

YOUTH SABBATH SCHOOL LESSONS

Second Year, First Quarter



Personal Daily Living

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SECOND YEAR, FIRST QUARTER

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Daily Living

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INTRODUCTION

The Youth Sabbath School Lessons for this quarter provide an opportunity to examine the nuts and bolts that hold together one's life and character. It will be seen that eternal destiny is determined by little everyday choices and habits.

“Success in this life, success in gaining the future life, depends upon a faithful, conscientious attention to the little things. Perfection is seen in the least, no less than in the greatest, of the works of God. The hand that hung the worlds in space is the hand that wrought with delicate skill the lilies of the field. And as God is perfect in His sphere, so we are to be perfect in ours. The symmetrical structure of a strong, beautiful character is built up by individual acts of duty. And faithfulness should characterize our life in the least as well as in the greatest of its details. Integrity in little things, the performance of little acts of fidelity and little deeds of kindness, will gladden the path of life; and when our work on earth is ended, it will be found that every one of the little duties faithfully performed, has exerted an influence for good—an influence that can never perish.” —*Christian Education*, p. 217.

Every person is unique. Each has been given multiple gifts on many levels, from one's genetic makeup to his or her surroundings and opportunities. Let God inspire each heart and empower every mind through His holy word as this important subject is studied!



Seeing Oneself as an Individual

“God deals with men as individuals, giving to everyone his work. All are to be taught of God. Through the grace of Christ every soul must work out his own righteousness, maintaining a living connection with the Father and the Son. This is a genuine experience that is of value.”
–*Testimonies to Ministers and Gospel Workers*, p. 488.

1. In the beginning, how did God create man? Genesis 1:26, 27; 2:7.

“Every person has his own peculiar sphere and vocation.”
–*Fundamentals of Christian Education*, p. 48.



“Look at the flowers in a carpet, and notice the different colored threads. All are not pink, all are not green, all are not blue. A variety of colors are woven together to perfect the pattern. So it is in the design of God. He has a purpose in placing us where we must learn to live as individuals. We are not all fitted to do the same kind of work, but each man’s work is designed by God to help make up His plan.” –(*Review and Herald*, July 4, 1899) *Seventh-day Adventist Bible Commentary*, vol. 6, p. 1083.

2. What does it mean that man was created in the image and likeness of God? Genesis 1:26.

“The physical organism of man is under the supervision of God; but it is not like a clock, which is set in operation, and must go of itself. The heart beats, pulse succeeds pulse, breath succeeds breath, but the entire being is under the supervision of God.... Each heartbeat, each breath, is the inspiration of Him who breathed into the nostrils of Adam the breath of life—the inspiration of the ever-present God, the Great I AM.” –*Review and Herald*, November 8, 1898.

“He made Adam a partaker of His life, His nature. There was breathed into him the breath of the Almighty, and he became a living soul. Adam was perfect in form—strong, comely, pure, bearing the image of his Maker.” –Manuscript 102, 1903.

“Man came from the hand of his Creator perfect in organization and beautiful in form.” –*Christian Temperance and Bible Hygiene*, p. 7.

“Man, made in the divine image, could contemplate and appreciate the glorious works of God in nature....

“God did not form man merely to contemplate His glorious works; therefore, He gave him hands for labor, as well as a mind and heart for contemplation. If the happiness of man consisted in doing nothing, the Creator would not have given Adam his appointed work. Man was to find happiness in labor, as well as in meditation.” –(*Review and Herald*, February 24, 1874) *Seventh-day Adventist Bible Commentary*, vol. 1, pp. 1081, 1082.

3. After the flood, what did Satan influence men to do? Genesis 11:4.

By causing sinful men to disobey God’s command to disperse over the surface of the earth and making them congregate in one place around the tower of Babel, Satan spun a fine deception. He sought to destroy the noble individuality of men by influencing them to dwell together where one would influence the other. Thus, the evil one’s dominion over them was assured. People will often do things in a group or crowd that they would never think of doing by themselves.

4. What was Christ’s method of teaching? John 3:1-10; 4:6-25.

“Christ in His teaching dealt with man individually. It was by personal contact and association that He trained the twelve. It was in private, often to but one listener, that He gave His most precious instruction.” –*Education*, p. 231.

5. What is a person never to do? Colossians 2:16-18, 22.

“None should consent to be mere machines, run by another man’s mind. God has given us ability to think and to act, and it is by acting with carefulness, looking to Him for wisdom, that you will become capable of bearing burdens. Stand in your God-given personality. Be no other person’s shadow. Expect that the Lord will work in and by and through you.” –*Messages to Young People*, p. 192.

6. How does one determine his true value as a person? John 3:16; Psalm 56:8.

“Let not those who are ignorant remain in ignorance. They cannot remain in ignorance, and meet the mind of God. They are to look to the cross of Calvary, and estimate the soul by the value of the offering there made.” –*Fundamentals of Christian Education*, p. 214.

7. What original plan of God will be realized in those who are saved? Revelation 14:4.

“God made the world to enlarge heaven. He desires a larger family of created intelligences.” –(Manuscript 78, 1901).

“God created man for His own glory, that after test and trial the human family might become one with the heavenly family. It was God’s purpose to re-populate heaven with the human family, if they would show themselves obedient to His every word.” –(Letter 91, 1900) *Seventh-day Adventist Bible Commentary*, vol. 1, pp. 1081, 1082.

Thought questions

1. What conclusion can be drawn about God’s attitude toward every individual in His creation, including yourself?
2. What value does a group have in salvation?





“God desires men and women to think soberly and candidly. They are to ascend to a higher and still higher grade, commanding a wider and still wider horizon. Looking unto Jesus, they are to be changed into His image. They are to spend their time in searching for the deep, everlasting truths of heaven. Then there will be nothing frivolous in their religious experience....

“May God help His people to think rationally. When questions arise upon which we are uncertain, we should ask, ‘What saith the Scripture?’”
 –*Selected Messages*, book 1, pp. 172, 173.

1. What faculty makes man superior to the animal world? Romans 2:3; Psalm 49:20; Isaiah 1:18; .

“We must study the truth for ourselves. No living man should be relied upon to think for us. No matter who it is, or in what position he may be placed, we are not to look upon any man as a perfect criterion for us. We are to counsel together, and to be subject to one another; but at the same time we are to exercise the ability God has given us to learn what is truth.” –*Counsels to Writers and Editors*, p. 45.

“The mind gains in strength, breadth, and acuteness by active use. It must work, or it will become weak. It must be trained to think, to think habitually, or it will in a great measure lose the power of thought.”
 –*Gospel Workers*, p. 98.

2. What can hinder one’s having a clear, correct perspective of life? James 1:8.

"If we mistake the wisdom of man for the wisdom of God we are led astray by the foolishness of man's wisdom. Here is the great danger of many in _____. They have not an experience for themselves. They have not been in the habit of prayerfully considering for themselves, with unprejudiced, unbiased judgment, questions and subjects that are new and that are ever liable to arise. They wait to see what others will think. If these dissent, that is all that is needed to convince them that the subject under consideration is of no account whatever. Although this class is large, it does not change the fact that they are inexperienced and weak-minded through long yielding to the enemy, and will always be as sickly as babes, walking by others' light, living on others' experience, feeling as others feel, and acting as others act. They act as though they had not an individuality." –*Testimonies for the Church*, vol. 2, pp. 129, 130.

"Allow no one to be brains for you, allow no one to do your thinking, your investigating, and your praying. This is the instruction we need to take to heart today." –*Fundamentals of Christian Education*, p. 307.

3. What is inevitable if a person allows others to think for him? Matthew 15:14; Psalm 1:1.

"We should not take the testimony of any man as to what the Scriptures teach, but should study the words of God for ourselves. If we allow others to do our thinking, we shall have crippled energies and contracted abilities. The noble powers of the mind may be so dwarfed by lack of exercise on themes worthy of their concentration as to lose their ability to grasp the deep meaning of the word of God. The mind will enlarge if it is employed in tracing out the relation of the subjects of the Bible, comparing scripture with scripture and spiritual things with spiritual." – *Steps to Christ*, pp. 89, 90.



4. How can the ability to think be strengthened? Psalm 111:10; James 1:5.

"The understanding takes the level of the things with which it becomes familiar. If all would make the Bible their study, we should see a people further developed, capable of thinking more deeply, and showing a greater degree of intelligence, than the most earnest efforts

in studying merely the sciences and histories of the world could make them. The Bible gives the true seeker advanced mental discipline,..."
–*Fundamentals of Christian Education*.

5. Who especially should be thinking people? Daniel 12:3. (The margin says that the wise are teachers.)

"All our workers must have room to exercise their own judgment and discretion. God has given men talents which He means that they should use. He has given them minds, and He means that they should become thinkers, and do their own thinking and planning, rather than depend upon others to think for them." –*Testimonies to Ministers and Gospel Workers*, p. 302.

6. In considering one's personal freedom of acting and thinking, what should he strive for? 1 Corinthians 1:10.

"The spirit of pulling away from fellow-laborers, the spirit of disorganization, is in the very air we breathe. By some, all efforts to establish order are regarded as dangerous—as a restriction of personal liberty, and hence to be feared as popery. These deceived souls regard it a virtue to boast of their freedom to think and act independently. They declare that they will not take any man's say-so; that they are amenable to no man. I have been instructed that it is Satan's special effort to lead men to feel that God is pleased to have them choose their own course, independent of the counsel of their brethren." –*Gospel Workers*, p. 486.

7. Why is right thinking so important? Proverbs 23:7; 1 Corinthians 3:20; Hebrews 4:12.

"True education does not ignore the value of scientific knowledge or literary acquirements; but above information it values power; above power, goodness; above intellectual acquirements, character. The world does not so much need men of great intellect as of noble character." –*Education*, p. 225.

Right thinking is essential for moral purity, correct action, security of the soul, and the Holy Spirit's guidance.

8. How can a young person guard his or her world of thought? 2 Corinthians 10:5; Proverbs 16:3.

“Common sense is an excellent thing in the worship of the Lord. The thinking powers should be consecrated to Christ, and ways and means should be devised to serve Him best.” –*Testimonies for the Church*, vol. 4, p. 71.

Thought questions

1. Do you ever have trouble concentrating on a particular subject? Why might this happen?
2. In the light of this lesson, what will be the long-range result of any kind of cheating?
3. Does thinking for oneself mean that he is a “know-it-all”?



Expressing One's Thoughts

As long as we live in society, we will be in positions to express our thoughts. This can be good or bad, depending on what lives inside us. The expressions of our faces betray what we have in our hearts and minds. Our conduct and appearances are judged by the world around us. The topics of our conversation and the manner in which we speak identify us as Christians or as worldlings.

1. What is one way that people express their feelings? Genesis 4:5, 6; 31:2; Daniel 7:28.

“The Lord saw the wrath of Cain, He saw the falling of his countenance. Thus is revealed how closely the Lord marks every action, all the intents and purposes, yes, even the expression of the countenance. This, though man may say nothing, expresses his refusal to do the way and will of God.... Well might the question be asked you of the Lord, when you cannot follow the impulse of your own rebellious heart, and are restrained from doing your own unrighteous, unsanctified will, ‘Why art thou wroth? and why is thy countenance fallen?’ Such exhibitions reveal that because they cannot do after Satan’s arts and devices they are provoked, and can only manifest a spirit similar to that of Cain.” –(Manuscript 77, 1897) *Seventh-day Adventist Bible Commentary*, vol. 1, p. 1086.

2. What else can betray a person’s emotions? Isaiah 50:4, 5; Proverbs 15:23.

“Then we should have regard even to the expression of our countenance, to our words, and even to the tone of our voice when we speak.” –(Manuscript 43, 1908) *Seventh-day Adventist Bible Commentary*, vol. 4, p. 1154.

“A soul filled with the love of Jesus lends to the words, the manners, the looks, hope, courage and serenity. It reveals the Spirit of Christ. It breathes a love which will be reflected.... The words, the expression, the manners throw out a bright ray of sunshine, and leave behind them

a clear path toward heaven, the source of all light.... The expression of the countenance is itself a mirror of the life within." –(Manuscript 24, 1887) *Seventh-day Adventist Bible Commentary*, vol. 3, p. 1156.

3. How are we judged and measured? Ecclesiastes 12:13, 14; Revelation 3:15, first part; 1 Peter 2:12.

"Words and profession may express much humility and love; but if the conduct is not regulated daily by the grace of God, you are not a partaker of the heavenly gift, you have not forsaken all for Christ, you have not surrendered your own will and pleasure to become His disciple." –*Testimonies for the Church*, vol. 3, p. 332.

4. What do professed Christians often overlook as an expression of character? Matthew 22:11, 12; Genesis 35:2; Isaiah 4:1.

"Sabbath keepers, remember that the outside appearance is an index to the heart, and while you are so anxious to imitate the fashions of the world; while your heart is in these things, you are like them, you have their spirit, and have lost the truth out of your heart. While you study your appearance to look as near like the world as possible, remember your Redeemer." –*Spiritual Gifts*, vol. 2, p. 286.

5. What parts of our personalities must we watch closely? James 3:2-6.



"The value of our faith will be shown by its fruit. The Lord can and will impress men by our intense earnestness. Our dress, our deportment, our conversation and the depth of a growing experience in spiritual lines, all are to show that the great principles of truth we are handling are a reality to us." –*Evangelism*, p. 542.

6. What can a true Christian never be? 1 Kings 18:21; Revelation 3:15.

"And now, in this fearful crisis, in the presence of the idolatrous priests and the apostate king, they remained neutral. If God abhors one sin above another, of which His people are guilty, it is doing nothing in case of an emergency. Indifference and neutrality in a religious crisis is regarded of God as a grievous crime and equal to the very worst type of hostility against God." –*Testimonies for the Church*, vol. 3, p. 281.

7. How does God see the time of the end, in which we live? 2 Timothy 3:1; 1 Peter 5:8.

“I see a crisis before us, and the Lord calls for His laborers to come into line.” –*Testimonies to Ministers and Gospel Workers*, p. 514.

8. What is revealed in time of test? Revelation 12:17; 16:15; 19:8.

“It is in a crisis that character is revealed.... It will show whether the soul is sustained by grace. The great final test comes at the close of human probation, when it will be too late for the soul's need to be supplied.” –*Christ's Object Lessons*, p. 412.

Thought questions

1. Try to look objectively at your own behavior, dress, speech, and attitude. What do you think others see in you?
2. How does your general appearance express who and what you are?
3. What is valuable to God—the words a person says, or the motives behind the words?



“God will bring every work into judgment, with every secret thing. By His law He measures the character of every man. As the artist transfers to the canvas the features of the face, so the features of each individual character are transferred to the books of heaven. God has a perfect photograph of every man’s character, and this photograph He compares with His law. He reveals to man the defects that mar his life, and calls upon him to repent and turn from sin.” –(*Signs of the Times*, July 31, 1901) *Seventh-day Adventist Bible Commentary*, vol. 5, p. 1085.

1. What is the only thing one can take from this world to the next? Matthew 5:8.

“A character formed according to the divine likeness is the only treasure that we can take from this world to the next. Those who are under the instruction of Christ in this world will take every divine attainment with them to the heavenly mansions. And in heaven we are continually to improve.” –*My Life Today*, p. 267.

“The great work of parents and teachers is character building—seeking to restore the image of Christ in those placed under their care.... The formation of character is the work of a lifetime, and it is for eternity.” –*Counsels to Parents, Teachers, and Students*, p. 61.

2. What standard of character has Christ given for all mankind? Matthew 5:48; 2 Corinthians 7:1.

“The ideal of Christian character is Christlikeness. As the Son of man was perfect in His life, so His followers are to be perfect in their life. Jesus was in all things made like unto His brethren. He became flesh, even as we are. He was hungry and thirsty and weary. He was sustained by food and refreshed by sleep. He shared the lot of man; yet He was the blameless Son of God.” –*The Desire of Ages*, p. 311.

“Our Saviour took up the true relationship of a human being as the Son of God. We are sons and daughters of God. In order to know how to behave ourselves circumspectly, we must follow where Christ leads

the way. For thirty years He lived the life of a perfect man, meeting the highest standard of perfection.” –(Letter 69, 1897) *Seventh-day Adventist Bible Commentary*, vol. 5, pp. 1085, 1086.

3. What did Jesus say about this? Luke 18:27.

“Through the measure of His grace furnished to the human agent, not one need miss heaven. Perfection of character is attainable by everyone who strives for it. This is made the very foundation of the new covenant of the gospel.” –*Selected Messages*, book 1, pp. 211, 212.

“... Christ came that whosoever will believe in Him may be saved. As a flower turns to the sun that its bright rays may aid in perfecting its beauty and symmetry, so should Christ’s followers turn to the Sun of Righteousness, that heaven’s light may shine upon them, perfecting their characters, and giving them a deep and abiding experience in the things of God.” –*Sons and Daughters of God*, p. 26.

“He [Christ] has made it possible for them to perfect Christian character through His name and to overcome on their own account as He overcame in their behalf. He has given them an example in His own life, showing them how they may overcome.” –*Testimonies for the Church*, vol. 3, p. 365.

4. What must one do to build a perfect character? Luke 13:24; Philippians 3:12-15.



“He who would build up a strong, symmetrical character, he who would be a well-balanced Christian, must give all and do all for Christ; for the Redeemer will not accept divided service. Daily he must learn the meaning of self-surrender. He must study the word of God, learning its meaning and obeying its precepts. Thus he may reach the standard of Christian excellence. Day by day God works with him, perfecting the character that is to stand in the time of final test.” –*The Acts of the Apostles*, p. 483.

5. Is a perfect character a gift from God, as are faith and eternal life? What responsibility does every person have in this? Philippians 2:12.

“The formation of a right character is the work of a lifetime, and is the outgrowth of prayerful meditation united with a grand purpose. The excellence of character that you possess must be the result of your own effort. Friends may encourage you, but they cannot do the work for you. Wishing, sighing, dreaming, will never make you great or good. You must climb.” –*My Life Today*, p. 267.

6. What must everyone who claims Christ as his Saviour do? Matthew 22:37.

“But Christ has given us no assurance that to attain perfection of character is an easy matter. A noble, all-round character is not inherited. It does not come to us by accident. A noble character is earned by individual effort through the merits and the grace of Christ. God gives the talents, the powers of the mind; we form the character. It is formed by hard, stern battles with self. Conflict after conflict must be waged against hereditary tendencies. We shall have to criticize ourselves closely, and allow not one unfavorable trait to remain uncorrected.” –*My Life Today*, p. 271.



7. Is perfection gained instantaneously, or by a process? 1 Corinthians 13:10-12.

“We are saved by climbing round after round, mounting step after step, to the height of Christ’s ideal for us....

“None need fail of attaining, in his sphere, to perfection of Christian character. By the sacrifice of Christ, provision has been made for the believer to receive all things that pertain to life and godliness. God calls upon us to reach the standard of perfection and places before us the example of Christ’s character. In His humanity, perfected by a life of constant resistance of evil, the Saviour showed that through cooperation with Divinity, human beings may in this life attain to perfection of character. This is God’s assurance to us that we, too, may obtain complete victory.” –*The Acts of the Apostles*, pp. 530, 531.

Thought questions

1. What gives a person confidence that he will be ready to meet Jesus with joy when He comes?
2. When does one begin building his or her character?
3. What is especially important about today?

“The power of speech is a talent that should be diligently cultivated. Of all the gifts we have received from God, none is capable of being a greater blessing than this. With the voice we convince and persuade, with it we offer prayer and praise to God, and with it we tell others of the Redeemer’s love. How important, then, that it be so trained as to be most effective for good. The culture and the right use of the voice are greatly neglected, even by persons of intelligence and Christian activity.” *—Christ’s Object Lessons*, p. 335.

1. What admonition did the apostle Paul give in regard to speech? Ephesians 4:29.

“Not one word is to be spoken unadvisedly. No evil speaking, no frivolous talk, no fretful repining or impure suggestion, will escape the lips of him who is following Christ. The apostle Paul, writing by the Holy Spirit, says, ‘Let no corrupt communication proceed out of your mouth.’ Ephesians 4:29. A corrupt communication does not mean only words that are vile. It means any expression contrary to holy principles and pure and undefiled religion. It includes impure hints and covert insinuations of evil. Unless instantly resisted, these lead to great sin.” *—Christ’s Object Lessons*, p. 337.

2. What two great blessings may be present in one’s speech? Proverbs 25:11; Ecclesiastes 12:10.



“Every minister and every teacher should bear in mind that he is giving to the people a message that involves eternal interests. The truth spoken will judge them in the great day of final reckoning.

“... Therefore he should seek for perfection in speech. He should present the word of God in a way that will commend it to the hearers. God does not design that His human channels shall be uncouth. It is not His will that man shall belittle or degrade the heavenly current that flows through him to the world.” *—Christ’s Object Lessons*, p. 336.

3. What does it mean for one's speech to be "always with grace" and to "minister grace unto the hearers"? Colossians 4:6; Ephesians 4:29, second part.



"The Scripture says of Christ that grace was poured into His lips that He might 'know how to speak a word in season to him that is weary.' Psalm 45:2; Isaiah 50:4. And the Lord bids us, 'Let your speech be always with grace' (Colossians 4:6) 'that it may minister grace unto the hearers.' Ephesians 4:29.

"In seeking to correct or reform others we should be careful of our words. They will be a savor of life unto life or of death unto death."
—*Christ's Object Lessons*, pp. 336, 337.

4. When speaking, what should one especially remember? Matthew 12:36, 37.

"The workman for God should make earnest efforts to become a representative of Christ, discarding all uncomely gestures and uncouth speech. He should endeavor to use correct language. There is a large class who are careless in the way they speak, yet by careful, painstaking attention, these may become representatives of the truth. Every day they should make advancement. They should not detract from their usefulness and influence by cherishing defects of manner, tone, or language. Common, cheap expressions should be replaced by sound, pure words." —*Counsels to Parents, Teachers, and Students*, p. 238.

5. What was outstanding about the way Christ spoke? Mark 1:22.

"The Saviour's voice was as music to the ears of those who had been accustomed to the monotonous, spiritless preaching of the scribes and Pharisees. He spoke slowly and impressively, emphasizing those words to which He wished His hearers to give special heed. Old and young, ignorant and learned, could catch the full meaning of His words. This would have been impossible had He spoken in a hurried way and rushed sentence upon sentence without a pause. The people were very attentive to Him, and it was said of Him that He spoke not as the scribes and Pharisees, for His word was as of one who had authority....

"Christ's manner of teaching was beautiful and attractive, and it was ever characterized by simplicity. He unfolded the mysteries of the

kingdom of heaven through the use of figures and symbols with which His hearers were familiar; and the common people heard Him gladly, for they could comprehend His words. There were no high-sounding words used, to understand which it was necessary to consult a dictionary.” –*Counsels to Parents, Teachers, and Students*, p. 240.

6. What is very important when one speaks? Nehemiah 8:8; 1 Corinthians 14:7.



“Let those who pray and those who speak pronounce their words properly and speak in clear, distinct, even tones....

“Satan rejoices when the prayers offered to God are almost inaudible. Let God’s people learn how to speak and pray in a way that will properly represent the great truths they possess. Let the testimonies borne and the prayers offered be clear and distinct. Thus God will be glorified.

“Let all make the most of the talent of speech. God calls for a higher, more perfect ministry. He is dishonored by the imperfect utterance of the one who by painstaking effort could become an acceptable mouthpiece for Him. The truth is too often marred by the channel through which it passes.” –*Testimonies for the Church*, vol. 6, p. 382.

7. What is especially important to do before speaking? Judges 11:30, 31, 34, 35.

“We are never alone. Whether we choose Him or not, we have a companion. Remember that wherever you are, whatever you do, God is there. Nothing that is said or done or thought can escape His attention. To your every word or deed you have a witness—the holy, sin-hating God. Before you speak or act, always think of this. As a Christian, you are a member of the royal family, a child of the heavenly King. Say no word, do no act, that shall bring dishonor upon ‘that worthy name by the which ye are called.’ James 2:7.” –*The Ministry of Healing*, p. 490.

8. How powerful is the tongue? Proverbs 18:21.

“We think with horror of the cannibal who feasts on the still warm and trembling flesh of his victim; but are the results of even this practice more terrible than are the agony and ruin caused by misrepresenting motive, blackening reputation, dissecting character?... In Scripture,

backbiters are classed with 'haters of God,' with 'inventors of evil things,' with those who are 'without natural affection, implacable, unmerciful,' 'full of envy, murder, debate, deceit, malignity.' It is 'the judgment of God, that they which commit such things are worthy of death....'

"God's word condemns also the use of those meaningless phrases and expletives that border on profanity. It condemns the deceptive compliments, the evasions of truth, the exaggerations, the misrepresentations in trade, that are current in society and in the business world. 'Let your speech be, Yea, yea; Nay, nay,' and whatsoever is more than these is of the evil one." *—Education*, pp. 235, 236.

Thought questions

1. What is the relationship between a person's thoughts and his speech?
2. How does the Bible consider ...
 - a. hasty speech. Proverbs 29:20.
 - b. joking. Ephesians 5:4.
 - c. gossip. Philippians 4:8.
 - d. backbiting. Psalm 15:1-3.
3. Discuss Philippians 4:8. What effect does following this principle have on a Christian's entire life?



“Christ requires the service of the whole being, the physical, mental and moral powers combined. These are to be enlisted in God’s service. Man is to remember that God has the ownership of all, and that his pursuits are invested with a sacredness that they did not possess before he enlisted in the army of the Lord. Every action is to be a consecrated action, for it occupies God’s entrusted talent of time. Holiness unto the Lord is inscribed on all the actions of such a one, because his whole being is brought under subjection to God.”
 –(Manuscript 49, 1898) *Seventh-day Adventist Bible Commentary*, vol. 6, p. 1087.

1. What should be the underlying principle of a Christian’s actions? 1 Corinthians 10:31.

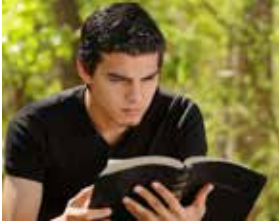
“Here is a principle that is to underlie every motive, thought, and act. Unholy passions must be crucified. They will clamor for indulgence, but God has implanted in the heart high and holy purposes and desires, and these need not be debased. It is only when we refuse to submit to the control of reason and conscience that we are dragged down.” –Gospel Workers, p. 128.

2. Who sees all that is said and done? Romans 2:5, 6; Revelation 3:15.



“All your acts, however secret you may think they have been, are open to your heavenly Father. Nothing is hidden, nothing covered. All your acts and the motives which prompt them are open to His sight. He has full knowledge of all your words and thoughts. It is your duty to control your thoughts. You will have to war against a vain imagination. You may think that there can be no sin in permitting your thoughts to run as they naturally would without restraint. But this is not so. You are responsible to God for the indulgence of vain thoughts; for from vain imaginations arises the committal of sins, the actual doing of those things upon which the mind has dwelt. Govern your thoughts, and it will then be much easier to govern your actions.” –*Testimonies for the Church*, vol. 3, pp. 82, 83.

3. What determines one's acceptance into the kingdom of heaven? Matthew 7:21.



“In the sermon on the mount Christ said, ‘Not every one that saith unto Me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of My Father which is in heaven.’ Matthew 7:21. The test of sincerity is not in words, but in deeds. Christ does not say to any man, What say ye more than others? but, ‘What do ye more than others?’ Matthew 5:47. Full of meaning are His words, ‘If ye know these things, happy are ye if ye do them.’ John 13:17. Words are of no value unless they are accompanied with appropriate deeds.”
–*Christ’s Object Lessons*, p. 272.

4. What is not an acceptable measuring stick for one's actions? Jeremiah 1:8.

“Leave the impression upon the mind that the Bible, and the Bible alone, is our rule of faith, and that the sayings and doings of men are not to be a criterion for our doctrines or actions.” –*Counsels on Sabbath School Work*, p. 84.

5. What can everyone learn to do? 1 Corinthians 7:37, first part; 1 John 2:17.

“When you are controlled by a hasty spirit, you deprive your reason, for the time, of the power of regulating your words and your conduct, while you make yourselves responsible for all the evil consequences. That which is done in haste and anger is not excusable. The action is bad....

“Some think it is a virtue to be unrestrained, and they will speak in praise of their outspoken habit of talking out disagreeable things which are in the heart....

“Every passion must be under the control of enlightened conscience.”
–*Testimonies for the Church*, vol. 4, p. 243.

6. What is being formed by our daily actions? Ezekiel 18:20-24, 30.

“Religion consists in doing the words of Christ; not doing to earn God’s favor, but because, all undeserving, we have received the gift of His love. Christ places the salvation of man, not upon profession merely, but

upon faith that is made manifest in works of righteousness. Doing, not saying, merely, is expected of the followers of Christ. It is through action that character is built.” –*Thoughts from the Mount of Blessing*, p. 149.

7. How do our actions influence those around us? 2 Corinthians 2:15, 16.

“Those who do not gather with Him, scatter abroad. Their thoughts and actions will not bear the right character, and their influence will be destructive of good. Our actions have a twofold influence; for they affect others as well as ourselves. This influence will either be a blessing or a curse to those with whom we associate. How little we appreciate this fact. Actions make habits, and habits, character, and if we do not guard our habits, we shall not be qualified to unite with heavenly agencies in the work of salvation, nor be prepared to enter the heavenly mansions that Jesus has gone to prepare; for no one will be there except those who have surrendered their will and way to God’s will and way. He whose character is proved, who has stood the test of trial, who is a partaker of the divine nature, will be among those whom Christ pronounces blessed.” –*Fundamentals of Christian Education*, p. 194.



8. Toward what goal should all our actions be directed?

“The earnest, untiring activity that marked His life is to mark their lives. The character of the Christian is to be a reproduction of the character of Christ.” –*Selected Messages*, book 1, p. 105.

“The work to which as Christians we are called is to cooperate with Christ for the salvation of souls. This work we have entered into covenant with Him to do. To neglect the work is to prove disloyal to Christ. But in order to accomplish this work we must follow His example of faithful, conscientious attention to the little things. This is the secret of success in every line of Christian effort and influence.” –*Christ’s Object Lessons*, p. 358.

Thought questions

1. What comes first—action or character?
2. What decisions in life should a Christian be particularly careful of?

“The youth especially stumble over this phrase, ‘a new heart.’ They do not know what it means. They look for a special change to take place in their feelings. This they term conversion. Over this error thousands have stumbled to ruin, not understanding the expression, ‘Ye must be born again.’

“Satan leads people to think that because they have felt a rapture of feeling, they are converted. But their experience does not change. Their actions are the same as before. Their lives show no good fruit. They pray often and long, and are constantly referring to the feelings they had at such and such a time. But they do not live the new life. They are deceived. Their experience goes no deeper than feeling. They build upon the sand, and when adverse winds come, their house is swept away....

“When Jesus speaks of the new heart. He means the mind, the life, the whole being. To have a change of heart is to withdraw the affections from the world, and fasten them upon Christ. To have a new heart, is to have a new mind, new purposes, new motives. What is the sign of a new heart? A changed life. There is a daily, hourly dying to selfishness and pride.” *—(The Youth’s Instructor, September 26, 1901) Seventh-day Adventist Bible Commentary, vol. 4, pp. 1164, 1165.*

1. To whom does the heart of the Christian belong? Matthew 22:37; 6:33.



“I entreat you who have long professed the faith and who still pay outward homage to Christ: Do not deceive your own souls. It is the whole heart that Jesus prizes. The loyalty of the soul is alone of value in the sight of God. ‘If thou hadst known, even thou, at least in this thy day, the things which belong to thy peace!’ ‘Thou,... even thou’—Christ is at this moment addressing you personally, stooping from His throne, yearning with pitying tenderness over those who feel not their danger, who have no pity for themselves.” *—Testimonies for the Church, vol. 5, p. 73.*

2. What is the heart's natural condition? Jeremiah 17:9.

"Their hearts are so overgrown with thorns and with the cares of this life that heavenly things can find no place in them...."

"When the love of the world takes possession of the heart and becomes a ruling passion, there is no room left for adoration to God; for the higher powers of the mind submit to the slavery of mammon, and cannot retain thoughts of God and of heaven." –*Testimonies for the Church*, vol. 3, pp. 384, 385.

3. How would you judge the reactions of the following Biblical characters in matters of falling in love (matters of the heart)? Judges 14:1-3; Genesis 39:7-12; 1 Kings 11:1; 2 Samuel 11:2-3 ; Matthew 1:19.

"The thought of marriage seems to have a bewitching power upon the minds of many of the youth. Two persons become acquainted; they are infatuated with each other, and their whole attention is absorbed. Reason is blinded, and judgment is overthrown. They will not submit to any advice or control, but insist on having their own way, regardless of consequence.

"Like some epidemic, or contagion, that must run its course, is the infatuation that possesses them; and there seems to be no such thing as putting a stop to it. Perhaps there are those around them who realize that, should the parties interested be united in marriage, it could only result in life-long unhappiness. But entreaties and exhortations are given in vain. Perhaps by such a union, the usefulness of one whom God would bless in His service will be crippled and destroyed; but reasoning and persuasion are alike unheeded.... Night after night these young people burn the midnight oil to talk with each other—in reference to subjects of serious and solemn interest? O no. Rather of frivolous things that are of no importance." –*Messages to Young People*, pp. 456, 457.



4. What is the character of true love? List the attributes of love that are given in 1 Corinthians 13:3-7.

"Love is a plant of heavenly origin. It is not unreasonable; it is not blind. It is pure and holy. But the passion of the natural heart is another thing altogether. While pure love will take God into all its plans, and

will be in perfect harmony with the Spirit of God, passion will be headstrong, rash, unreasonable, defiant of all restraint, and will make the object of its choice an idol.

“In all the deportment of one who possesses true love, the grace of God will be shown. Modesty, simplicity, sincerity, morality, and religion will characterize every step toward an alliance in marriage. Those who are thus controlled will not be absorbed in each other’s society, at a loss of interest in the prayer meeting and the religious service....”

–*Messages to Young People*, pp. 459, 460.



5. Where does victory over sin lie? Proverbs 4:23.

“We have before us a warfare—a lifelong conflict with Satan and his seductive temptations. The enemy will use every argument, every deception, to entangle the soul; and in order to win the crown of life, we must put forth earnest, persevering effort. We must not lay off the armor or leave the battlefield until we have gained the victory, and can triumph in our Redeemer. As long as we keep our eyes fixed upon the Author and Finisher of our faith, we shall be safe. But our affections must be placed upon things above, not on things of the earth.”

–*Messages to Young People*, p. 104.

6. What change must take place in the heart? Ezekiel 11:19.

“We have great victories to gain, and a heaven to lose if we do not gain them. The carnal heart must be crucified; for its tendency is to moral corruption, and the end thereof is death.” –*Testimonies for the Church*, vol. 5, p. 267.

7. What will be the condition of the hearts of all who will stand in God’s presence? Matthew 5:8.

“Of all things that are sought, cherished, and cultivated, there is nothing so valuable in the sight of God as a pure heart, a disposition imbued with thankfulness and peace.

“If the divine harmony of truth and love exists in the heart, it will shine forth in words and actions. The most careful cultivation of the

outward properties and courtesies of life has not sufficient power to shut out all fretfulness, harsh judgment, and unbecoming speech. The spirit of genuine benevolence must dwell in the heart. Love imparts to its possessor grace, propriety, and comeliness of deportment.”
–*Testimonies for the Church*, vol. 4, p. 559.

Thought questions

1. What emotions would you classify as matters of the heart?
2. What is more important—the heart or the mind? What happens when these two do not agree? Which is easier to follow and therefore most frequently complied with?
3. What is a very important part of “falling in love”?



“The word of God abounds in general principles for the formation of correct habits of living, and the testimonies, general and personal, have been calculated to call their attention more especially to these principles; but all these have not made a sufficient impression upon their hearts and minds to cause them to realize the necessity of decided reform.” –*Testimonies for the Church*, vol. 4, p. 323.



“The many admonitions to diligence found in both the Old and the New Testament plainly indicate the intimate relationship existing between our habits of life and our religious feelings and practices. The human mind and body are so constituted that plenty of exercise

is necessary in order to ensure a proper development of all the faculties.” –*Testimonies for the Church*, vol. 5, p. 178.

1. How strong can habits be? Romans 7:15.

“Great efforts are put forth, time and money and labor almost without limit are expended, in enterprises and institutions for reforming the victims of evil habits. And even these efforts are inadequate to meet the great necessity! Yet how small is the result! How few are permanently reclaimed!...

“This work rests, in a great degree, with parents. In the efforts put forth to stay the progress of intemperance and of other evils that are eating like a cancer in the social body, if more attention were given to teaching parents how to form the habits and character of their children, a hundredfold more good would result. Habit, which is so terrible a force for evil, it is in their power to make a force for good. They have to do with the stream at its source, and it rests with them to direct it rightly.” –*The Ministry of Healing*, pp. 351, 352.

2. What is an excellent way to strengthen good habits? Proverbs 22:6.

“During these long winter evenings, let parents see that all their children are at home, and then let the time be devoted to the reading of the Scriptures and other interesting books that will impart knowledge and inculcate right principles. Let the best reader be selected to read aloud, while other members of the family are engaged in useful occupations. Thus these evenings at home may be made both pleasant and profitable. Pure, healthful reading will be to the mind what healthful food is to the body. You will thus become stronger to resist temptation, to form right habits, and to act upon right principles.”
—*Counsels to Writers and Editors*, p. 134.

3. In each of the following Bible verses, find an area in which habits play an important role in one’s character.

- a. Exodus 16:3.
- b. Isaiah 3:16-24.
- c. Ecclesiastes 2:1.
- d. Ecclesiastes 3:1.
- e. Luke 12:18.



“Right physical habits promote mental superiority. Intellectual power, physical stamina, and length of life depend upon immutable laws. Nature’s God will not interfere to preserve men from the consequences of violating nature’s requirements. He who strives for the mastery must be temperate in all things. Daniel’s clearness of mind and firmness of purpose, his power in acquiring knowledge and in resisting temptation, were due in a great degree to the plainness of his diet, in connection with his life of prayer.” —*Messages to Young People*, p. 242.

4. How is a righteous character obtained? Hebrews 5:13, 14. Study these verses carefully, and then answer the following questions:

- a. What does “milk” represent?
- b. What does the word “unskillful” mean?
- c. What does “strong meat” stand for?
- d. What does “full age” mean?
- e. What does “by reason of use” mean?

- f. List man's five senses.
 - g. What is their purpose?
5. What is the first thing needed to overcome evil habits? 2 Corinthians 8:11, 12.

"Those who have no love for God will work constantly against the best interests of soul and body. But those who awake to the importance of living in obedience to God in this present evil world will be willing to separate from every wrong habit. Gratitude and love will fill their hearts." –*The Ministry of Healing*, p. 224.

6. What attitude toward life is helpful in forming good habits? Matthew 6:22.

"He who will observe simplicity in all his habits, restricting the appetite and controlling the passions, may preserve his mental powers strong, active, and vigorous, quick to perceive everything which demands thought or action, keen to discriminate between the holy and the unholy, and ready to engage in every enterprise for the glory of God and the benefit of humanity." –(*Signs of the Times*, September 29, 1881) *Seventh-day Adventist Bible Commentary*, vol. 2, p. 1006.

Thought questions

1. How can you and your family put into practice the activities described in the paragraph after question 2?
2. What must be put into action before one can eliminate harmful habits and adopt good ones?
3. Discuss ways to acquire good habits and overcome wrong ones.

"Habit, if not restricted, soon becomes necessity." –St. Augustine

"Habits are at first cobwebs, then cables." –Spanish proverb

"The fox changes his skin but not his habits." –Suetonius

“Faith is not the ground of our salvation, but it is the great blessing—the eye that sees, the ear that hears, the feet that run, the hand that grasps. It is the means, not the end. If Christ gave His life to save sinners, why shall I not take that blessing? My faith grasps it, and thus my faith is the substance of things hoped for, the evidence of things unseen. Thus resting and believing, I have peace with God through the Lord Jesus Christ.” —(Letter 329a, 1905) *Seventh-day Adventist Bible Commentary*, vol. 6, p. 1073.

1. Explain in your own words the apostle Paul’s definition of faith. Hebrews 11:1.

“Faith and feeling are as distinct as the east is from the west. Faith is not dependent on feeling. We must earnestly cry to God in faith, feeling or no feeling, and then live our prayers. Our assurance and evidence is God’s word, and after we have asked we must believe without doubting. I praise Thee, O God, I praise Thee. Thou hast not failed me in the performance of Thy word. Thou hast revealed Thyself unto me, and I am Thine to do Thy will.” —(Letter 7, 1892) *Seventh-day Adventist Bible Commentary*, vol. 6, p. 1073.

2. How does faith become active? 1 Timothy 6:12; James 2:14-20.

“Genuine faith always works by love. When you look to Calvary it is not to quiet your soul in the non-performance of duty, not to compose yourself to sleep, but to create faith in Jesus, faith that will work, purifying the soul from the slime of selfishness. When we lay hold of Christ by faith, our work has just begun. Every man has corrupt and sinful habits that must be overcome by vigorous warfare.



Every soul is required to fight the fight of faith. If one is a follower of Christ, he cannot be sharp in deal, he cannot be hardhearted, devoid of sympathy. He cannot be coarse in his speech. He cannot be full of pomposity and self-esteem. He cannot be overbearing, nor can he use harsh words, and censure and condemn.

“The labor of love springs from the work of faith. Bible religion means constant work....

“While it is true that our busy activities will not in themselves ensure salvation, it is also true that faith which unites us to Christ will stir the soul to activity.” –(Manuscript 16, 1890) *Seventh-day Adventist Bible Commentary*, vol. 6, p. 1111.

3. What is the foundation of faith? 2 Corinthians 1:20; Hebrews 6:12.

“True faith lays hold of and claims the promised blessing before it is realized and felt. We must send up our petitions in faith within the second veil and let our faith take hold of the promised blessing and claim it as ours. We are then to believe that we receive the blessing, because our faith has hold of it, and according to the Word it is ours.”
–*Early Writings*, p. 72.

4. What process (which he would by nature like to avoid!) makes one's faith pure and strong? 1 Peter 1:7.

“The gold that Jesus would have us buy of Him is gold tried in the fire; it is the gold of faith and love, that has no defiling substance mingled with it.” –(Review and Herald, April 1, 1890).

“The gold that He offers is without alloy, more precious than that of Ophir; for it is faith and love.” –(Review and Herald, August 7, 1894) *Seventh-day Adventist Bible Commentary*, vol. 7, p. 965.

5. What is so important about faith? Romans 1:17.

- a. What does “from faith to faith” mean?
- b. What does the word “just” mean?
- c. How does one become just?
- d. What is the function of faith?

“The righteousness of Christ is revealed from faith to faith; that is, from your present faith to an increased understanding of that faith which works by love and purifies the soul.” –(*Review and Herald*, September 18, 1908) *Seventh-day Adventist Bible Commentary*, vol. 6, p. 1067.

“When you turn away from the broken cisterns that can hold no water, and in the name of Jesus your Advocate come directly to God, asking for the things you need, the righteousness of Christ will be revealed as your righteousness, the virtue of Christ as your virtue. You will then understand that justification will come alone through faith in Christ; for in Jesus is revealed the perfection of the character of God; in His life is manifest the outworking of the principles of holiness. Through the atoning blood of Christ the sinner is set free from bondage and condemnation; through the perfection of the sinless Substitute and Surety, he may run in the race of humble obedience to all of God’s commandments. Without Christ he is under the condemnation of the law, always a sinner, but through faith in Christ he is made just before God.” –*Selected Messages*, book 1, p. 330.

6. Practically speaking, how is faith preserved? Ephesians 1:15; Colossians 1:4.

“You have to talk faith, you have to live faith, you have to act faith, that you may have an increase of faith; and thus exercising that living faith you will grow to strong men and women in Christ Jesus.” –(Manuscript 1, 1889) *Seventh-day Adventist Bible Commentary*, vol. 5, pp. 1121, 1122.



“While God has given ample evidence for faith. He will never remove all excuse for unbelief. All who look for hooks to hang their doubts upon will find them. And those who refuse to accept and obey God’s word until every objection has been removed, and there is no longer an opportunity for doubt, will never come to the light.” –*The Great Controversy*, p. 527.

7. What is faith called? Ephesians 2:8.

“Under the inspiration of the Spirit, the apostle Peter represents Christians as those who have purified their souls in obeying the truth. Just in accordance with the faith and love we bring into our work will be the power brought into it. No man can create faith. The Spirit operating upon and enlightening the human mind, creates faith in God. In the Scriptures faith is stated to be the gift of God, powerful unto salvation, enlightening the hearts of those who search for truth as for hidden treasure. The Spirit of God impresses the truth on the heart.

The gospel is called the power of God unto salvation because God alone can make the truth a power which sanctifies the soul. He alone can render the cross of Christ triumphant.” –(Manuscript 56, 1899) *Seventh-day Adventist Bible Commentary*, vol. 7, p. 940.

“Faith earns nothing for us; it is the gift of God, which we may receive and cherish by making Christ our personal Saviour. We may refuse the gift, and talk doubts, and become unhappy by cherishing unbelief. But this will grow into an impassable barrier, shutting us away from the Spirit of God and closing our hearts to His light and His love.” –(*Signs of the Times*, May 19, 1898) *Seventh-day Adventist Bible Commentary*, vol. 6, pp. 1080, 1081.

Thought questions

1. Describe some experiences in which you needed faith.
2. If your prayers are not always answered immediately, is it due to lack of faith?
3. “Faith is the means, not the end.” What does this mean? (See introduction to this lesson.)



“Between the associations of the followers of Christ for Christian recreation and worldly gatherings for pleasure and amusement, will exist a marked contrast. Instead of prayer and the mentioning of Christ and sacred things, will be heard from the lips of worldlings the silly laugh and trifling conversation. Their idea is to have a general high time. Their amusements commence in folly and end in vanity. We want in our gatherings to have them so conducted, and to so conduct ourselves, that when we return to our homes we can have a conscience void of offense toward God and man; a consciousness that we have not wounded or injured in any manner those with whom we have associated or had an injurious influence over them. We are of that class who believe that it is our privilege every day of our lives to glorify God upon the earth; that we are not to live in this world merely for our own amusement, merely to please ourselves. We are here to benefit humanity and to be a blessing to society.” —*My Life Today*, p. 216.

1. What kind of influence is it possible for person’s associates to have upon him? Jeremiah 38:22; Acts 10:24-27, 47, 48.

“We should choose the society most favorable to our spiritual advancement, and avail ourselves of every help within our reach; for Satan will oppose many hindrances to make our progress toward heaven as difficult as possible. We may be placed in trying positions, for many cannot have their surroundings what they would; but we should not voluntarily expose ourselves to influences that are unfavorable to the formation of Christian character. When duty calls us to do this, we should be doubly watchful and prayerful, that, through the grace of Christ, we may stand uncorrupted.” —*Messages to Young People*, p. 419.

2. What did Jesus realize and express in His mediatorial prayer? John 17:14, 15.

“By His own example the Saviour has shown that His followers can be in the world and yet not of the world. He came not to partake of its delusive pleasures, to be swayed by its customs, and to follow its practices, but to do His Father’s will, to seek and save the lost. With this object before him the Christian may stand uncontaminated in any surroundings. Whatever his station or circumstances, exalted or humble, he will manifest the power of true religion in the faithful performance of duty.” –*The Acts of the Apostles*, p. 467.

3. What attitude did the apostle Paul have toward others? 1 Corinthians 10:24.



“Every soul is surrounded by an atmosphere of its own—an atmosphere, it may be, charged with the lifegiving power of faith, courage, and hope, and sweet with the fragrance of love. Or it may be heavy and chill with the gloom of discontent and selfishness, or poisonous with the deadly taint of cherished sin. By the atmosphere surrounding us, every person with whom we come in contact is consciously or unconsciously affected.” –*Messages to Young People*, p. 417.

4. What was he willing to do? 1 Corinthians 10:29.

“In your association with others, put yourself in their place. Enter into their feelings, their difficulties, their disappointments, their joys, and their sorrows. Identify yourself with them, and then do to them as, were you to exchange places with them, you would wish them to deal with you. This is the true rule of honesty. It is another expression of the law, ‘Thou shalt love thy neighbor as thyself.’ And it is the substance of the teaching of the prophets. It is a principle of heaven, and will be developed in all who are fitted for its holy companionship.” –*Messages to Young People*, p. 420.

5. What principle of conduct do the Scriptures emphasize? 1 Corinthians 13:1-8, 13; John 13:34.

“Christ came to break down every wall of partition. He came to show that His gift of mercy and love is as unconfined as the air, the light, or the showers of rain that refresh the earth.... He made no difference between neighbors, and strangers, friends and enemies.... He passed no human being by as worthless.... In whatever company

He found Himself, He presented a lesson appropriate to the time and the circumstances. Every neglect or insult shown by men to their fellow men only made Him more conscious of their need of His divine-human sympathy. He sought to inspire with hope the roughest and most unpromising, setting before them the assurance that they might become blameless and harmless, attaining such a character as would make them manifest as the children of God." *—My Life Today*, p. 188.

6. What valuable traits strengthen one's relationships with others? 1 Peter 3:8.

"The value of courtesy is too little appreciated. Many who are kind at heart lack kindness of manner. Many who command respect by their sincerity and uprightness are sadly deficient in geniality. This lack mars their own happiness and detracts from their service to others. Many of life's sweetest and most helpful experiences are, often for mere want of thought, sacrificed by the uncourteous....

"The great apostle Paul was firm where duty and principle were at stake; he preached Christ with great boldness; but He was never harsh and impolite. He had a tender heart, and was ever kind and thoughtful of others. Courtesy was a marked trait of his character, and this gave him access to the better class of society....

"Paul attracted warm hearts wherever he went; his soul was linked to the soul of his brethren. When he parted with them, knowing and assuring them that they would never see his face again, they were filled with sorrow, and so earnestly besought him to still remain with them that he exclaimed, 'What mean ye to weep and break mine heart?' His sympathetic heart was breaking as he witnessed and felt their grief at this final separation. They loved him and felt that they could not give him up. What Christian does not admire the character of Paul? Firm as a rock when standing in defense of the truth, he was affectionate and gentle as a child when surrounded by his friends." *—My Life Today*, pp. 192, 193.

7. How important are the graces of courtesy and refinement in relationships with others? Titus 3:2.

"The essence of true politeness is consideration for others. The essential, enduring education is that which broadens the sympathies and encourages universal kindness. That so-called culture which does not make a youth deferential toward his parents, appreciative of their excellences, forbearing toward their defects, and helpful to their necessities; which does not make him considerate and tender,

generous and helpful toward the young, the old, and the unfortunate, and courteous toward all, is a failure....

“All the real tenderness and courtesy in the world, even among those who do not acknowledge His name, is from Him. And He desires these characteristics to be perfectly reflected in His children. It is His purpose that in us men shall behold His beauty.” –*My Life Today*, p. 191.

Thought questions

1. Mentally survey your friends, and then ask yourself, “Are they a help or a hindrance to my becoming a better Christian?”
2. If you cannot get along with someone, how do you wait on the Lord for a solution?
3. Have you ever tried to yield your own liberty, ideas, preferences, and privileges to those of others who do not think as you do? How do you feel when you do this?



“Jacob had ‘power over the angel, and prevailed.’ Through humiliation, repentance, and self-surrender this sinful, erring mortal prevailed with the Majesty of heaven. He has fastened his trembling grasp on the promises of God, and the heart of infinite love could not turn away the sinner’s plea....

“Let no one despair of gaining the victory. Victory is sure when self is surrendered to God.” –(Manuscript 2, 1903) *Seventh-day Adventist Bible Commentary*, vol. 1, p. 1095.

1. What analogy did Paul make of life’s struggle? 1 Corinthians 9:24, 25.

“If heathen men, who were not controlled by enlightened conscience, who had not the fear of God before them, would submit to deprivation and the discipline of training, denying themselves of every weakening indulgence merely for a wreath of perishable substance and the applause of the multitude, how much more should they who are running the Christian race in the hope of immortality and the approval of High Heaven, be willing to deny themselves unhealthy stimulants and indulgences, which degrade the morals, enfeeble the intellect, and bring the higher powers into subjection to the animal appetites and passions.” –*Testimonies for the Church*, vol. 4, p. 34.

2. What is needed for someone to be an overcomer? Philippians 2:12.



“... Man must overcome as Christ overcame. And then, through the victory that it is his privilege to gain by the all-powerful name of Jesus, he may become an heir of God and joint heir with Jesus Christ. This could not be the case if Christ alone did all the overcoming. Man must do his part; he must be victor on his own account, through the strength and grace that Christ gives him. Man must be a co-worker with Christ in the labor of overcoming, and then he will be partaker with Christ of His glory.” –*Testimonies for the Church*, vol. 4, p. 33.

3. However, of what may one be certain? 1 Corinthians 15:57.

"The victory that Jesus gained in the wilderness is a pledge to you of the victory that you may gain through His name. Your only hope and salvation is in overcoming as Christ overcame." –*Testimonies for the Church*, vol. 3, p. 457.



"The omnipotent power of the Holy Spirit is the defense of every contrite soul. Not one that in penitence and faith has claimed His protection will Christ permit to pass under the enemy's power. The Saviour is by the side of His tempted and tried ones. With Him there can be no such thing as failure, loss, impossibility, or defeat; we can do all things through Him who strengthens us. When temptations and trials come, do not wait to adjust all the difficulties, but look to Jesus, your helper." –*The Desire of Ages*, pp. 490, 491.

4. What illustration is a great comfort in the face of defeat? Isaiah 42:3.

"While the workers were straining every nerve to raise means to help them over an emergency, some of their brethren were standing by, criticizing and surmising evil, putting a prejudicial construction on the motives of the heavily burdened laborers, and making their work more difficult. Blinded by selfishness, these faultfinders did not discern that their brethren were sufficiently afflicted without the censure of men who had not borne heavy burdens and responsibilities. Disappointment is a great trial, but Christian love can turn the defeat into victory. Reverses will teach caution. We learn by the things we suffer. Thus we gain experience." –*Gospel Workers*, p. 492.

"If you have made mistakes, you may gain a victory by discerning these mistakes and be regarding them as beacons of warning, to enable you to shun their repetition. I need not tell you that this will be turning your defeat into victory, disappointing the enemy, and honoring your Redeemer, whose property you are." –*Fundamentals of Christian Education*, p. 249.

5. What stages did King Saul go through that led to his rejection by God? 1 Samuel 15:3, 13-15, 23.

"God will not be trifled with. It is in the time of conflict that the true colors should be flung to the breeze. It is then that the standard-bearers need to be firm and let their true position be known. It is then that the skill of every true soldier for the right is tested. Shirkers can never wear the laurels of victory. Those who are true and loyal will not conceal the fact, but will put heart and mind into the work, and venture their all in the struggle, let the battle turn as it will." –*Testimonies for the Church*, vol. 3, p. 272.

6. What is very difficult to conquer? Isaiah 13:11; Proverbs 21:4.

“We cannot afford to let our spirits chafe over any real or supposed wrong done to ourselves. Self is the enemy we most need to fear. No form of vice has a more baleful effect upon the character than has human passion not under the control of the Holy Spirit. No other victory we can gain will be so precious as the victory gained over self.”
—*The Ministry of Healing*, p. 485.

7. What formula did the apostle John give for victory? 1 John 5:4.

“This is the victory that overcometh the world, even our faith.’ 1 John 5:4. That faith must not be led to embrace superstitious, fictitious sentiments. Leave out such ideas from your teaching, and give the children and youth the same kind of instruction that Christ gave—lessons of faith in a plain ‘Thus saith the Lord.’



“The work of conquering evil is to be done through faith. Those who go into the battlefield will find that they must put on the whole armor of God. The shield of faith will be their defense, and will enable them to be more than conquerors. Nothing else will avail but this—faith in the Lord of hosts, and obedience to His orders. Vast armies furnished with every other facility will avail nothing in the last great conflict. Without faith, an angel host could not help. Living faith alone will make them invincible and enable them to stand in the evil day, steadfast, unmovable, holding fast the beginning of their confidence firm unto the end.” —*Counsels to Parents, Teachers, and Students*, pp. 182, 183.

Thought questions

1. Do you automatically think of victory and defeat as something changeable or as something unchangeable?
2. How does surrender to God guarantee victory?
3. What are victory and defeat—things caused by a sudden turn of events, or a process in which everyone participates

“Through appetite, Satan controls the mind and the whole being. Thousands who might have lived, have passed into the grave, physical, mental, and moral wrecks, because they sacrificed all their powers to the indulgence of appetite. The necessity for men of this generation to call to their aid the power of the will, strengthened by the grace of God, in order to withstand the temptations of Satan, and resist the least indulgence of perverted appetite, is far greater than it was several generations ago. But the present generation have less power of self-control than had those who lived then.” –*Counsels on Diet and Foods*, p. 167.

1. What did Paul write about eating and drinking? 1 Corinthians 10:31.

“The apostle’s words of warning to the Corinthian church are applicable to all time and are especially adapted to our day. By idolatry he meant not only the worship of idols, but self-serving, love of ease, the gratification of appetite and passion. A mere profession of faith in Christ, a boastful knowledge of the truth, does not make a man a Christian. A religion that seeks only to gratify the eye, the ear, and the taste, or that sanctions self-indulgence, is not the religion of Christ.” –*The Acts of the Apostles*, p. 317.

2. What did King Solomon consider food and drink to be? Ecclesiastes 3:13.



“You need clear, energetic minds, in order to appreciate the exalted character of the truth, to value the atonement, and to place the right estimate upon eternal things. If you pursue a wrong course, and indulge in wrong habits of eating, and thereby weaken the intellectual powers, you will not place that high estimate upon salvation and eternal life which will inspire you to conform your life to the life of Christ; you will not

make those earnest, self-sacrificing efforts for entire conformity to the will of God, which His word requires, and which are necessary to give you a moral fitness for the finishing touch of immortality.”
–*Testimonies for the Church*, vol. 2, p. 66.

3. What characteristic of rulers did he praise? Ecclesiastes 10:17.



“The observance of temperance and regularity in all things has a wonderful power. It will do more than circumstances or natural endowments in promoting that sweetness and serenity of disposition which count so much in smoothing life’s pathway. At the same time the power of self-control thus acquired will be found one of the most valuable of equipments for grappling successfully with the stern duties and realities that await every human being....

“But in order to reach the root of intemperance we must go deeper than the use of alcohol or tobacco. Idleness, lack of aim, or evil associations, may be the predisposing cause. Often it is found at the home table, in families that account themselves strictly temperate. Anything that disorders digestion, that creates undue mental excitement, or in any way enfeebles the system, disturbing the balance of the mental and the physical powers, weakens the control of the mind over the body, and thus tends toward intemperance. The downfall of many a promising youth might be traced to unnatural appetites created by an unwholesome diet.” –*Education*, pp. 206, 202, 203.

4. What foods did God provide for man’s life and health? Genesis 1:29; Daniel 1:8, 12-20.

“Ignorance is no excuse now for the transgression of law. The light shines clearly, and none need be ignorant, for the Great God Himself is man’s instructor. All are bound by the most sacred obligations to God to heed the sound philosophy and genuine experience which He is now giving them in reference to health reform. He designs that the great subject of health reform shall be agitated, and the public mind deeply stirred to investigate; for it is impossible for men and women, with all their sinful, health-destroying, brain-enervating habits, to discern sacred truth, through which they are to be sanctified, refined, elevated and made fit for the society of heavenly angels in the kingdom of glory....” –*Counsels on Diet and Foods*, p. 70.

5. What conditions did Jesus say would be rampant in the last days? Matthew 24:37, 28; Luke 12:22, 23.

"Disease has been transmitted from parents to children, from generation to generation. Infants in the cradle are miserably afflicted because of the sins of their parents, which have lessened their vital force. Their wrong habits of eating and dressing, and their general dissipation, are transmitted as an inheritance to their children. Many are born insane, deformed, blind, and deaf, and a very large class are deficient in intellect. The strange absence of principle which characterizes this generation, and which is shown in their disregard of the laws of life and health, is astonishing. Ignorance prevails upon this subject, while light is shining all around them. With the majority their principal anxiety is, 'What shall I eat? what shall I drink? and wherewithal shall I be clothed?' Notwithstanding all that is said and written in regard to how we should treat our bodies, appetite is the great law which governs men and women generally....

"How great is the contrast between this generation and those who lived during the first two thousand years!" –*Testimonies for the Church*, vol. 3, pp. 140, 141.

6. What progress should constantly be made for the sake of health? 1 Corinthians 6:19, 20.

"Not all who profess to believe in dietetic reform are really reformers. With many persons the reform consists merely in discarding certain unwholesome foods. They do not understand clearly the principles of health, and their tables, still loaded with harmful dainties, are far from being an example of Christian temperance and moderation....

"The narrow ideas of some would-be health reformers have been a great injury to the cause of hygiene. Hygienists should remember that dietetic reform will be judged, to a great degree, by the provision they make for their tables; and instead of taking a course that will bring discredit upon it, they should so exemplify its principles as to commend them to candid minds." –*The Ministry of Healing*, pp. 318, 323.

7. What is the purpose of temperance and healthful living? 1 Corinthians 3:16, 17.

"The light has been shining upon your pathway in regard to health reform, and the duty resting upon God's people in these last days to exercise temperance in all things. You, I saw, were among the number who would be backward to see the light, and correct your manner of eating, and drinking, and working. As the light of truth is received and followed out, it will work an entire reformation in the life and character of all those who are sanctified through it." –*Counsels on Diet and Foods*, p. 57.

Foods, drinks, and substances that are detrimental to health, as indicated by the Spirit of prophecy in various statements, include flesh meat, seafood, and poultry; refined, sugary foods, condiments, and pastries; alcoholic beverages, coffee, tea, and soda drinks; hot spices and sharp cheeses; tobacco, and poisonous drugs.

Thought questions

1. Is it possible for a neglect of the principles of health to keep one from salvation?
2. How do food and drink influence a person's character?
3. How far can victory in one's eating habits reach?





“We cannot afford to separate spiritual from intellectual training. Well may parents dread intellectual greatness for their children, unless it is balanced by a knowledge of God and His ways. This lies at the foundation of all true knowledge. In the place of unsanctified rivalry for earthly honor, let it be the highest ambition of our students to go forth from their school life as missionaries for God, educators who will teach what they have learned. Students who leave school with this purpose will draw to Christ not only men and women, but children and youth. They will do a work in the world that not all the powers of evil can counteract.” —*Counsels to Parents, Teachers, and Students*, p. 167.

“Often the youth cherishes objects, pursuits, and pleasures that may not appear to be evil, but that fall short of the highest good. They divert the life from its noblest aim.... When once the gaze is fixed upon Him, the life finds its center. The enthusiasm, the generous devotion, the passionate ardor of the youth find here their true object. Duty becomes delight and sacrifice a pleasure. To honor Christ, to become like Him, to work for Him, is the life’s highest ambition and its greatest joy.” —*Education*, pp. 296, 297.

1. Is it appropriate for a Christian to be ambitious? 2 Corinthians 5:14, 15.

“Be ambitious for the Master’s glory, to cultivate every grace of character. In every phase of your character building you are to please God. This you may do; for Enoch pleased Him, though living in a degenerate age. And there are Enochs in this our day.” —*Messages to Young People*, p. 100.

2. What ambition should fill the heart and life of every child of God? Matthew 5:48.

“The heavenly intelligences will work with the human agent who seeks with determined faith that perfection of character which will reach out to perfection in action. To every one engaged in this work Christ says, I am at your right hand to help you.

“As the will of man cooperates with the will of God, it becomes omnipotent. Whatever is to be done at His command, may be accomplished in His strength. All His biddings are enablings.” —*Christ’s Object Lessons*, pp. 332, 333.

3. When will the believer’s spiritual ambitions be realized? 1 Corinthians 13:12; 2:9.

“Of every gift that God has bestowed, leading men to unselfish effort, a record is kept in heaven.... There every power will be developed, every capability increased. The grandest enterprises will be carried forward, the loftiest aspirations will be reached, the highest ambitions realized. And still there will arise new heights to surmount, new wonders to admire, new truths to comprehend, fresh objects to call forth the powers of body and mind and soul.” —*Education*, pp. 306, 307.

4. What ambition does God appreciate and bless? Isaiah 58:14.

“Dear youth, what is the aim and purpose of your life? Are you ambitious for education that you may have a name and position in the world? Have you thoughts that you dare not express, that you may one day stand upon the summit of intellectual greatness; that you may sit in deliberative and legislative counsels, and help to enact laws for the nation? There is nothing wrong in these aspirations. You may every one of you make your mark. You should be content with no mean attainment. Aim high, and spare no pains to reach the standard....



“Balanced by religious principle, you may climb to any height you please. We would be glad to see you rising to the noble elevation God designs that you shall reach. Jesus loves the precious youth; and He is not pleased to see them grow up with uncultivated, undeveloped talents. They may become strong men of firm principle, fitted to be entrusted with high responsibilities, and to this end they may lawfully strain every nerve.” —*Messages to Young People*, pp. 36, 37.

5. However, what danger is there in pride and unsanctified ambition? Proverbs 11:2; 16:18; 29:23.

“Pride and ambition are never satisfied, but those who are truly wise will find substantial and elevating pleasure in the sources of enjoyment that God has placed within the reach of all.” —*Patriarchs and Prophets*, p. 50.

6. What is to be especially encouraged in young people? Ecclesiastes 11:9, 10; 1 John 2:14, 15.

“God does not bid the youth to be less aspiring. The elements of character that make a man successful and honored among men—the irrepressible desire for some greater good, the indomitable will, the strenuous exertion, the untiring perseverance—are not to be crushed out.” —*Patriarchs and Prophets*, p. 602.

7. What will true, godly ambition lead to? James 1:22.

“Arouse yourself to do the very work which the Lord would have you do. You are inclined to be anxious to do some great work, to fill some large mission, and neglect the small duties right in your path, which are just as necessary to be accomplished as the larger. You walk over these and aspire to a larger work. Let your ambition be aroused to be useful, to be a workman in the world instead of a spectator.” —*Testimonies for the Church*, vol. 2, p. 568.

Thought questions

1. What should be the focus of a person’s ambition? What should it lead him to do?
2. What type of ambition is implied in question 4?
3. In God’s eyes, what is greatness?

