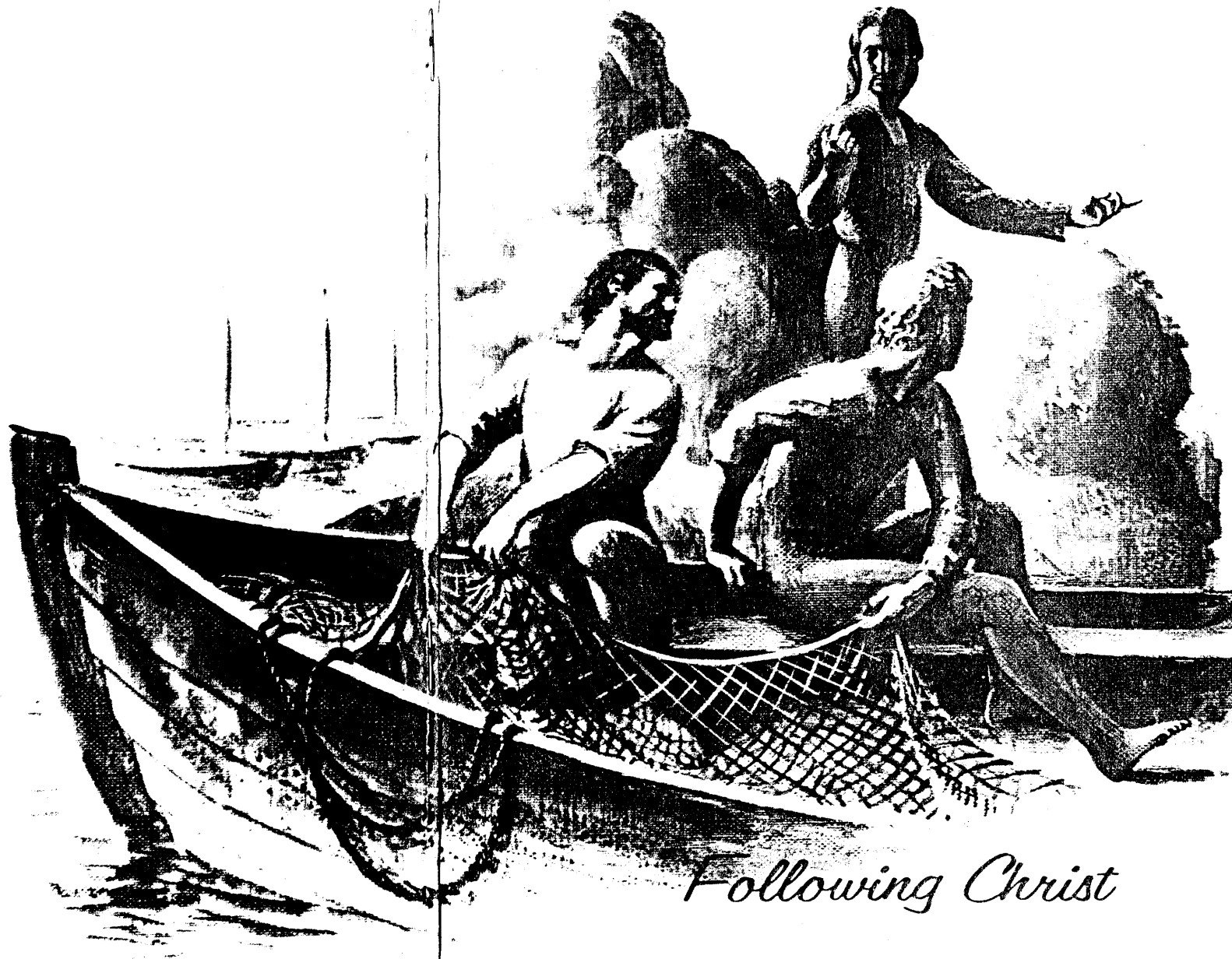


**JUNIOR** THIRD YEAR,  
FIRST QUARTER  
**Sabbath School Lessons**

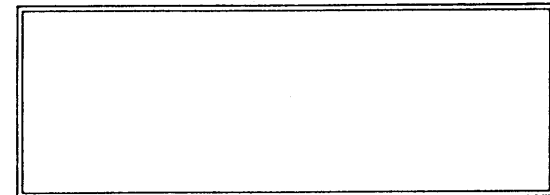


*Following Christ*

JUNIOR SABBATH SCHOOL LESSONS

THIRD YEAR, FIRST QUARTER

*Following Christ*



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## FOLLOWING CHRIST

### INTRODUCTION

This quarter we will study some of the great men and women of the Bible and how they each followed Christ in their own unique way. We will learn how Christ is our great example and how we can also learn from others who walked in His footsteps and worked for Him in their daily lives.

### WALKING IN THE FOOTPRINTS OF GOD

*When our first parents sinned, fair Eden was lost,  
God's love was obscured here below;  
But His wonderful mercy, at such a great cost,  
Sent a Gift who was willing to go.*

*Christ came to show sinners the way to God's throne;  
He walked as a man among men.  
He suffered and died on the cross for our sins,  
Then went back to heaven again.*

*He left us His footprints to follow each day;  
If we walk in the path that He trod,  
We'll receive of His blessing each step of the way,  
And we'll reach the bright city of God.*

*He never avoided the sick and the poor,  
The outcasts He never passed by;  
The delight of His life was to bless and to cure,  
That sinners might live and not die.*

*He showed to the world the great mercy and love  
Of the Father, who yearns for us all,  
The mighty Creator, in Heaven above,  
Who marks e'en the sparrows that fall.*

*Let us pray that His Spirit, anointing our eyes,  
Will show us His footprints each day,  
And give us the courage to work for the prize  
To be had at the end of the way.*



## ABBREVIATIONS

AA	.....	<i>The Acts of the Apostles</i>
COL	.....	<i>Christ's Object Lessons</i>
DA	.....	<i>The Desire of Ages</i>
Ev	.....	<i>Evangelism</i>
GW	.....	<i>Gospel Workers</i>
MB	.....	<i>Thoughts from the Mount of Blessing</i>
MYP	.....	<i>Messages to Young People</i>
PK	.....	<i>Prophets and Kings</i>
SD	.....	<i>Sons and Daughters of God</i>
ISM	.....	<i>Selected Messages, book 1</i>
1T	.....	<i>Testimonies, vol. 1 (2T etc., for vols. 3-9)</i>

### Lesson 1

### CHRIST, OUR EXAMPLE

#### MEMORY VERSE:

*"For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow His steps." 1 Peter 2:21.*

"It is the duty and privilege of every child to follow in the footsteps of Jesus. . . . It will please the Lord Jesus to have the children ask Him for every spiritual grace, to bring all their perplexities and trials to the Saviour; for He knows how to help the children and youth, because He was a child Himself, and was once subject to all trials, disappointments, and perplexities to which children and youth are subject." SD, p. 128.

Not only was Jesus subject to His heavenly Father, but He also submitted to His earthly parents as well. He was obedient and respectful. By being industrious, He closed the door to the temptations of Satan. He studied the Scriptures and was able to use them as His defense against the snares of Satan. He was cheerful, compassionate and forgiving. These character traits are the things we, too, must strive to possess. We must be holy as Christ is holy.

1. *To whom should the believer always look? Hebrews 3:1; 12:2*
2. *In what way should we walk? Philippians 3:17; Colossians 2:6*
3. *How are all men to be respected? 1 Peter 2:17, first part*

4. *How must we treat all of God's children? 1 Peter 2:17, middle part*

NOTE: "Christ had bidden the first disciples love one another as He loved them. . . . 'A new commandment I give unto you.' He had said, 'That ye love one another; as I have loved you, that ye also love one another.' At the time when these words were spoken, the disciples could not understand them; but after they had witnessed the sufferings of Christ, after His crucifixion and resurrection, and ascension to heaven, and after the Holy Spirit had rested on them at Pentecost, they had a clearer conception of the love of God and of the nature of that love which they must have for one another." AA, p. 547.

5. *What should be our attitude toward God? 1 Peter 2:17, middle part; Psalm 111:10*

6. *How is Christ's work summarized? Matthew 4:24; Acts 10:38*

7. *What else is said about Jesus' work? Matthew 4:23; 5:2*

8. *What is said of Jesus, and whose character did He reveal? 1 Peter 2:22, 23*

NOTE: "Jesus is the perfect pattern, and it is the duty and privilege of every child and youth to copy the pattern. Let children bear in mind that the Child Jesus had taken upon Himself human nature, and was in the likeness of sinful flesh, and was tempted of Satan as all children are tempted. He was able to resist the temptations of Satan through His dependence upon the divine power of His heavenly Father, as He was subject to His will, and obedient to all His commands. He kept His Father's statutes, precepts, and laws. He was continually seeking counsel of God, and was obedient to His will." SD, p. 128.

9. *For whose sake did Christ bear everything? 1 Peter 2:24*

10. *What is required of all workers in God's cause? 2 Timothy 2:15*

11. *For what must we pray? Psalm 119:18*

NOTE: "Character is power. The silent witness of a true, unselfish, godly life carries an almost irresistible influence. By revealing in our own life the character of Christ, we cooperate with Him in the saving of souls." COL, p. 340.

**QUIZ TIME**

*List some of the characteristics of Christ that we should strive to obtain.*

1.

2.

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\* \* \* \* \*

## A SINLESS LIFE

## MEMORY VERSE:

*"And being made perfect, He became the Author of eternal salvation unto all them that obey Him." Hebrews 5:9.*

Jesus took human nature upon Himself so He might be an example to us of how to live a perfect life, without sin. For thirty years, He lived the life of a perfect man; and our work is to strive to attain this same perfection.

Satan made stronger attacks on Christ than he will ever make on us. He worked with mighty power to lead Christ to do wrong. But Jesus was able to resist the power of Satan and use the Scriptures as His defense. "It is written, . . . Thou shalt not tempt the Lord Thy God." Matthew 4:7. The Scriptures can be our defense against the attacks of Satan. We must take hold of the divine power to resist and overcome sin as Christ did in the wilderness.

"The Saviour overcame to show man how he may overcome. All the temptations of Satan, Christ met with the Word of God. By trusting in God's promises, He received power to obey God's commandments, and the tempter could gain no advantage." SD, p. 156.

1. *How can we resist Satan? James 4:17*
2. *What is said about Christ's life here on earth? 1 Peter 2:22; 1:19*
3. *What question did Christ ask His enemies? John 8:46*
4. *How much was Christ tempted? Hebrews 4:15*
5. *Of what nature was Christ a partaker? Hebrews 2:14*
6. *How fully did He share our humanity? Hebrews 2:17*
7. *What is true of all human beings? Romans 3:23*

NOTE: "Many are deceived concerning the condition of their hearts. They do not realize that the natural heart is deceitful above all things, and desperately wicked. They wrap themselves about with their own righteousness, and are satisfied in reaching their own *human standard of character*; but how fatally they fail when they do not reach the divine standard, and of themselves they cannot meet the requirements of God." 1SM, p. 320.

8. *Where did God, in Christ, condemn sin? Romans 8:3*
9. *By whose power did Christ live a sinless life? John 14:10*
10. *Through whose power can we live a sinless life?*

NOTE: "So we may resist temptation, and force Satan to depart from us. Jesus gained the victory through submission and faith in God, . . . We cannot save ourselves from the tempter's power; he has conquered all humanity, and when we try to stand in our own strength, we shall become prey to his devices; but 'the name of the Lord is a strong tower: the righteous runneth into it and is safe.' Proverbs 18:10. Satan trembles and flees before the weakest soul who finds refuge in that mighty name." DA, pp. 130, 131.

## QUIZ TIME

(Complete and match)

- |  |                      |
|--|----------------------|
| 1. Christ met temptation with _____.                       | a) the natural heart |
| 2. Christ was a partaker of _____.                         | b) the flesh         |
| 3. A sinless life can be lived through the power of _____. | c) sin               |
| 4. God condemned sin in _____.                             | d) God               |
| 5. Christ was tempted in _____.                            | e) all ways          |
| 6. Deceitful and wicked is _____.                          | f) humanity          |
| 7. Christ did no _____.                                    | g) the word of God   |

\* \* \* \* \*

## PETER, AN OBEDIENT FOLLOWER

### MEMORY VERSE:

*"I made haste, and delayed not to keep Thy commandments." Psalm 119:60.*

Peter, one of the twelve apostles, was a fisherman when he was brought to Jesus by his brother, Andrew. When Jesus saw Peter, He said, "Thou art Simon Peter, son of Jona: thou shalt be called Cephas." By interpretation, this means "a stone." When Jesus called him to be a fisher of men, Peter left his nets and followed the Lord.

After Pentecost, Peter and the other disciples, filled with the Holy Ghost, began to preach and work miracles in the name of Jesus. Because of this preaching, Peter and John were cast into prison. They were threatened and commanded to speak no more about Jesus. But Peter and John answered, "Whether it be right in the sight of God to hearken unto you more than unto God, judge ye. For we cannot but speak the things which we have seen and heard." Acts 4:19, 20. And so, with unswerving faithfulness, they stood firm.

Peter was brave and strong, because he loved God and knew that God was with him. God has shown us wonderful things through Jesus, and we cannot help but tell others about them. We must obey God rather than men. Peter was not afraid. He knew God would take care of him only if he remained an obedient follower. We, too, can have the same assurance.

1. *How were we made sinners? Romans 5:19*

NOTE: "Often when Satan has failed of exciting distrust, he succeeds in leading us to presumption. If he can cause us to place ourselves unnecessarily in the way of temptation, he knows that the victory is his. God will preserve all who walk in the path of obedience; but to depart from it is to venture on Satan's ground." DA, p. 126.

2. *What example of obedience did Christ set for us? Philippians 2:8*
3. *What effect did the preaching of the apostles have on the hearers? Acts 6:7*
4. *How can we become God's people? Jeremiah 11:4*

NOTE: "Obedience to the laws of God develop in a man a beautiful character that is in harmony with all that is pure and holy and undefiled. In the life of such a man the message of the gospel of Christ is made clear. Accepting the mercy of Christ and His healing from the power of sin, he is brought into the right relation with God. His life, cleansed from vanity and selfishness, is filled with the love of God. His daily obedience to the law of God obtains for him a character that assures him eternal life in the kingdom of God." SD, p. 42.

5. *How highly does God regard obedience? 1 Samuel 15:22*
6. *What will be our plight if we are not obedient to God's covenant? Jeremiah 11:3; Deuteronomy 11:28*
7. *What are we promised if we are obedient? Deuteronomy 11:27*

NOTE: "The glorious possibilities set before Israel could be realized only through obedience to God's commandments. The same elevation of character, the same fullness of blessing—blessing on mind and soul and body, blessing on house and field, blessing for this life and for the life to come—is possible for us only through obedience." COL, p. 305.

### QUIZ TIME

*(Fill in the blanks)*

1. Peter was an \_\_\_\_\_ follower of Jesus.
2. "Whether it be right in the \_\_\_\_\_ to hearken unto you more than unto God, judge ye."
3. We are required to obey the \_\_\_\_\_.
4. We will receive a \_\_\_\_\_ if we obey God's commands; a \_\_\_\_\_ if we do not.
5. Christ was obedient even unto \_\_\_\_\_.

\* \* \* \* \*

## PHILIP, A WILLING FOLLOWER

### MEMORY VERSE:

*"If ye be willing and obedient, ye shall eat the good of the land."*  
Isaiah 1:19.

One day seven men were chosen to do a special work in the early Christian church. These men were called deacons. Philip was chosen as one of them because he loved Jesus and was willing to serve Him.

When the enemies of our Lord began to put Christians in jail, Philip went to Samaria to preach and work miracles. He cast out unclean spirits and healed the lame and the crippled.

One day God sent an angel to Philip with a message: "Arise, and go toward the south unto the way that goeth down from Jerusalem unto Gaza, which is desert." Acts 8:26. Without asking any questions, and without delay, he hurried to do as God had asked.

On the road that day, an Ethiopian eunuch was traveling home after worshipping at Jerusalem. As he traveled, he was reading the Scriptures. Then the Spirit said unto Philip, "Go near, and join thyself to this chariot." Acts 8:29. Philip realized that God wanted him to help the eunuch understand what he was reading about Jesus.

After Philip explained Christ's mission fully, the eunuch, seeing a pool of water, asked to be baptized. Philip said to him, "If thou believest with all thine heart, thou mayest." Acts 8:37. The eunuch believed, and they both went down into the water and Philip baptized him. When they came "up out of the water, the Spirit of the Lord caught away Philip, that the eunuch saw him no more: and he went on his way rejoicing." Acts 8:39.

Philip continued to serve God with a happy heart and preached in many places. He was a willing worker for the Lord.

1. *What kind of hearts must God's children have? Exodus 35:5, 22*

NOTE: "God calls for willing service—a service inspired by the love of Jesus in the heart. God is never satisfied with half-hearted, selfish service. He requires the whole heart, the undivided affections, and a complete faith and trust in His power to save from sin." 1SM, p. 108.

2. *What else must we have besides willing hearts? 1 Chronicles 28:9; 2 Corinthians 8:12*
3. *What did David say God's people would be in the day of God's power? Psalm 110:3*

4. *The spirit is willing but the flesh is \_\_\_\_\_ . Matthew 26:41*

NOTE: "Every true, self-sacrificing worker for God is willing to spend and to be spent for the sake of others. Christ says, 'He that loveth his life shall lose it; and he that hateth his life in this world shall keep it unto life eternal.' John 12:25. By earnest, thoughtful efforts to help where help is needed, the true Christian shows his love for God and for his fellow beings. He may lose his life in service, but when Christ comes to gather His jewels to Himself, he will find it again." 1SM, p. 86.

5. *What must we be willing to consecrate to the Lord? 1 Chronicles 29:5, last part. (Look up the word "consecrate" in your dictionary.)*
6. *If we are willing and obedient, what will we be able to do someday? Isaiah 1:19*

### QUIZ TIME

(True or false)

1. *We must have willing hearts and willing minds to work for the Lord.*
2. *We can serve God if we have the love of Jesus in our hearts.*
3. *We need to do only big things to prove our love for God.*
4. *If we desire to serve God, we can have our own way as well.*
5. *We must consecrate all of ourselves to God.*
6. *Philip asked many questions when the angel brought the message for him to go out to the desert.*
7. *To be present with the Lord, we must be willing to give up worldly pleasures.*

\* \* \* \* \*

## STEPHEN, A FAITHFUL FOLLOWER

## MEMORY VERSE:

"And the Lord said, Who then is that faithful and wise steward, whom his lord shall make ruler over his household, to give them their portion of meat in due season?" Luke 12:42.

Stephen was also one of the seven deacons. The Bible says that he was "a man full of faith and the Holy Spirit." Acts 6:5. Stephen often preached about Jesus and did great wonders and miracles among the people.

Before very long, the Jewish rulers began finding fault with some of the things Stephen did. Because he was very faithful to Jesus, he was not afraid to speak up when he knew he was right. The rulers paid some of their friends to tell untrue things about him and said that he was speaking against God. The rulers called Stephen before them and asked him many questions. Stephen was not only faithful, but he was wise as well. He knew all about the word of God and was able to answer all the questions he was asked. He also told the rulers that their hearts were not pure and clean. They became very angry, because they didn't want to hear such things.

Then Stephen saw a vision of the heavens opening and Jesus standing on the right hand of God. The rulers were even more angry when he told them this, and they shouted at him and covered their ears and cast him out of the city. They threw stones at him and laid their clothes at the feet of Saul. Faithful Stephen was stoned to death just outside the walls of Jerusalem.

Even though he was being stoned to death, he still had courage and prayed to Jesus saying, "Lord Jesus, receive my spirit." Acts 7:59. He asked God to forgive those who had caused his death. Stephen was the first martyr for Jesus. He willingly gave his life, because he loved Jesus and was determined to remain faithful to Him, even in the face of death.

1. *What is required of a steward? 1 Corinthians 4:2*
2. *What did the apostle Paul give thanks for? 1 Timothy 1:12*
3. *What are we promised if we are faithful in little things? Luke 19:17*

NOTE: "It is conscientious attention to what the world terms 'little things' that makes life a success. Little deeds of charity, little acts of self-denial, speaking simple words of helpfulness, watching against little sins—this is Christianity. . . .

"He who faithfully performs small duties will be prepared to answer the demands of larger responsibilities." MYP, p. 143.

4. *If we are not faithful in small matters, can we be faithful in important things? Luke 16:10*
5. *What did David say the Lord will do for the faithful? Psalm 31:23*
6. *How much will the Lord reward a faithful man? Proverbs 28:20*
7. *Who in the Old Testament was an outstanding example of faithfulness in the face of death? Daniel 6:4*
8. *What will the Lord say to us if we are faithful in His work? Matthew 25:21*

NOTE: "That which is worth doing at all is worth doing well. Whatever your work may be, do it faithfully. Speak the truth in regard to the smallest matters. Each day do loving deeds and speak cheerful words. Scatter smiles along the pathway of life. As you work in this way, God will place approval on you, and Christ will one day say to you, 'Well done, thou good and faithful servant.' " MYP, p. 145.

## QUIZ TIME

(A = 1, B = 2, C = 3, etc.)

"  
 7 12 15 18 9 15 21 19 9 19 20 8 5  
 20 18 9 21 13 16 8 1 23 1 9 20 9 14 7  
 20 8 5 6 1 9 20 8 6 21 12

"AA, p. 321.

\* \* \* \* \*

## BARNABAS, A HELPFUL FOLLOWER

### MEMORY VERSE:

*"For we are labourers together with God: ye are God's husbandry, ye are God's building." 1 Corinthians 3:9*

Because Barnabas loved Jesus very much, he wanted to help in every way he could. Therefore, he sold a piece of land and brought the money to the apostles. He was not only helpful in selling his land to further the Lord's work, but he was also a helpful friend to Paul.

Even after Paul had become a Christian, the other Christians were somewhat afraid of him, because he had been known far and wide as the man who hated them the most. Barnabas took Paul to the disciples and explained "how he [Paul] had seen the Lord in the way, and that He had spoken to him, and how he had preached boldly at Damascus in the name of Jesus." Acts 9:27. When the Christians heard what Barnabas had to say, they accepted Paul as one of them.

Barnabas was sent to Antioch to aid in the work there. It was in Antioch that God's people were first called Christians. Acts 11:26. Kind, helpful Barnabas went willingly, for his love for Jesus was great, and he wanted others to love Him too. He worked very hard in Antioch, teaching the people about the love of God and telling them how Jesus suffered and died on the cross to save the world from sin. Barnabas also traveled with Paul as a missionary to many other places.

We remember Barnabas as a helpful follower, who was always ready to do all he could for the Lord, no matter where he happened to be. So, also, we should be helpers, co-laborers with the Lord.

1. *What do the Scriptures tell us about Barnabas? Acts 11:24*
2. *In Paul's vision, what did a man from Macedonia ask him to do? Acts 16:9*
3. *In relation to God, what are we told to be? 1 Corinthians 3:9*

NOTE: "While living in this world we are to be God's helping hand. . . . In God's great plan for the redemption of a lost race, He has placed Himself under the necessity of using human agencies as His helping hand. He must have a helping hand in order to reach humanity. He must have the cooperation of those who will be active, quick to see opportunities, quick to discern what must be done for their fellow men." 1SM, pp. 98, 99.

4. *What are we to be to our neighbors, and what are we to say to them? Isaiah 41:6*

NOTE: "Those with whom we associate day by day need our help, our guidance. They may be in such a condition of mind that a word spoken in season will be as a nail in a sure place. Tomorrow some of these souls may be where we can never reach them again. What is our influence over these fellow travelers?" PK, p. 348.

5. *What are we to be fellow helpers to? 3 John 8*
6. *How else can we be helpers for the Lord? 2 Corinthians 1:11*
7. *Who is our helper? Psalm 33:20; Hebrews 13:6*

### QUIZ TIME

*Give five examples of how you can be a helpful follower of Jesus.*

- 1.
- 2.
- 3.
- 4.
- 5.

\* \* \* \* \*

## PAUL, A BRAVE FOLLOWER

### MEMORY VERSE:

*"So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me." Hebrews 13:6.*

After the stoning of Stephen, Saul went to the leaders of the people and asked permission to go to Damascus to arrest all the Christians there. He was allowed to do this and immediately set out on his journey. On the way to Damascus, a strange thing happened. The Lord came face to face with him, and the Holy Spirit touched his heart. He believed the truth and became a Christian. After this, his name was changed to Paul.

After his conversion, Paul became a zealous worker and traveled to many countries, preaching the gospel to the people. The enemies of Jesus were constantly trying to get rid of him. Many times he was put into prison. Once, when in prison, he was brought before King Agrippa. Paul told what he had seen and heard on the road to Damascus and how he had loved and served the Lord from that day forward. He told the story so convincingly that he almost persuaded the king to accept Jesus as his Saviour.

But Paul was not set free. He was put on a ship going to Rome. There he was put on trial, and from that time on he lived most of his life as a prisoner. Even so, Paul didn't stop working for the Lord. He wrote letters to the churches and to individuals, telling them how to be better followers of Jesus. Paul was the first great missionary to the Gentiles and suffered much for the Lord's sake. He was truly a brave follower of Jesus.

1. *In times of trouble, what are we told to be? Deuteronomy 31:6; Numbers 13:20*

2. *What kind of spirit has God given us? 1 Timothy 2:7*

3. *Only whom should we fear? Matthew 10:28*

4. *What will cast out fear? 1 John 4:18*

5. *In whom are we to trust? Psalm 56:4; 118:6*

NOTE: "All who in that evil day would faithfully serve God according to the dictates of conscience, will need courage, firmness, and a knowledge of God and His word; for those who are true to God will be persecuted, their motives will be impugned, their best efforts misinterpreted, and their names cast out as evil. . . .

"Soon God will rise out of His place to shake terribly the earth, and to punish the wicked for their iniquity. Then He will stand up in behalf of His people, and will give them His protecting care. He will throw His everlasting arms about them, to shield them from all harm." GW, pp. 264, 265.

6. *What was David sure of? Psalm 23:4*

7. *What did God promise Abram? Genesis 15:1; 26:24*

8. *What are we promised for being brave? Isaiah 41:10*

NOTE: "Christian youth, you are a spectacle unto the world, to angels, and to men. Be brave in God. Put on the whole armor of God, and let unbelievers about you see that your life is not spoiled because you stand loyal and true to all the commandments of God. You can be, and God requires you to be, a decided witness for Him.

"We need to dwell on the words of courage that Christ spoke to His disciples toward the close of His earthly ministry. . . . Though a cruel death was just before Him, Christ's words to His followers were full of hope. He desired to bring all the comfort possible to their hearts. Let us be strong in Him." SD, p. 189.

### QUIZ TIME

(Fill in the blanks).

1. \_\_\_\_\_ is the only one whom we should fear.

2. Fear will be cast out by \_\_\_\_\_ .

3. Be \_\_\_\_\_ and of good \_\_\_\_\_ .

4. We are to put our trust in \_\_\_\_\_ .

5. The Lord will give us \_\_\_\_\_ . Isaiah 41:10

6. The Lord is my \_\_\_\_\_ , and I will not \_\_\_\_\_ what \_\_\_\_\_ shall do unto me.

\* \* \* \* \*

## TIMOTHY, A YOUTHFUL FOLLOWER

### MEMORY VERSE:

*"Rejoice, O young man, in thy youth; and let thy heart cheer thee in the days of thy youth, and walk in the ways of thine heart, . . ." Ecclesiastes 11:9.*

Timothy's mother and grandmother wanted him to grow up loving God, so they taught him from the Scriptures. They taught him that a Saviour would come, and they waited expectantly for that time to come. They did not live near Jerusalem, so they didn't know that Jesus had already come. When Paul visited their city, he told the people about Jesus—how He came, was crucified and died to save them. He explained to them how they could become Christians. Timothy, his mother and his grandmother believed and gave their hearts to Jesus.

Paul learned that Timothy was a fine helper in the church. He asked Timothy to travel with him, and Timothy was glad to. He spent a lot of time traveling with Paul and working with him.

While Paul was in prison, he wrote two letters to Timothy to encourage the young preacher. Timothy was still very young when he received the letters. Sometimes he felt he could do more for the Lord if only he were just a little bit older. But Paul wrote to Timothy, "Thou therefore, my son, be strong in the grace that is in Christ Jesus. And the things that thou hast heard of me among my witnesses, the same commit thou to faithful men, who shall be able to teach others. Thou therefore endure hardness as a good soldier of Jesus Christ." 2 Timothy 2:1-3. He told him to be faithful and strong and that then the Lord would bless his work. We, too, must be "good soldiers" and work for the Lord. Then our youth will be a blessing to us.

1. *What example did the young Timothy give to us? 1 Corinthians 4:17; 1 Thessalonians 3:2; 2 Timothy 3:15*

NOTE: "God wants the youth to become men of earnest mind, to be prepared for action in His noble work, and fitted to bear responsibilities. God calls for young men with hearts uncorrupted, strong and brave, and determined to fight manfully in the struggle before them, that they may glorify God, and bless humanity. If the youth would but make the Bible their study, would but calm their impetuous desires, and listen to the voice of their Creator and Redeemer, they would not only be at peace with God, but would find themselves ennobled and elevated. It will be for your eternal interest, my young friend, to give heed to the instructions in the word of God, for they are of inestimable importance to you." MYP, p. 21.

2. *How important are young people to Christ? Mark 10:13-15*

3. *When are we to rejoice? Ecclesiastes 11:9*

NOTE: "Do not hesitate to work for the Lord because you think you can do but little. Do your little with fidelity; for God will work with your efforts. He will write your name in the book of life as one worthy to enter into the joy of the Lord." MYP, p. 23.

4. *What should youth follow after? 2 Timothy 2:22*

5. *In what are young people to be an example? 1 Timothy 4:12*

6. *What will the Lord remember? Jeremiah 2:2*

NOTE: "Christ is calling for volunteers to enlist under His standard, and bear the banner of the cross before the world. . . . Young men are wanted who will resist the tide of worldliness, and lift a voice of warning against taking the first steps in immorality and vice.

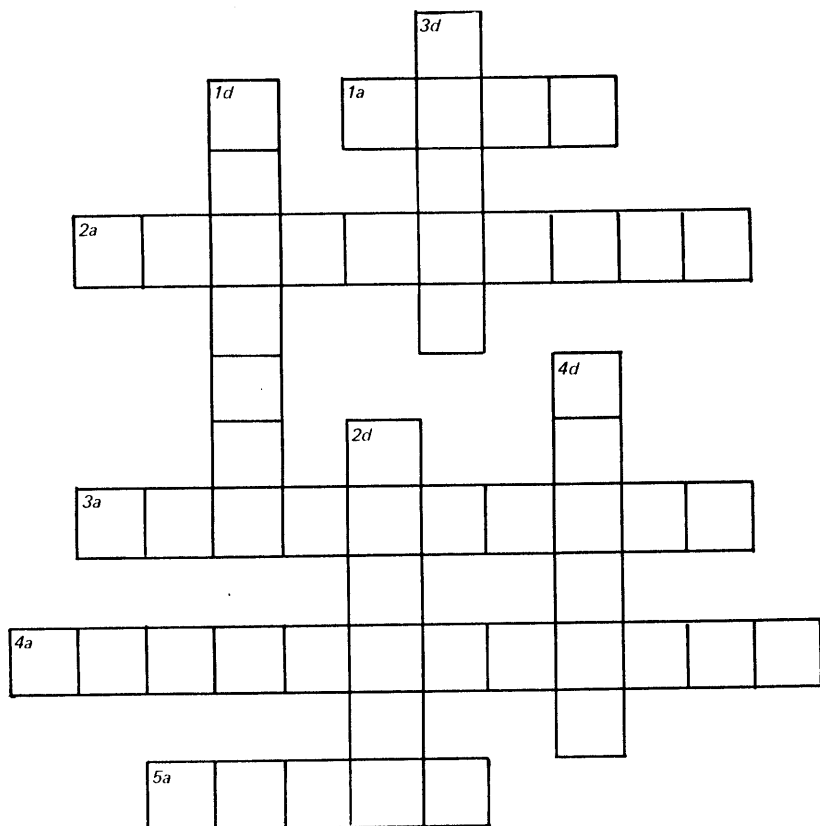
"But first the young men who would serve God, and give themselves to His work, must cleanse the soul temple of all impurity, and enthrone Christ in the heart; then they will be enabled to put energy into their Christian effort, and will manifest enthusiastic zeal in persuading men to be reconciled to Christ. . . . Young men, press to the front, and identify yourselves as laborers together with Christ, taking up the work where He left it, to carry it on to its completion." MYP, pp. 24, 25.

### QUIZ TIME AND PUZZLE FOLLOW

"There are few who realize the influence of the little things of life upon the development of character. Nothing with which we have to do is really small. The varied circumstances that we meet day by day are designed to test our faithfulness and to qualify us for greater trusts. By adherence to principle in the transactions of ordinary life, the mind becomes accustomed to hold the claims of duty above those of pleasure and inclination; . . . they are loyal to duty because they have trained themselves to habits of fidelity and truth. By faithfulness in that which is least they acquire strength to be faithful in greater matters." —Ellen G. White, *Patriarchs and Prophets*, p. 223.

# QUIZ TIME

1. Timothy studied the \_\_\_\_\_ (3a) as a child.
2. Paul told Timothy to be a good \_\_\_\_\_ (1d) .
3. Christ is calling for \_\_\_\_\_ (2a) .
4. Rejoice in thy \_\_\_\_\_ (3d) .
5. Be an example in \_\_\_\_\_ (1a) , in \_\_\_\_\_ (4a) , in \_\_\_\_\_ (2d) , in \_\_\_\_\_ (5a) and in \_\_\_\_\_ (4d) .



\* \* \* \* \*

## DORCAS, A KIND FOLLOWER

### MEMORY VERSE:

"And to godliness brotherly kindness; and to brotherly kindness charity."  
2 Peter 1:7.

Dorcas lived in the city of Joppa by the sea. There were many people in Joppa who needed help—widows and sailors, and those without much money. Kind Dorcas helped these needy people. She made beautiful dresses and robes and coats, and with her sewing she made people happy. She would also take bread and fruit to those who needed food.

When Dorcas became sick and died, the people sent for Peter. He came to Joppa and went upstairs to the place where Dorcas lay. Some widows stood by, crying, and showed him some of the things Dorcas had made. Peter listened to them tell about all the wonderful things Dorcas had done for the poor and needy and how kind she was to everyone. Peter sent them out of the room and knelt down and prayed. Then he said, "Tabitha, arise." And she opened her eyes and sat up. Peter gave her his hand, lifted her up, and brought her to the people. Throughout Joppa, this miracle was made known, and many people believed in the Lord.

There are many ways we can be helpful to others. This the Lord expects of us. And when we do our best for others, the Lord will increase our blessings and do His best for us.

1. What is the desire of man? Proverbs 19:22

2. How are we to be to one another? Ephesians 4:32

NOTE: "Those who would truly follow Christ must let Him abide in the heart, and enthrone Him there as supreme. They must represent His Spirit and character in their home life, and show courtesy, and kindness to those with whom they come in contact." SD, p. 60.

3. What will we be considered if we are kind to people? 2 Chronicles 10:7

4. What will the Lord remember? Jeremiah 2:2

NOTE: "We are to give in sincerity, not to make a show of our good deeds, but from pity and love to the suffering ones. Sincerity of purpose, real kindness of heart, is the motive that Heaven values." MB, p. 81.

5. *Whose kindness are we to show to others? 2 Samuel 9:3; 1 Samuel 20:14*

6. *How will the Lord show His kindness to us? Isaiah 54:8, 10*

NOTE: "In all the self-denial required of us in this work; amid all the unpleasant things that occur, we are to consider that we are yoked up with Christ, partakers of His spirit of kindness, forbearance, and self-abnegation. This spirit will open the way before us and give us success because Christ is our recommendation to the people." 6T, p. 473.

#### QUIZ TIME

(Multiple Choice—put letter of correct answer in blank.)

1. *The Lord shows His kindness by His \_\_\_\_\_ .*  
a) happiness  
b) mercy  
c) law
2. *By being kind, we will be considered His \_\_\_\_\_ .*  
a) servants  
b) messengers  
c) spirit
3. *We must show kindness and \_\_\_\_\_ .*  
a) sincerity  
b) courtesy  
c) love
4. *We must be yoked with \_\_\_\_\_ .*  
a) Satan  
b) others  
c) Christ
5. *By our kindness, we can be fine \_\_\_\_\_ .*  
a) witnesses  
b) examples  
c) followers

\* \* \* \* \*

## JAMES, A HARD-WORKING FOLLOWER

#### MEMORY VERSE:

*"We then, as workers together with Him, beseech you also that ye receive not the grace of God in vain." 2 Corinthians 6:1.*

When all the leaders of the church in Jerusalem were together, Paul and Barnabas told them about all the people in other countries who had become Christians. Some of the leaders were very happy about this, but some of them thought that these people should not have been accepted as Christians. They said that, since only the Jews obeyed the laws given by Moses, only the Jews should be the ones to be worked with. So the two sides argued back and forth, some wanting to accept the foreigners as Christians, some saying, No.

James was an important leader in the church. He loved Jesus and worked very hard for Him. In this instance, he was the one chosen to announce the decision made by the council. He told them that the laws given by Jesus were for everyone—Jews and Gentiles alike. Jesus died for all men everywhere, so the foreigners brought to Jesus by Paul and Barnabas were entitled to be called Christians just as all who believe in Him are.

After hearing what James had to say, those present knew that this was the way Jesus would want to settle the problem. Then they sent not only Paul and Barnabas back into the missionary field, but also two more helpers, Judas and Silas.

James showed that he was a wise worker for the Lord in other ways, too. He wrote the book in the Bible which bears his name. In it he tells us we can show our love for Jesus best by our actions; he tells how we should live and gives us a guideline as workers for God's cause. We should heed his advice and make up our minds to work for Him.

1. *Whose work did Christ do? John 9:4*

2. *What did Jesus ask of God after His work was done? John 17:4, 5*

NOTE: "Now here is the very thing that we want to understand, that it is not our work but God's work, and we are only instruments in His hands to accomplish it. We want to seek the Lord with all our hearts, and the Lord will work for us." Ev, p. 631.

3. *How is our faith made perfect? James 2:22*

4. *What work can we do to be counted worthy? 2 Thessalonians 1:11*

5. *What kind of work are we to do? 2 Timothy 4:5*

6. *With whom are we to work? Isaiah 49:4; Philippians 2:13*

NOTE: "Earnest, self-sacrificing men and women are needed, who will go to God and with strong crying and tears plead for the souls that are on the brink of ruin. There can be no harvest without seed-sowing, no result without effort. Abraham was called to go forth from his home, a light-bearer to the heathen. And without questioning, he obeyed. . . . So today God's servants are to go where He calls them, trusting Him to guide them and to give them success in their work." GW, p. 26.

7. *What are doers of the work called? James 1:25*

8. *What will we receive for doing the Lord's work? 1 Corinthians 3:13, 14*

NOTE: "Young men and women, take up the work to which God calls you. Christ will teach you to use your abilities to good purpose. . . .

"Dear young friends, remember that it is not necessary to be an ordained minister in order to serve the Lord. There are many ways of working for Christ. . . . He can work through you to the saving of souls." MYP, pp. 217, 226.

#### QUIZ TIME

(Yes or no)

1. *Is faith made perfect by our works?*
2. *Did Christ do the work of men?*
3. *Will God work with us, if we are willing?*
4. *Will we be blessed if we do not do God's work?*
5. *Is it necessary to be a grown-up or a minister to work for God?*

\* \* \* \* \*

## JOHN, THE BAPTIST, A SANCTIFIED FOLLOWER

### MEMORY VERSE:

*"The voice of him that crieth in the wilderness, Prepare ye the way of the Lord, make straight in the desert a highway for our God." Isaiah 40:3.*

When Jesus was about thirty years old, a prophet named John was preaching to the people to give up their evil ways, because the Son of God was soon to appear on earth. When people came to him, repenting of their sins and promising to live a better life, John baptized them. Thus, he was known as John, the Baptist.

Even though John and Jesus were related, up until this time, they had never met. John spent most of his life living in the desert, seeking to learn about God. Jesus traveled to the Jordan River and asked John to baptize Him. When John saw Jesus, he knew that here was the very One about whom he had been preaching. He did not feel he was worthy to baptize Jesus. John asked Jesus to baptize him instead! But Jesus replied that it was proper for John to do the baptizing. It was the moment for which John had waited and prayed all during those years in the wilderness, when he strived to learn what God wanted him to do, and all the years he preached of Jesus' coming. This was the day he had been preparing for.

John was a true witness for the Lord, telling the people to prepare for His coming. We must be sanctified followers of the Lord and carry the same basic message as John. We must prepare ourselves and others for Jesus' second coming. Let us proclaim the wonderful message and be ready, for Jesus is coming again soon!

1. *What was John called? Matthew 11:10*

2. *What was the message he proclaimed? Luke 3:4; Isaiah 40:3*

3. *What should we wait and hope for? Lamentations 3:26*

NOTE: "We are pilgrims and strangers who are waiting, hoping, and praying for that blessed hope, the glorious appearing of our Lord and Saviour Jesus Christ. If we believe this and bring it into our practical life, what vigorous action would this faith and hope inspire, what fervent love for one another; what careful holy living for the glory of God; and in our respect for the recompense of the reward, what distinct lines of demarcation would be evidenced between us and the world." Ev, p. 220.

4. What are we to wait and prepare for? 1 Corinthians 1:7; Amos 4:12

5. Why are we to be ready at all times? Luke 11:10; Matthew 24:42

NOTE: "We are not to be engrossed with speculations in regard to the times and the seasons which God has not revealed. Jesus has told His disciples to 'watch,' but not for definite time. His followers are to be in the position of those who are listening for the orders of their Captain; they are to watch, wait, pray, and work, as they approach the time for the coming of the Lord; . . ." Ev, p. 221.

6. In what spirit should we wait and prepare? James 5:7, 8

7. How do we know Jesus is coming? John 14:2, 3

8. What message are we to carry? Matthew 24:34-39

NOTE: "Our work is to proclaim the commandments of God and the testimony of Jesus Christ. 'Prepare to meet thy God' (Amos 4:12), is the warning to be given to the world. It is a warning to us individually. We are called upon to lay aside every weight, and the sin which doth so easily beset us. There is a work for you, my brother, to do, to yoke up with Christ. . . . The life of no one of us is assured for any given time. Should you not watch every moment?" 2SM, pp. 116, 117.

9. What are we called if we are faithful to our watch? Luke 12:36, 37

#### QUIZ TIME

(Fill in the blanks)

1. We are to be \_\_\_\_\_ at \_\_\_\_\_ times.
2. John preached the message of the \_\_\_\_\_ of Jesus the \_\_\_\_\_ time.
3. We must be \_\_\_\_\_ to meet the \_\_\_\_\_ when He comes.

4. We must tell \_\_\_\_\_ the good news and carry the \_\_\_\_\_ of Christ's coming.

5. We are to wait in the spirit of \_\_\_\_\_.

6. We must \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

\* \* \* \* \*

#### Lesson 12

### DOING GOD'S WILL

#### MEMORY VERSE:

"Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart." Ephesians 6:6.

Doing the will of God should be the only purpose in our lives. To do this, we must be able to overcome our own dispositions and cultivate traits of character that will reflect Christ's life in our lives. Sometimes this is not an easy task, but we must look to Jesus and steadily persevere so we can overcome our proud and stubborn wills. "What a work might have been done for us as individuals, if our proud and stubborn wills had been wholly submerged in the will of God, and our souls lifted up from earthliness to a higher, purer atmosphere!" SD, p. 115.

We cannot control our impulses and emotions, but it is possible to control our will and make an entire change in our life. By yielding to God's will, we can find strength and power. "There will be in you a power, an earnestness, and a simplicity that will make you a polished instrument in the hands of God." SD, p. 115.

1. What are we to delight in? Psalm 40:8

2. What was Jesus' duty while here on earth? John 4:34

NOTE: "In all things He [Jesus] brought His wishes into strict abeyance to His mission. He glorified His life by making everything in it subordinate to the will of His Father. When in His youth, His mother, finding Him in the school of the rabbis, said, 'Son, why hast Thou thus dealt with us?' He answered—and His answer is the key-note of His life work—'How is it that ye sought Me? wist ye not that I must be about My Father's business?'" GW, p. 42.

3. For what did Jesus pray? Matthew 6:10; 26:42

4. Who was another good example of a "doer of God's will"? Ephesians 1:1

5. How will we know the true doctrines? John 7:17; Acts 22:14

NOTE: "There is no such thing as following Christ unless you refuse to gratify inclination and determine to obey God. It is not your feelings, your emotions, that make you a child of God, but the doing of God's will. Then you may stand in your God-given manhood, an example of good works." MYP, p. 154.

6. What could cause us to be unwise? Ephesians 5:17

7. In relation to Christ, what are we considered if we do God's will? Mark 3:35

8. Who will be able to enter God's kingdom? Matthew 7:21

9. What should we always pray for? Colossians 1:9

10. If we do according to His purpose, what can we expect? Romans 8:28

NOTE: "Christ expects every man to do his duty; let this be the watchword throughout the ranks of His followers." 5T, p. 460.

"There are three ways in which the Lord reveals His will to us, to guide us. . . . God reveals His will to us in His word, the Holy Scriptures.

"His voice is also revealed in His providential workings; and it will be recognized if we do not separate our souls from Him by walking in our own ways; . . . Another way in which God's voice is heard, is through the appeals of His Holy Spirit, making impressions upon the heart, which will be wrought out in the character." MYP, p. 156.

## QUIZ TIME

1. Give some examples in the Bible of "doers of God's will."
  - a)
  - b)
  - c)
2. Give some examples of how you can be a "doer of God's will."
  - a)
  - b)
  - c)

\* \* \* \* \*

## Lesson 13

### THE WAY, THE TRUTH AND THE LIFE

#### MEMORY VERSE:

"Jesus saith unto him, I am the Way, the Truth, and the Life: no man cometh unto the Father, but by Me." John 14:6.

Jesus is the way; without Him, we cannot walk in safety. He lights our path and directs us heavenward. He is the only Way through which we can have salvation. He is our Mediator and our means of communication with the Father.

Jesus is the truth. Without the truth, we have no knowledge. John tells us that He is the Word, and without the word and the Scriptures which testify of Him, we cannot gain the knowledge necessary to be ready for His coming.

Jesus is the Life, and the Life is the light of men. We must be partakers of His life, and, by following every footstep of His earthly mission, we know how our lives are to be lived. Through His death on Calvary's cross, we can have eternal life, which was lost through sin.

We must follow the *way* He directs; learn the *truth* He teaches, and accept the *life* He offers. Be prayerful and thankful that God has provided the way, the truth and the life for our benefit!

1. How does the Lord lead us? Psalm 139:24

2. Which way does Jesus want us to choose? Psalm 119:30, 32

3. What is the way of the Lord to His people? Proverbs 10:29, first part

NOTE: "Many are losing the right way, in consequence of thinking that they must climb to heaven, that they must do something to merit the favor of God. They seek to make themselves better by their own unaided efforts. This they can never accomplish. Christ has made the way by dying our sacrifice, by living our example, by becoming our great High Priest. . . . If by any effort of our own we could advance one step toward the ladder, the words of Christ would not be true. But when we accept Christ, good works will appear as fruitful evidence that we are in the way of life, that Christ is our way, and that we are treading the true path that leads to heaven." 1SM, p. 368.

4. How can we obtain grace and truth? John 1:17

5. What does the truth make us? John 8:32

NOTE: "Christ is the Truth. His words are truth, and they have a deeper significance than appears on the surface. All the sayings of Christ have a value beyond their unpretending appearance. Minds that are quickened by the Holy Spirit will discern the value of these sayings. They will discern the precious gems of truth, though these may be buried treasures." COL, p. 110.

6. In whom is life, and what is the life? John 1:4

7. How are we fed so we will never be hungry again? John 6:33

8. Who is the Bread of Life? John 6:35

9. Describe the Christian way. Ephesians 5:1

10. What door must we enter to be saved? John 10:9

NOTE: "The youth need to keep ever before them the course that Christ followed. At every step it was a course of overcoming. Christ did not come to the earth as a king, to rule the nations. He came as a humble man, to be tempted, and to overcome temptation, to follow on, as we must, to know the Lord. In the study of His life we shall learn how much God through Him will do for His children. And we shall learn that, however great our trials may be, they cannot exceed what Christ endured that we might know the way, the truth, and the life. By a life of conformity to His example, we are to show our appreciation of His sacrifice in our behalf." MYP, p. 16.

#### QUIZ TIME

(True or false)

- \_\_\_1. The Father is the Way, Jesus is the Truth, and the Holy Spirit is the Life.
- \_\_\_2. We must eat of the Bread of Life to be saved.
- \_\_\_3. The way of the Lord is strength to the wicked.
- \_\_\_4. We are to choose the way of truth and the way of the commandments.
- \_\_\_5. We must walk in Christ's steps all the way.

\* \* \* \* \*

# QUIZ TIME ANSWERS (Following Christ)

## Lesson 1

1. submissive, or subject to parents
2. obedient
3. loving
4. dependent on the Father
5. respectful
6. industrious
7. learned in the Scriptures
8. cheerful
9. compassionate
10. forgiving
11. holy

## Lesson 2

1. g)
2. f)
3. d)
4. b)
5. e)
6. a)
7. c)

## Lesson 3

1. obedient
2. sight of God
3. voice of God
4. blessing, curse
5. death

## Lesson 4

1. T
2. T
3. F
4. F
5. T
6. F
7. T

## Lesson 5

"Glorious is the triumph awaiting the faithful."

## Lesson 6

1. visiting the sick
2. helping the poor
3. telling others of Jesus
4. being obedient
5. praying for others

## Lesson 7

1. God
2. love
3. strong, courage
4. the Lord
5. strength
6. helper, fear, men

## Lesson 8

Y  
S W O R D  
O U  
V O L U N T E E R S  
D H  
I P  
E S U  
S C R I P T U R E S  
I I  
C O N V E R S A T I O N  
I Y  
F A I T H

## Lesson 9

1. b
2. a
3. a, b, c
4. c
5. a, b, c

## Lesson 10

1. yes
2. no
3. yes
4. no
5. no

## Lesson 11

1. ready, all
2. coming, first
3. prepared, Lord
4. others, message
5. patience
6. watch, wait, pray, work

## Lesson 12

1. Jesus
2. Paul
3. apostles

1. obedience to God's law
2. witness to others; spread gospel news
3. service to others

(Note: Many other answers are possible here.)

## Lesson 13

1. F
2. T
3. F
4. T
5. T