exodus 20:8–11; 31:13–17;
Testimonies, vol. 6, pp.
349–368.

Key Words:
Signpost, Autograph.

Choices:

How many holidays do we need each year to be healthy, happy, and rested?

Have you ever seen an artist painting a picture? He works diligently for weeks and months on just one painting. After spending hundreds of hours on his masterpiece, he carefully examines the finished product. At last, he is ready to sign his autograph on the painting. Without the artist's signature, the painting has very little value. It is the name of the artist that makes the painting valuable.

Almost 6,000 years ago, Jehovah, the great Master Artist had just finished His creating work. In just six days, He had laid the foundations of the earth. He had dressed the whole world with beauty and had filled it with mountains and valleys, oceans and rivers, grass, flowers, fruits and vegetables, animals, fish and birds. On that memorable Friday He finished creating Adam and Eve, the masterpieces of His creation. The Bible tells us that “God saw every thing that he had made, and, behold, it was very good.” Now the Master Artist was ready to put His autograph on His work of creation. And God “rested on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it he had rested from all his work which God created and made.” So the Sabbath is God's autograph as He finished creating our world.

1. When and by whom was the Sabbath made? Genesis 2:1–3.

“Because He had rested upon the Sabbath, ‘God blessed the seventh day, and sanctified it’—set it apart to a holy use. He gave it to Adam as a day of rest. It was a memorial of the work of creation, and thus a sign of God's power

and His love. The Scripture says, ‘He hath made His wonderful works to be remembered.’ ” —*The Desire of Ages*, p. 281.

2. Which day of the week is the Sabbath, and what does the fourth commandment tell us to do? Exodus 20:8–11.

Everyone enjoys holidays and vacations when one can forget about school and work and just relax. We like getting away with our family to some hideaway in the mountains, at the ocean, or even just for a picnic lunch in a park. After returning home, we feel refreshed and energized, ready to take up our daily duties once again. Our heavenly Father knew that a few holidays and vacation days per year would not be enough for us to rest, so He gave us the Sabbath, a weekly holy day.

The Sabbath is different from any other holiday, for it was made by God. Man-made holidays such as Labor Day, Independence Day and Thanksgiving Day, are made to observe important historical events. But the Sabbath, God’s holy day, was made to help us observe creation week. Each week when we keep the Sabbath, we remember that almost 6,000 years ago, God created us, the heavens and the earth, and all that is in them. God knew that as sin entered our world, it would be easy for us to forget Him and His creative power, so He gave us the fourth commandment which says, “Remember the Sabbath day to keep it holy.”

1. What makes the Sabbath different from all the other days of the week? Ezekiel 20:20.

“By observing the true Sabbath Christians are ever to bear to the world faithful witness of their knowledge of the true and living God as distinguished from all false gods, for the Lord of the Sabbath is the Creator of the heavens and the earth, the One exalted above all other gods.” —*Selected Messages*, vol. 3, p. 256.

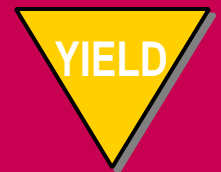
2. Some Christians believe that God took thousands of years to create our world. They state that He did not create it in six literal days. Are they right or wrong? Genesis 2:2. Underline the answer.

“The weekly cycle of seven literal days, six for labor, and the seventh for rest, which has been preserved and brought down through Bible history, originated in the great fact of the first seven days.” —*The SDA Bible Commentary* [E.G. White Comments], vol. 1, p. 1081.

▼ **Monday**
**A Weekly
 Holiday and
 Memorial**

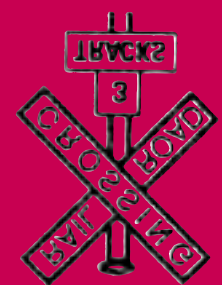
▼ Tuesday

A Sign Between God and Me



▼ Wednesday

A Signpost Turned Around



STOP! YIELD! SLOW DOWN! When we drive on the streets and freeways we see many signs on the road. If we had no signs or traffic rules, we would be in big trouble. There would be confusion, accidents, and death. It would take twice as long to get to a destination. Just think what would happen if there were no traffic signs on the freeways. You would have trouble figuring out which way was California, and which way was Colorado.

The Sabbath is a sign between God and us. It tells to the world that we are His people and that we obey His law. Have you been lifting up the Sabbath sign?

- 1. What makes the fourth commandment different from all the other commandments? Compare the fourth commandment to the other nine. Exodus 20:2–17.**

It is the only one that has the _____ and _____ of the Lawgiver.

“The fourth commandment is the only one of all the ten in which are found both the name and the title of the Lawgiver. It is the only one that shows by whose authority the law is given. Thus it contains the seal of God, affixed to His law as evidence of its authenticity and binding force.” —*Patriarchs and Prophets*, p. 307.

- 2. How long will the Sabbath be a sign between God and us? Exodus 31:17. Fill in the missing vowels.**

F__ r __ v __ r

Why do you go to church on Saturday and not on Sunday? Why don't you go to school, clean your bedroom or mow the lawn on Sabbath? You must know the answers to these questions for yourself. You need to be able to show from the Bible why you are a Sabbathkeeper.

God has clearly told us that the Sabbath is the sign that points to the city of God. But Satan through his agents has changed that signpost and set up a false sabbath. They have made a breach in the law of God, and someone must repair it. God is calling you and me to repair that breach by putting the Sabbath in its rightful position. It is our work to lead our friends and neighbors to understand which is the true Sabbath and how it has been changed. God has called us to lift the sign of the downtrodden Sabbath. We can do this by understanding why we must keep the Sabbath, by setting a right example in Sabbathkeeping, and by sharing the Sabbath with everyone we know.

- 1. God placed the tree of knowledge of good and evil in the middle of the Garden. What did He place in the middle of the ten commandments? Exodus 20:8–11. Why? Underline the answer.**

“As the tree of knowledge was placed in the midst of the Garden of Eden, so the Sabbath command is placed in the midst of the Decalogue. In regard to the fruit of the tree of knowledge, the restriction was made, ‘Ye shall not eat of it . . . lest ye die.’ Genesis 3:3. Of the Sabbath, God said, Ye shall not defile it,

but keep it holy. ‘Remember the sabbath day, to keep it holy.’ Exodus 20:8. As the tree of knowledge was the test of Adam’s obedience, so the fourth command is the test that God has given to prove the loyalty of all His people.” — *Our High Calling*, p. 343.

2. **Jeremy, your next-door neighbor goes to church on Sunday. He comes to your door on Sabbath afternoon and asks, Why do you go to church on Saturday instead of Sunday? On a separate piece of paper, write out your answer. Use Genesis 2:3; Exodus 20:8–11; 31:13–17 for your references.**

“ ‘The importance of the Sabbath as the memorial of creation is that it keeps ever present the true reason why worship is due to God’—because He is the Creator, and we are His creatures. . . . It was to keep this truth ever before the minds of men, that God instituted the Sabbath in Eden; and so long as the fact that He is our Creator continues to be a reason why we should worship Him, so long the Sabbath will continue as its sign and memorial.” —*The Great Controversy*, pp. 437, 438.

God is a worker. Six long days He worked to create our world. On the seventh He rested and showed us how we must rest to keep the Sabbath holy. Work is a blessing and all true Christians will be diligent workers, so when the Sabbath comes along, they will truly enjoy it as a day of rest.

But rest is not inactivity. Rest means resting from our school work, physical labor, plans and worries. So while we rest on the Sabbath from our weekly cares and work, we do other pleasant activities. We spend time with God by studying His Word at home and in church, fellowshiping with our families and other Christians. Sabbath is also the day that we do deeds of kindness and spend time with God in nature. These Sabbath activities relax our mind, give us peace and joy, and best of all, help us to be strong Christians.

1. **While God commands us to rest on the seventh day of the week, what does He tell us to do on the other six? Exodus 20:9. Underline three blessings of this activity.**
-
-

“God appointed labor as a blessing to man, to occupy his mind, to strengthen his body, and to develop his faculties. . . . And when, as a result of his disobedience, he was driven from his beautiful home, and forced to struggle with a stubborn soil to gain his daily bread, that very labor, although widely different from his pleasant occupation in the garden, was a safeguard against temptation and a source of happiness. . . . The true joy of life is found only by the working men and women [juniors and youth]. The angels are diligent workers; they are the ministers of God to the children of men.” —*Patriarchs and Prophets*, p. 50.

▼ Thursday

The Sabbath Is Not for Lazy People



2. While we rest from our weekly work and activities, we do not fold our hands and sit around the house on the Sabbath. Neither do we stay in bed all day and try to catch up on sleep. What Sabbath activities has God provided for us to do? Write down at least four of them.

1. How is the Sabbath a holy day, a memorial of God's creation and creative power in your life?
2. How do we know that God created our world in six literal days and rested on the seventh day?
3. How is the Sabbath commandment different from the other nine?
4. How many of your neighbors know that you worship God on the seventh day of the week, and why?
5. Why is not the Sabbath for lazy people?

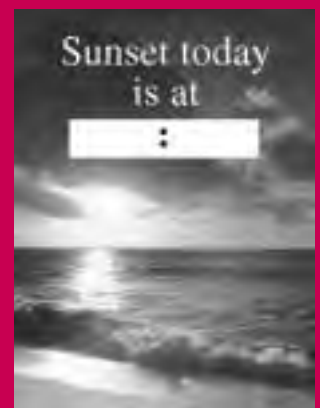
Assignment:

Make a plan with your family to let every neighbor know that you are a Sabbathkeeper and the reason why. Think of how Jesus would do it, rather than making yourself "preachy" or having a "holier-than-thou" attitude.



▼ Friday

Review and Application

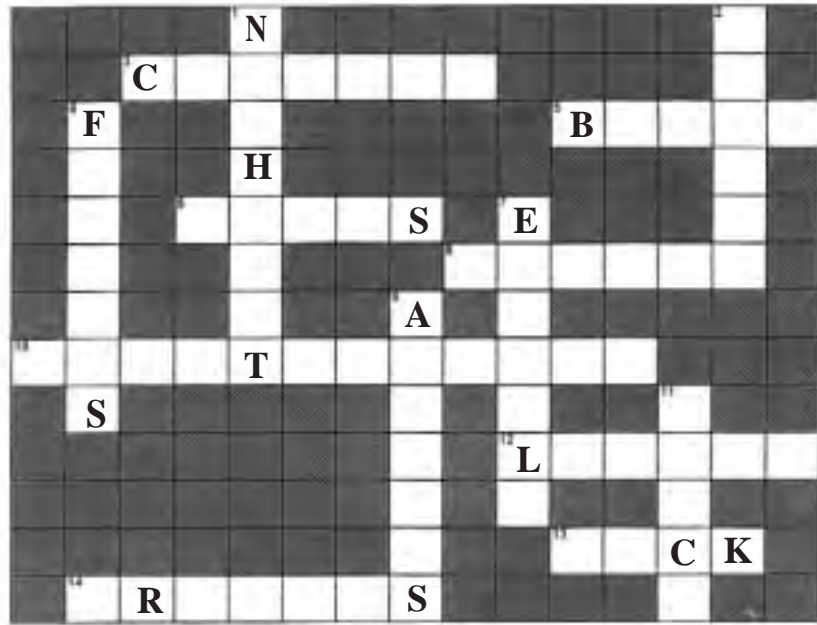


▼ Sabbath

Puzzle and Word Search

The Sabbath is a day to remember and also a day to forget. On this day, we must forget about ourselves and think of God, the beautiful things He has created for us, our family and people in need. Complete the **crossword puzzle** and **word search** to find out what we should remember and what we should forget.

“Remember” Puzzle



Across

- 3. Another name for God that begins with C.
- 5. Study our flying friends.
- 6. Think of our Saviour.
- 8. Study green things that grow.
- 10. Think of the week when God made the earth (2 words).
- 12. Visit those who are all by themselves.
- 13. Visit those who are not healthy.
- 14. Visit boys and girls without fathers or mothers.

Down

- 1. Remember on Sabbath God wants to create in us a _____ (2 words).
- 2. Visit ladies whose husbands have died.
- 4. Study and pick these colorful, sweet-smelling things.
- 7. Visit these older folks.
- 9. God created on Friday.
- 11. Deeds we can do on Sabbath.

- School
- Business
- Shopping
- Our pleasure
- Sin
- Cares
- Worries
- Work

“Forget” Word Search



7

Repairing the Breach

Memory Verse:
“And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.”
Isaiah 58:12.

▼ Sunday

A Big, Wide Gap

Lesson Helps:
Bible Readings for the Home [1958 edition], pp. 430–441.

Key Words:
Seethe, Judaize, Man of sin, Breach, Repairer, Restorer.



Choices:

What would you do if you knew Jesus would be teaching your Sabbath school lesson next week?

In the back of our house, there is a dirt road where we like to walk. There's a big, wide gap in the middle of the road. The gap is so big and wide that you can't walk through it or jump over it. In fact, whenever it rains, the gap splits wider and deeper, looking like a giant mouth ready to swallow up anyone or anything that walks by.

The gap in the road reminds me of the gap or breach that was made in the law of God by the “man of sin.” He has taken out the fourth commandment which tell us to worship the Creator of heaven and earth on His holy Sabbath, the seventh day of the week. To cover up the change, he divided the tenth commandment into two, so that there still appears to be ten commandments.

1. When was the breach made in the law of God? How did Sunday observance begin? Underline the answer.

After the Roman Emperor, Constantine the Great, became converted to Christianity, he legalized Sunday as a day of rest in 321 A.D. At that time, he did not forbid Christians to observe the Sabbath. This was done by the Roman church during the Council of Laodicea, somewhere between the years 343 and 381 A.D. Listen to their words, “Christians shall not Judaize and be idle on Saturday, but shall work on that day, but the Lord's day [Sunday] they shall especially honour, and, as being Christians, shall, if possible, do no work on that day. If, however, they are found Judaizing, they shall be shut out from Christ.” —*Charles Joseph Hefele, A History of the Councils of the Church*, vol. 2 (1896 English ed.), p. 316.

2. How did God, through the prophet Daniel, predict the change in the Sabbath commandment? Daniel 7:25. What power has falsely claimed the authority to change God’s law?



“The Catholic Church . . . by virtue of her divine mission, changed the day from Saturday to Sunday.” —*The Catholic Mirror*, Sept. 23, 1893.

“We observed Sunday instead of Saturday because the Catholic Church transferred the solemnity from Saturday to Sunday.” —Peter Geiermann, *The Convert’s Catechism of Catholic Doctrine* (1946 ed.), p. 50.

“You may read the Bible from Genesis to Revelation, and you will not find a single line authorizing the sanctification of Sunday. The Scriptures enforce the religious observance of Saturday, a day which we never sanctify.”—James Cardinal Gibbons, *The Faith of Our Fathers* (1917 ed.), pp. 72, 73.

“If we consulted the Bible only, we should still have to keep holy the Sabbath Day, that is, Saturday.”—John Laux, *A Course in Religion for Catholic High Schools and Academies*, vol. 1 (1936 ed.), p. 51.

3. Do Protestants agree that the day of worship has been changed from Sabbath to Sunday in the Bible? Notice, these are their words:

“And where are we told in the Scriptures that we are to keep the first day at all? We are commanded to keep the seventh; but we are nowhere commanded to keep the first day. . . . The reasons why we keep the first day of the week holy instead of the seventh is for the same reason that we observe many other things, not because the Bible, but because the church, has enjoined it.” —Isaac Williams (Anglican), *Plain Sermons on the Catechism*, vol. 1, pp. 334, 336.

Wouldn’t it be wonderful to live in a world where everyone would keep the Sabbath holy? In that case, the post office, supermarkets, department stores, mechanic shops and all businesses would be closed on Saturday. Everyone would be going to church on Saturday, the seventh day of the week. Life used to be that way all the way to the fifth century. Socrates, the church historian writes. “Almost all the churches throughout the world celebrate the sacred mysteries of the Sabbath every week.” Had the Sabbath been kept around the world, today we would not have one atheist, infidel or idolater says the book *The Great Controversy*.

But because the “man of sin” has changed the fourth commandment, most of the people in the world don’t believe in the true God. Also, many wonderful, honest Christians have been deceived, and are worshiping on the first day of the week. God is very sad about the situation. This is why He is calling for an army of “rebuilders.” Today He is calling you and me to be the “repairers of the breach and the restorers of paths to dwell in.” He is calling us to get busy and repair His broken law, and especially the Sabbath.

How can we do that? This is what these lessons are about. So tune in and learn how you can become a “rebuilder” of God’s law.

▼ **Monday**

Where are the Repairers?

1. **What did Jesus say of those who would break or change one of the least of God’s commandments and teach others to do so? Matthew 5:19.**

2. **How does Jesus regard the worship of those who do not obey His commandments? Matthew 15:9.**

There are many ways that you and I can rebuild the Sabbath commandment. One is by preparing for the Sabbath all week long. *Remember* is the first word in the Sabbath commandment. So, all through the week we are to remember the Sabbath. Maybe on Sunday we will polish our Sabbath shoes and wash our clothes. On Tuesday we may mow the lawn. On Wednesday we may help Mother make bread, and on Thursday we may clean our closets and bedrooms. On Friday we can help with cooking, dusting, sweeping, vacuuming and mopping floors. In this way we will be finished with all our work well before sundown Friday evening.

When we prepare for the Sabbath a little each day of the week, we will not have so much work to do by the time Friday comes along. Best of all, we will not be so tired when God’s holy Sabbath day begins. We will have energy to worship and praise Him on His holy day.

1. **What is the first word of the fourth commandment, and why did God put it there? Exodus 20:8.**

“At the very beginning of the fourth commandment the Lord said; ‘Remember.’ He knew that amid the multitude of cares and perplexities man would be tempted to excuse himself from meeting the full requirement of the law, or would forget its sacred importance. Therefore He said: ‘Remember the Sabbath day, to keep it holy.’ Exodus 20:8.” —*Testimonies*, vol. 6, p. 353.

2. **Make a plan with your family as to how you can prepare for the Sabbath each day of the week, starting with Sunday. Write down the jobs you will do each day of the week.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
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<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>

▼ Tuesday

Remember the Sabbath All Week Long

▼ Wednesday

Getting Ready for School



Most of you go to school five days a week, either at home or at a Christian school. Some of you may not have a choice, but to attend a public school. We know that you study very hard for your regular daily school. You probably do your homework faithfully every evening. But what about your Sabbath school homework? Do you study your *Sabbath Bible Lesson* faithfully each day? Or perhaps you think, “My Sabbath school teacher doesn’t give me any grades, so it doesn’t matter if I study or not.”

It does matter that you study your *Sabbath Bible Lesson* every day. We hope you are not studying only for your teacher, but get to know Jesus as your best friend, and also for yourself that you may be a strong Christian. Jesus is very sad when you do not study your lessons, for that clearly shows Him that you do not care about Him or His Word. He wants you to make Him the first and best in everything. In fact, He wishes you and your parents to make your Sabbath school lesson study more important than your regular school. Let’s see how we can improve in this area.

1. What is more important to study, your daily school lessons or your Sabbath school lesson?

“Even greater care should be taken by the parents to see that their children have their Scripture lessons, than is taken to see that their day-school lessons are prepared. Their Scripture lessons should be learned more perfectly than their lessons in the common schools. If parents and children see no necessity for this interest, then the children might better remain at home; for the Sabbath school will fail to prove a blessing to them.” —*Counsels on Sabbath School Work*, p. 57.

2. What advice does God give to those who say, “I have no time to study my Sabbath Bible Lesson”? How should we feel if we did not study our lesson? 2 Timothy 2:15.

“There are many children [juniors and youth] who plead a lack of time as a reason why their Sabbath school lessons are not learned; but there are few who could not find time to learn their lessons if they had an interest in them.” —*Counsels on Sabbath School Work*, p. 56.

When you do your homework and study for the daily school, do you like to do it alone or with a friend? Although it is important to study by ourselves, we often like to study with a friend, especially those hard subjects. Learning is more fun when we do it in a group. What about your *Sabbath Bible lesson*? Do you study it alone or with your family? You may say, “Wait a minute, I am too old to study with my family. After all, I can read and write and can do just fine by myself.” But God knows what is best for you and your parents. He says that parents and children should study their lesson together. There are many good reasons why you should study with your parents: 1) you will understand your lesson better; 2) you will get deeper into the subject; 3) you will learn about the topic from many points of view; 4) you will appreciate

▼ Thursday

Study Together

your parents much more, and 5) you will get closer as a family. So, if you haven't done so already, include your parents in your lesson study and notice the difference.

1. When should we begin to study our Sabbath school lessons?

“Let the Sabbath school lesson be learned, not by a hasty glance at the lesson scripture on Sabbath morning, but by careful study for the next week on Sabbath afternoon, with daily review or illustration during the week. Thus the lesson will become fixed in the memory, a treasure never to be wholly lost.” — *Counsels on Sabbath School Work*, p. 43.

2. How can you get the most benefit from studying the lesson each week? Circle the answers.

- a. To get the most out of my lessons I should study them with my parents. *True or False*
- b. I should study my lesson on Friday night only. *True or False*
- c. When I look up all the Bible texts and write out the answers, I have done a good job in studying my lesson. *True or False*

“Parents should search the Scriptures with their children. They should become familiar with the lessons themselves; then they can assist their children in learning them. Every day some portion of time should be appropriated to the study of the lessons, not merely in learning to mechanically repeat the words, while the mind does not comprehend the meaning; but to go to the very foundation, and become familiar with what is brought out in the lesson.” — *Counsels on Sabbath School Work*, p. 53.

1. Who changed the law of God and when?
2. What would have happened if the Sabbath had been kept around the world?
3. How can you remember the Sabbath all week long?
4. What should be your most important work each day, to study for your regular school or for Sabbath school?
5. What can you do to get the most benefit from studying your lesson?

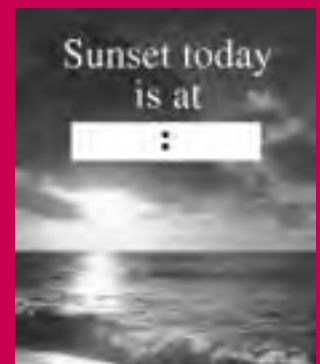
Assignment:

Talk with your parents and ask them to make a commitment to study your lesson with you every day. Tell them they can make it part of your family worship morning or evening, depending on when they have more time.



▼ Friday

Review and Application



▼ Sabbath

The Law of God vs. the Law of Man

Compare the commandments below as given by God and as changed by man. Memorize those specific changes that have been made so that you can share with others.

As Given by Jehovah

I

Thou shalt have no other gods before me.

II

Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth: thou shalt not bow down thyself to them, nor serve them: for I the Lord thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; and shewing mercy unto thousands of them that love me, and keep my commandments.

III

Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain.

IV

Remember the sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: but the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: for in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it.

V

Honour thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee.

VI

Thou shalt not kill.

VII

Thou shalt not commit adultery.

VIII

Thou shalt not steal.

IX

Thou shalt not bear false witness against thy neighbour.

X

Thou shalt not covet thy neighbour's house, thou shalt not covet thy neighbour's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is thy neighbour's.

As Changed by Man

I

I am the Lord thy God; thou shalt not have strange gods before me.

II

Thou shalt not take the name of the Lord thy God in vain.

III

Remember thou to keep holy the Sabbath day.

IV

Honor thy father and thy mother.

V

Thou shalt not kill.

VI

Thou shalt not commit adultery.

VII

Thou shalt not steal.

VIII

Thou shalt not bear false witness against thy neighbor.

IX

Thou shalt not covet thy neighbor's wife.

X

Thou shalt not covet thy neighbor's goods.

8

Preparing for the Sabbath

Memory Verse:
“And that [sixth] day was the preparation, and the sabbath drew on.” Luke 23:54.

▼ Sunday

Friday Preparation

Lesson Helps:
Hebrews 4:1–11; *Child Guidance*, pp. 527–537.

Key Words:
Convocation, Cease, Reprove, Foundations, Emulations, Variance, Wrath, Seditions, Strife, Heresies, Revellings, Lasciviousness.



Choices:

What kind of special math assignments should you do on Friday when Sabbath begins?

Preparing ourselves for the visit of a very special guest is always very exciting at our home and probably at yours also. You were perhaps waiting for a first-time visit from your cousins, grandparents or some friends. There was so much to do. You helped Mother clean the house to perfection. The bathroom mirrors, sinks, tubs, toilets, and floors were washed and polished. Your bedroom looked brand new after you neatly hung the clothes in the closet, organized the drawers, and dusted. The floor was vacuumed or washed. Of course, you didn't forget the yard. You swept the porch and sidewalk, mowed the lawn, watered the flowers and maybe even gave your dog or cat a bath.

Inside the kitchen, you helped Mother prepare some of the most delicious food and desserts. When the cleaning and cooking were all finished, you took a shower and dressed in good clothes. Then, tired, yet with a smiling face, you eagerly waited for your guests to arrive. Perhaps you even drove your bike to the street corner, waiting for them.

You and I have the privilege of entertaining special guests at our homes each Friday evening. Jesus and the holy angels come to celebrate the Sabbath with us. Do you prepare yourself, your house and yard for them as well as you do for earthly guests?

- 1. What special work should we do on Friday in preparation for the Sabbath? How did the Israelites prepare their food for the Sabbath? Exodus 16:22, 23.**

to see the = to boil or to stew



“On Friday let the preparation for the Sabbath be completed. See that all the clothing is in readiness and that all the cooking is done. Let the boots be blacked and the baths be taken. It is possible to do this. If you make it a rule you can do it. The Sabbath is not to be given to the repairing of garments, to the cooking of food, to pleasure seeking, or to any other worldly employment. Before the setting of the sun let all secular work be laid aside and all secular papers be put out of sight.” —*Testimonies*, vol. 6, p. 355.

2. What did some of the Israelites do on the Sabbath? How did God reprove their disobedience? Exodus 16:27–29.

3. How should we prepare our bodies, shoes, and clothes for the Sabbath? Exodus 19:10, 11. Unscramble.

oirn thesclo

olpshi oessh

aket thsab

awsh lcothse

“The people [of Israel] were required to refrain from worldly labor and care, and to possess devotional thoughts. God required them also to wash their clothes. He is no less particular now than He was then. He is a God of order, and requires His people now upon the earth to observe habits of strict cleanliness. And those who worship God with uncleanly garments and persons, do not come before Him in an acceptable manner. He is not pleased with their lack of reverence for Him, and He will not accept the service of filthy worshipers, for they insult their Maker. The Creator of the heavens and of the earth considered cleanliness of so much importance that He said, ‘And let them wash their clothes.’ ” —*The Spirit of Prophecy*, vol. 1, pp. 233, 234.

If you were going to visit the president of your country in his office, you would wear the best clothes you had. Most likely you would take a bath, and wash and iron your nicest dress or pants. Next you’d polish your shoes to perfection. At last, you would dress yourself and comb your hair just so.

Each Sabbath morning we have a meeting not with the president, but with the King of the universe. This is the time to wear your nicest clothes. In fact, if your parents can afford it, you should have special clothes just for the Sabbath. If you have only one set of clothes, make sure you freshly wash and iron them so they are clean and nice for the Sabbath.

Just think what an important person you are. Each Sabbath morning at 9:30 a.m., little, humble, you have an important meeting with the Creator of the heavens and earth.

▼ **Monday**
Sabbath Clothes

1. What should we wear to church on Sabbath? Are jean pants or skirt and a t-shirt acceptable when we have much better clothes?

“Many need instruction as to how they should appear in the assembly for worship on the Sabbath. They are not to enter the presence of God in the common clothing worn during the week. All should have a special Sabbath suit, to be worn when attending service in God’s house. While we should not conform to worldly fashions, we are not to be indifferent in regard to our outward appearance. We are to be neat and trim, though without adornment. The children of God should be pure within and without.” — *Child Guidance*, p. 531.

2. While we should have neat and clean Sabbath clothes, what should we be careful about when we choose to buy our clothes? 1 Peter 3:3, 4.

“All should be taught to be neat, clean, and orderly in their dress, but not to indulge in that external adorning which is wholly inappropriate for the sanctuary. There should be no display of the apparel, for this encourages irreverence. The attention of the people is often called to this or that fine article of dress, and thus thoughts are intruded that should have no place in the hearts of the worshipers. God is to be the subject of thought, the object of worship; and anything that attracts the mind from the solemn, sacred service is an offense to Him. The parading of bows and ribbons, ruffles and feathers, and gold and silver ornaments is a species of idolatry and is wholly inappropriate for the sacred service of God.” — *Child Guidance*, pp. 427, 428.

Cooking, cleaning, washing and taking baths, are all easy jobs. But there is another work that we must do before the Sabbath begins. Let’s say you had a grudge against one of your classmates at school because he/she had spread some lies about you. Before the Sabbath begins, you must forgive your classmate and get rid of those bad feelings.

Also you need to do some math before Sabbath begins. You may take out a piece of paper; divide it lengthwise. On one side write a plus (+); on the other a minus (–). Now think back what victories you had during the week. How much time did you spend reading your Bible? How often did you think and talk about Jesus? How many deeds of kindness did you do for your mother, father, brother, sister, neighbor, friend or enemy? Put all these good deeds on the plus side. Next, think of the temptations you did not overcome, the selfish thoughts and acts, the unkind words you thought and said, the duties you did not do, the help you didn’t give to your parents, the fights you had with your brother or sister. Write all these on the minus side of the paper. Compare the pluses and the minuses.



▼ **Tuesday**

**Do Some
Math on Friday**

The above exercise is something we must do each Friday afternoon. Now, you may not want to write it down, but you can just do some mental math and see how your walk with Jesus was this week compared to last.

- 1. James had a big fight with his brother during the week. Although they forgave one another, they still are avoiding each other. What should they do before the Sabbath begins? James 5:16.**

“There is another work that should receive attention on the preparation day. On this day all differences between brethren, whether in the family or in the church, should be put away. Let all bitterness and wrath and malice be expelled from the soul. In a humble spirit, ‘confess your faults one to another, and pray one for another, that ye may be healed.’ James 5:16.” —*Testimonies*, vol. 6, p. 356.

- 2. What kind of math does God want us to do before we begin the Sabbath? 2 Corinthians 13:5; Galatians 6:4. Read these verses. Then, put the words in the right order to find the answer.**

own	your	work	prove
in	faith	yourself	the
are	examine	whether	you

“Before the Sabbath begins, the mind as well as the body should be withdrawn from worldly business. God has set His Sabbath at the end of the six working days, that men may stop and consider what they have gained during the week in preparation for the pure kingdom which admits no transgressor. We should each Sabbath reckon with our souls to see whether the week that has ended has brought spiritual gain or loss.” —*Testimonies*, vol. 6, p. 356.

Mrs. Shepherd was visiting her neighbor when she overheard her children talking to the neighbor’s children. The conversation went like this:

“What is your favorite night of the week?” someone asked.

“I like Sunday night, because my favorite TV show is on,” said the neighbor’s girl.

“I like Monday night,” her brother stated, “because I like to watch football with my dad.”

Mrs. Shepherd then heard her own children say, “We like Friday night the best.”

“Friday night?” the other two children replied in disbelief. “Why then?”

“We like Friday nights because that’s family night at our home. We spend the whole evening welcoming the Sabbath with our mom and dad. Mother plays the piano and we all join in singing our favorite songs. Father reads the Bible and we discuss what we read. The part we like the best about Friday night is when each one of us shares what God has done for us during the week

▼ Wednesday

Opening the Sabbath

and we give Him thanks. After a prayer, we all go to the table for Sabbath supper. Mother always makes some special food for the Sabbath. We would not trade Sabbath for any other day of the week.”

1. When does the Sabbath begin? Leviticus 23:32. How do we begin the Sabbath?

“Before the setting of the sun, let the members of the family assemble to read God’s Word, to sing and pray.” —*Child Guidance*, p. 529.

“As the sun goes down, let the voice of prayer and the hymn of praise mark the close of the sacred hours and invite God’s presence through the cares of the week of labor.” —*Testimonies*, vol. 6, p. 359.

2. Is it all right to begin the Sabbath a little late and finish it early because we have to go somewhere? If possible, when should people get off work on Fridays? Underline.

“We should jealously guard the edges of the Sabbath. Remember that every moment is consecrated, holy time. Whenever it is possible, employers should give their workers the hours from Friday noon until the beginning of the Sabbath. Give them time for preparation, that they may welcome the Lord’s day with quietness of mind. By such a course you will suffer no loss even in temporal things.” —*Ibid.*, p. 356.

Do you know what is the meaning of the word Sabbath? *Shabbath*, the Hebrew word for Sabbath, means “to cease” or stop from work and activity. As God rested from His work of creating on the Sabbath, so He wants us to rest from our work. We already learned that we must rest from our physical work, but the Bible tells us that “There remaineth therefore a rest to the people of God.” Hebrews 4:9. Let us find out what this rest is all about.

1. What does God want us to rest from every day, but especially on the Sabbath day? Hebrews 4:9, 10.

As God rested from His work of creation on the Sabbath, so He wants us to rest from our works, which are our sins and bad motives, thoughts, and actions.

2. Write down the list of bad works from which we must rest on not only on the Sabbath but on every day. Galatians 5:19–21.

A _____, F _____, U _____
 _____, _____, _____,

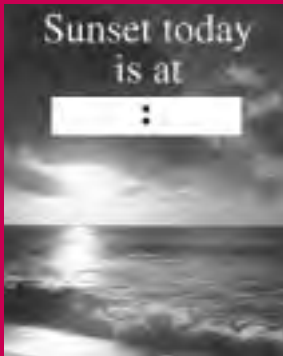


▼ Thursday

A Day to Stop From Our Works

▼ Friday

Review and Application



_____, _____, _____,
 _____, _____, **H** _____,
S _____ **E** _____.
M _____, **D** _____,
R _____.

1. Although we are supposed to prepare for the Sabbath all week long, what special jobs do we have to do on Friday?
2. What should we wear to church on the Sabbath?
3. What math assignment do you have to do as Sabbath begins?
4. How do you open and close the Sabbath with your family? How does that compare with what your family is doing now? Is there room for improvement?
5. What does God mean when He says that we should rest from our own works on the Sabbath?

Assignment

Get together with your family and discuss how you can make the preparation for the Sabbath more smooth and organized, so that when Friday evening comes along, you are not rushing and doing last minute jobs.

Getting Along Without Sabbath (Part I)

“Here it is, Friday again!” growled Henry. “How I do wish we could jump over to Sunday!”

“So do I,” joined in Tanja. “Sabbath is such a quiet day, and there is nothing to do but listen to stories and go walking. It is such a long day.” she sighed.

That Friday morning, when they complained about the approaching Sabbath with such discontent, little did they know of the many days of sadness and trial ahead of them, or of how much the Sabbath really meant to them. That very week Mother was taken ill, and the doctor said that she must go to the mountains immediately. He could not promise that she would come back to her boy and girl. Tanja and Henry begged to go along, but Mother was too sick to take care of them, and Father would be busy caring for Mother. So the children would have to go to Aunt Nell’s home in Boston.

It was a sober group that gathered in the living room that last night. Mother had been propped up in a big chair before the fire, and Tanja and Henry had pulled their chairs as close as possible. It would be the last Friday evening worship for the children; in fact, it would be the last worship of any kind,

▼ Sabbath

Story

except Sabbath's devotions, that they would attend for months, for in Aunt Nell's beautiful home there would be no time for family prayers. There would be plenty of parties and outings, plenty of light and laughter, but no time for God. Oh, how Mother and Father prayed that their children would keep true to Jesus in the midst of wealth and worldliness! Something in Mother's voice, as she prayed that her boy and girl might not desecrate the Sabbath, lingered long in Tanja's heart. Somehow that last Sabbath evening claimed its place as one of their treasured memories in the months to come.

The excitement of the trip and the novelty of the new surroundings eased the pain of parting. And really, Aunt Nell was lots of fun. Almost the first thing she did was to invite the boys and girls of the neighborhood in for a party. Tanja and Henry had a good time, and the ice cream and cake were delicious.

Then, almost before they knew it, Friday came. With it came the first real wave of homesickness. Aunt Nell had company for dinner, and the house resounded with laughter and music, but somehow in Tanja's heart there was another picture, which was dearer. Mother was again beside the fireplace in the dear old home, and her arms were about her. Henry was on a stool at her feet, and even Father had laid aside his reading to listen to the Bible stories. Oh, those beautiful, dear Bible stories. Mother's voice was so sweet, and suddenly Tanja knew she loved those stories better than any others. They were more real to her than all the funny things Aunt Nell's charming guests could say. A lump came into her throat and made a great big ache. Quietly she slipped into the dim library. Groping her way to the darkened cozy corner beside the fireplace, she was about to bury her face in the pillows for a good cry, when she was startled by a sob from the opposite corner.

"O Tanja!" Henry's voice was tearful, "I didn't think I could miss home so much. I—I like our home Friday nights best." Then in a few more minutes, "Do you suppose Mother and Father are missing us tonight too?"

Tanja couldn't answer just then; the ache in her throat stifled the words. There was a flood of tears, and then there was quietness for a long time.

"Henry," at last she whispered, "come here."

He pulled a cushion from the bench and settled it at Tanja's feet.

"What story shall it be?" asked Tanja, smoothing the forehead at her knee.

"Tell me about Moses, Tanja—about how he had to leave home when he was a little boy, and how he remembered God."

Tanja knew it very well; she could hear the very words and tone Mother would use; and Henry, listening with closed eyes, could almost make himself believe that he was at home and Mother was there too.

The story ended, and again there was silence.

"Henry," said Tanja at last, "let's pray and ask God to help us keep His Sabbath. Somehow, Henry, I never knew what a dear thing the Sabbath is."

And there, while the music and laughter floated in from the brilliantly lighted living room, Tanja and Henry knelt in their quiet, dim corner. And there they found comfort in God. To them the blessedness of a Sabbath evening brought balm for aching hearts.

(continued on p. 61)



The Rose

*It is only a tiny rosebud—
A flower of God's design,
But I cannot unfold the petals
With these clumsy hands of mine.*

*The secret of unfolding flowers
Is not known to such as I—
The flower God opens so sweetly
In my hands would fade and die.*

*If I cannot unfold a rosebud,
This flower of God's design,
Then how can I think I have wisdom
To unfold this growing life of mine?*

*So I'll trust him for his leading
Each moment of every day,
And I'll look to him for guidance
Each step of the pilgrim way.*

*For the pathway that lies before me
My Heavenly Father knows—
I'll trust him to reveal the moments
Just as he unfolds the growing rose.*

—Author unknown

