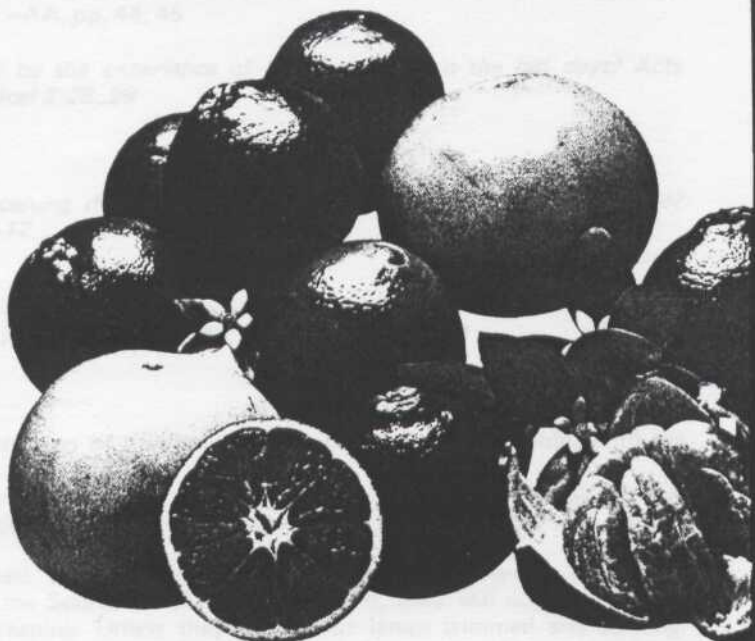


JUNIOR THIRD YEAR,
SECOND QUARTER
Sabbath School Lessons

But the fruit of the Spirit
is
 love, joy,
 peace,
long-suffering,
 gentleness,
 goodness, faith,
 meekness,
 temperance:
against such there is no law.

JUNIOR SABBATH SCHOOL LESSONS

FRUITS OF THE SPIRIT



THIRD YEAR, SECOND QUARTER

INTERNATIONAL MISSIONARY SOCIETY

S.D.A. REFORM MOVEMENT

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INTRODUCTION

For the second quarter, we will concentrate on the Fruits of the Spirit, which are the positive results of following Christ, which we studied in last quarter's lessons.

When Christ returned to heaven after His resurrection, He promised that the Comforter, or the Holy Spirit, would come and bless His faithful followers. This same power is available to His children today, and we should pray for it, so we may also receive those precious gifts needed for the perfection of Christian character.

ABBREVIATIONS

AA	<i>The Acts of the Apostles</i>
AH	<i>The Adventist Home</i>
CG	<i>Child Guidance</i>
DA	<i>The Desire of Ages</i>
GC	<i>The Great Controversy</i>
GW	<i>Gospel Workers</i>
MB	<i>Thoughts from the Mount of Blessing</i>
MYP	<i>Messages to Young People</i>
PP	<i>Patriarchs and Prophets</i>
SC	<i>Steps to Christ</i>
SD	<i>Sons and Daughters of God</i>
1SM	<i>Selected Messages, Book 1 (2SM for Book 2)</i>
1T	<i>Testimonies for the Church, vol. 1 (2T, etc., for vols. 2-9)</i>
TM	<i>Testimonies to Ministers and Gospel Workers</i>

PROMISE OF THE HOLY SPIRIT

MEMORY VERSE:

"And I will pray the Father, and He shall give you another Comforter, that He may abide with you for ever." John 14:16

When Jesus was about to leave this world, He said to His disciples, "I will send you another Comforter." COMFORTER is a combination of two Greek words meaning "the one called to stand by," ready to help in troublesome times. The Holy Spirit comes as a gift from the Father and Son. He is not only a Comforter and Helper, but a Teacher. Unless the Holy Spirit dwells within us and speaks through us, we will never be able to understand the Bible or be able to explain it to others.

When our Saviour returned to heaven, His presence through the Holy Spirit was still with the disciples on earth. The real presence of the Holy Spirit lives in the believing disciple. He testifies of Jesus and glorifies Him. The Holy Spirit is Christ's representative on earth.

1. *What promise did Jesus make to His disciples before His death on the cross? John 14:16*

NOTE: "Before offering Himself as the sacrificial victim, Christ sought for the most essential and complete gift to bestow upon His followers, a gift that would bring within their reach the boundless resources of grace. . . ."

"Before this the Spirit had been in the world; from the very beginning of the work of redemption He had been moving upon men's hearts. But while Christ was on earth, the disciples had desired no other helper. Not until they were deprived of His presence would they feel their need of the Spirit, and then He would come." -DA, pp. 668, 669

2. *Who is the Comforter, and what is His purpose? John 14:26; 16:8*

3. *Can the world receive Him? John 14:27*

4. *What promise, made by Christ, was fulfilled by the presence of the Holy Spirit? Matthew 28:20*

5. Why was it *necessary* for Christ to go away? John 16:7

NOTE: "The Holy Spirit is Christ's representative, but divested of the personality of humanity, and independent thereof. Cumbered with humanity, Christ could not be in every place personally. Therefore it was for their interest that He should go to the Father, and send the Spirit to be His successor on earth. No one could then have any advantage because of His location or personal contact with Christ. By the Spirit the Saviour would be accessible to all. In this sense He would be nearer to them than if He had not ascended on high." -DA, p. 669

6. By what other name do we know the Comforter? John 15:26

7. What did Jesus say the Spirit of Truth would do? John 16:13

QUIZ TIME (True or false)

1. The Holy Spirit was sent to fulfill a promise made by Christ.
2. Everyone can receive the Holy Spirit.
3. The Holy Spirit would have come even if Christ had remained on earth.
4. The Holy Spirit is Christ's representative on earth.
5. The Holy Spirit is also known as the Spirit of Truth.

* * * * *

THE PRESENCE OF THE HOLY SPIRIT

MEMORY VERSE:

"The Spirit of the Lord spake by me, and His word was in my tongue."

2 Samuel 23:2

We have learned that the presence of the Holy Spirit is with the believing disciple. It is through this presence that each believer has access to the truth of God's word. The Holy Spirit is mentioned or referred to 354 times in the Bible! The first place is in Genesis 1:2 at creation. "The Spirit of God moved upon the face of the waters." We read in Isaiah 40:13 and 63:11 that God put the Holy Spirit in Moses. In the book of Judges, we find that the Spirit of God was the secret of Samson's power.

In the New Testament, we are told that the Spirit speaks, teaches, bears witness, makes intercession, distributes gifts and invites us to take of the water of life freely.

We must be careful that the Holy Spirit does not withdraw from us, because without Him we have no power.

1. *How has God revealed to us the hidden things of the kingdom? 1 Corinthians 2:9, 10*
2. *Who moved the prophets and men of old to give their messages? 2 Peter 1:21*
3. *How was the gospel preached after Pentecost? 1 Peter 1:12*
4. *By whom are the believers sealed? Ephesians 1:13*
5. *What warning is therefore given us? Ephesians 4:30*
6. *Can the sin of grieving the Holy Spirit be forgiven? Matthew 12:32*

NOTE: "It is by the Spirit that God works upon the heart; when men willfully reject the Spirit, and declare It to be from Satan, they cut off the channel by which God can communicate with them. When the Spirit is finally rejected, there is no more that God can do for the soul." —DA, p. 322

"It is through the agency of the Holy Spirit that God communicates with man; and those who deliberately reject this agency as satanic, have cut off the channel of communication between the soul and heaven." —PP, p. 405

7. For what did David pray? Psalm 51:11

8. Is God willing to give us the Holy Spirit? Luke 11:13

QUIZ TIME (Multiple choice)

1. God reveals to us the secrets of the kingdom through
<a) men (b) the Spirit (c) books
2. The presence of the Holy Spirit is with
(a) the believing disciple (b) everyone (c) only with the apostles
3. It is through the Spirit that God
(a) punishes wrongdoers (b) communicates with man (c) prays for us
4. The Holy Spirit is mentioned
(a) only in the Old Testament (b) only a few times
(c) throughout the Bible
5. The Holy Spirit will
(a) be our guide (b) never leave us (c) forgive us if we grieve Him

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FRUITS OF THE HOLY SPIRIT

MEMORY VERSE:

"Wherefore by their fruits ye shall know them." Matthew 7:20

Picture now a fruit tree; let us say, an apple tree. It has a sturdy trunk, strong branches, and beautiful, green foliage. But for many years now it has borne no fruit. The tree itself is pretty to look at; but it is of no value to the man who owns the orchard, because without the apples it brings him no profit. Soon the tree withers and dies.

We, too, can be fruit trees in the orchard of Christ. We must bear the fruits of the Holy Spirit in our lives in order to be workers for God. It is not enough to look like a Christian, to go to church and to pretend to have a part with Christ. This would be bearing bad fruit, for it would lead others in the wrong way. We have to manifest the character of Christ by possessing good fruits, or eventually we will bear no fruit at all and have to be left out of the kingdom. The Bible tells us we will be known by our fruits and by doing the will of the Father in heaven.

1. *What did Jesus tell us about the kingdom of God? Luke 17:21*

NOTE: "The kingdom of God begins in the **heart**. Look not here or there for earthly manifestations of earthly power to mark its coming." —DA, p. 506

2. *Through what **spiritual** experience is the kingdom of God established? Romans 14:17*

3. *Where does the **Holy Spirit** dwell? 1 Corinthians 3:16; 6:19*

4. *How can we **recognize** God's children? Romans 8:14-16*

NOTE: "The Holy Spirit is a person, for He beareth witness with our spirits that we are the children of God. . . . The Spirit recreates, refines, and sanctifies human beings, fitting them to become members of the royal family, children of the heavenly King." —SD, p. 28

5. *What are the fruits of the Spirit? Galatians 5:22, 23, first part*

NOTE: "Your compassionate Redeemer is watching you in love and sympathy, ready to hear your prayers and render you the assistance which you need in your lifework. Love, joy, **peace**, longsuffering, gentleness, faith, and charity are the elements of the Christian character. These precious graces are the fruits of the Spirit. They are the Christian's crown and shield." -CG, p. 173

6. What is said about these fruits? *Galatians 5:23, last part*

7. How **should** we live in order to have a good **life**? *Galatians 5:16*

8. What does the Holy Spirit bring to our lives? *Romans 5:5*

QUIZ TIME (Word search)

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

1. Comforter

2. Faith

3. Fruits

4. Gentleness

5. Goodness

6. Holy Spirit

7. Joy

8. Love

9. Longsuffering

10. Meekness

11. Peace

12. Temperance

* # *

LOVE

MEMORY VERSE:

"And above all these things put on charity, which is the bond of perfectness." Colossians 3:14

Love is presented in the Scriptures as the **very** nature of God and the greatest of all Christian virtues. Love lies at the very heart of all Christianity and is essential to our relation to God and to our fellowmen. Love found its supreme expression in Christ's sacrifice on Calvary. "For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life." John 3:16

All love originates in God. It is created in the believer by the Holy Spirit prompting him to love both God and man. Love is the chief test of Christian discipleship. The Christian must love God supremely and his neighbor as himself. Not only must he love his friends, but his enemies as well. Love is the bond which unites all the Christian virtues.

1. What is love? Romans **13:10**; 2 John 6
 2. What does love do for us? Proverbs **10:12**; 1 Peter 4:8
 3. How does love show itself? 1 Corinthians 13:4, 5
- NOTE: "The one who stands nearest to Christ will be he who on earth has drunk most deeply of the spirit of His self-sacrificing love, . . . love that moves the disciple, as it moved our Lord, to give all, to live and labor and sacrifice, even unto death, for the saving of humanity." —DA, p. 549
4. How great is God's love for us? John **3:16**
 5. How long will God continue to love us? Jeremiah **31:3**
 6. Knowing God's great love for us, what are we to do? 1 John **4:11**; Mark **12:30, 31**

7. If we truly appreciate God's love, what will we do? Psalm 36:7

8. What is the best way to describe **love**? 1 John 4:7, 8

NOTE: "Christian workers who succeed in their efforts must know Christ; and in order to know Him, they must know His love. In heaven their fitness as workers is measured by their ability to love as Christ loved and to work as He worked.

"'Let us not love in word,' the apostle writes, 'but in deed and in truth.' The completeness of Christian character is attained when the impulse to help and bless others springs constantly from within. It is the atmosphere of this love surrounding the soul of the believer that makes him a savor of life unto life and enables God to bless his work." —AA, p. 551

QUIZ TIME (Matching)

- | | |
|---|---------------------------------|
| 1. Therefore love is _____. | a) love |
| 2. For God so loved the world that _____. | b) one another |
| 3. I have loved thee with _____. | c) thy neighbor |
| 4. He that loveth not, knoweth not God, for God is _____. | d) the fulfilling of the law |
| 5. We ought also to love _____. | e) an everlasting love |
| 6. Charity suffereth long and is _____. | f) He gave His . . . Son |
| 7. Thou shalt love _____ as thyself. | g) kind |

* * * * *

JOY

MEMORY VERSE:

*"And my soul shall be joyful in the Lord: it **shall** rejoice in His salvation."*
Psalm 35:9

In the word of God, joy is a trait attributed to God. David tells us that "the Lord shall rejoice in His works." Joy is an important part of the ninefold fruits of the Holy Spirit imparted to the believers.

Sometimes it is thought that joy and happiness mean the same thing; but actually they are quite different. Happiness usually depends on what happens around us—good health, friends, pleasant surroundings, etc. Happiness and unhappiness cannot exist together; but joy and sorrow often do. Our precious Saviour was "a man of sorrows and acquainted with grief," but He showed joy in doing His Father's will in all things. Sorrow can be turned into joy before Him. He endured the cross so that we may partake of the joy of the kingdom with Him. "And my soul shall be joyful in the Lord; it shall rejoice in His salvation." Psalm 35:9

7. What is *joy*? *Nehemiah 8:10*, last part
2. In whom are we told to *rejoice*? *Philippians 4:4*
3. What should be the *joy* of our hearts? *Jeremiah 15:16*
4. How are we to receive this word? *Matthew 13:20*, last part; 1 *Thessalonians 1:6*
5. What did David say about the fullness of *joy*? *Psalms 16:11*
6. What kind of person must we be to enter into the Lord's *joy*? *Matthew 25:21*

NOTE: "The Lord is willing to do great things for us. We shall not gain the victory through numbers, but through the full surrender of the soul to Jesus.

"When in the day of final awards, the reward is given to each as his works have been, it is your privilege to have redeemed souls whom you have been the means of helping, come to you and say, 'You lifted me out of discouragement.' and the Master will say to you, 'Well done, thou good and faithful servant.' " -SD, p. 279

7. *By doing what is our joy made full? John 15:10, 11; 16:24*

NOTE: "Those whose sins are forgiven, who love Jesus, will be united with Him. They will bear the yoke of Christ. This yoke is not to hamper them, not to make their religious life one of unsatisfying toil. No; the yoke of Christ is to be the very means by which the Christian life is to become one of pleasure and joy. The Christian is to be joyful in contemplation of that which the Lord has done in giving His only-begotten Son to die for the world___" -MYP, p. 138

8. *How are we to praise the Lord? Psalm 63:5*

QUIZ TIME (Yes or no)

1. *Are we told to praise God with the joy of our lips?*
2. *Can you have joy no matter what kind of person you are?*
3. *Is the word of God the joy of your heart?*
4. *Did Jesus never experience joy because He was a man of sorrow?*
5. *Do joy and happiness mean the same thing?*
6. *Is our joy fulfilled by obeying God's word?*

* * * * *

PEACE

MEMORY VERSE:

"Peace I leave with you, My peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." John 14:27

Christ is called the "Prince of Peace." It is His mission to restore the peace which existed on earth before sin entered. We can have peace **only** through Jesus. We must turn away from all sin in order to become partakers of this heavenly peace.

We can bring peace to this world by showing the love of Christ in our lives and extending it to others. In situations of discord and strife, a kind word or gesture will do more for the cause of peace than anything else. We must be in harmony with God in order to bring peace to our lives and to the lives of others.

PEACE

Peace when days are glad and golden,
Peace when sorrows make them gray,
Peace when health is ever splendid,
Peace if it should slip away,
Peace when friends are fine and loyal,
Peace if any prove untrue;
Whatsoever life may bring you,
May the Lord give peace to **YOU!**

"Thou wilt keep him in perfect peace whose mind is stayed on Thee."
-Isaiah 26:3

1. What did Jesus say to His disciples and to **all** ages? John 16:33

2. Through whom alone can a man receive peace? Romans 5:1

NOTE: "When the Spirit of God controls mind and heart, the converted soul breaks forth into a new song; for he realizes that in his experience the promise of God has been fulfilled. . . . 'Being justified by faith,' he has 'peace with God through our Lord Jesus Christ.'" —AA, p. 476

3. What must Christians strive for with all their strength? Romans 12:18

NOTE: "He who is at peace with God and his fellow men cannot be made miserable. . . . The heart that is in harmony with God is a partaker of the peace of heaven and will diffuse its blessed influence on all around. The Spirit of peace will rest like dew upon hearts weary and troubled with worldly strife." -MB, p. 28

4. *What message are we to carry into the world? Matthew 10:7*

5. *Who are the true peacemakers?*

NOTE: "Whoever, by the quiet, unconscious influence of a holy life, shall reveal the love of Christ; whoever, by word or deed, shall lead another to renounce sin and yield his heart to God, is a peacemaker." -MB, p. 28

6. *What keeps our hearts and minds through Jesus? Philippians 4:7*

7. *What blessing is promised to peacemakers? Matthew 5:9*

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

“

T	12	9	6	5		14	3	8	18	8	19	20	9	19	T
12	9	6	5		15	6	18	5	19	20	6	21	12	14	5
9	6		10	5	19	21	19	9	19	2	18	15	21	7	8
9	14	20	15		20	8	5	12	9	6			20	8	1
12	9	6	5		23	9	12	12	2	5		6	9	12	12
23	9	20	8		7	15	15	4	1	14	4		14	15	2
23	15	18	11	19	T	15	18	20		5		13	1	19	20

T 18

-5T, p. 487

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LONGSUFFERING

MEMORY VERSE:

"I, therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called. With all lowliness and meekness, with longsuffering, forbearing one another in love." Ephesians 4:1, 2

In the dictionary, longsuffering is defined as "patient endurance." The Scriptures tell us that the prophets and Job are examples of patience.

Job suffered much at the hands of Satan. The riches he possessed—even his children—were swept away by Satan. But Job remained faithful to the Lord. He was afflicted with boils; his friends pressed on his burdened spirit their accusations of wrongdoing; and all around him, it seemed, there could be no greater trouble. "When He hath tried me," he said, "I shall come forth as gold." Job 23:10. By Job's patient endurance, he cleared his own character and thus the character of Him whom he represented. And so the Lord blessed Job twice as much for his patience.

We, too, must learn to endure hardships, unjust accusations and persecution for the Lord's sake. Longsuffering is a virtue not easily obtained because of our proud and haughty spirits; but, as true followers of Jesus, we will learn to develop this necessary and blessed fruit of the Spirit.

1. What does the Bible say about patience? Ecclesiastes 7:8; Luke 21:19
2. Who are counted as happy? James 5:11, first part
3. What is one characteristic of God? Luke 18:7; 1 Peter 3:20, second part; 2 Peter 3:15
4. How does God show this when He deals with man? Psalm 86:15; 2 Peter 3:9
5. How must we act in times of trouble? Romans 12:12
6. Why must we be patient? James 1:3, 4

NOTE: "The characteristics most needed to be cherished by God's command-keeping people are patience and longsuffering, peace and love." -6T, p. 398

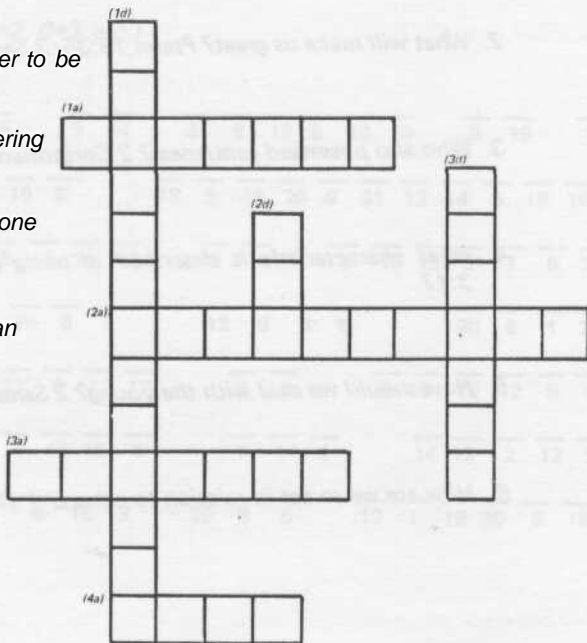
7. How is a Christian to help others? 1 *Thessalonians 5:14*

NOTE: "Religion is founded upon love to God, which also leads us to love one another. It is full of gratitude, humility and longsuffering. It is self-sacrificing, forbearing, merciful, and forgiving. It sanctifies the whole life and extends its influence over others." -4T, p. 223

8. How is the Christian race to be run? *Hebrews 12:1*

QUIZ TIME (Crossword)

- 1. He that (1a) is counted as happy.
- 2. One characteristic of God. (1d)
- 3. When He hath tried me, I shall come forth as (4a).
- 4. We must be patient in order to be (3a).
- 5. An *example* of a longsuffering man. (2d)
- 6. With longsuffering, (2a) one another in love.
- 7. It is better to be (3d) than proud in spirit.



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GENTLENESS

MEMORY VERSE:

"To speak evil of no man, to be no brawlers, but gentle, shewing all meekness unto all men." Titus 3:2

Gentleness is a virtue that is essential. It is something which must be cherished in the heart. Christ is the greatest example of gentleness, and we should follow Him. His life is an illustration of true courtesy. When walking among the thoughtless, discourteous, and rude; among the unjust publicans and unrighteous Samaritans; among the heathen soldiers, rough peasants and mixed multitudes, He always spoke a word of sympathy and encouragement.

"The religion of Jesus softens whatever is hard and rough in the temper and makes the words gentle and the demeanor winning. Kind words are as gentle showers to the soul. Christianity will make a man a gentleman. Christ was courteous, even to His persecutors; and a true follower of Jesus will show the same spirit. A kind, courteous Christian is the most powerful argument that can be produced in favor of Christianity." -GW, pp. 121-123

1. *What is one of the characteristics of a servant of God? 2 Timothy 2:24*
2. *What will make us great? Psalm 18:35; 2 Samuel 22:36*
3. *Who also possessed gentleness? 2 Corinthians 10:1*
4. *What characteristic is described as being peaceable and gentle? James 3:17*
5. *How should we deal with the young? 2 Samuel 18:5*
6. *How are we to act in relation to others? 1 Thessalonians 2:7*

NOTE: "None but a wholehearted Christian can be a perfect gentleman; but if Christ is abiding in the soul His spirit will be revealed in the manner, the words, and the actions. Gentleness and love cherished in the heart will appear in self-denial, in true courtesy. Such workers will be the light of the world." -TM, p. 264

7. *How should the gospel be presented to others?*

NOTE: "But God's servants are to be representatives of Him. He desires them to deal only in the currency of heaven, the truth that bears His own image and superscription. The power by which they are to overcome evil is the power of Christ. The glory of Christ is their strength. They are to fix their eyes upon His loveliness. Then they can present the gospel with divine tact and gentleness. And the spirit that is kept under provocation will speak more effectively in favor of the truth than will any argument, however forcible." -DA, p. 353

QUIZ TIME (True or false)

1. *Gentleness will make a person great.*
2. *Christ possessed gentleness.*
3. *Joab was commanded to treat Absalom with strictness.*
4. *Wisdom is pure, peaceable and gentle.*
5. *The gospel is to be presented with tact and gentleness.*

* * * * *

GOODNESS

MEMORY VERSE:

*"For we are His workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in **them**." Ephesians 2:10*

Many Bible texts tell us of the goodness of God. David said, "Oh how great is Thy goodness, which Thou hast laid up for them that fear Thee, . . ." Psalm 31:19. "The earth is full of the goodness of the Lord." Psalm 33:5. We can be sure the Lord is good because of all the wonderful things He has done for us. He gives us love, strength and the means to obtain all of our daily needs. Knowing this, should we not share this goodness with others? Christ went about doing good, and He is our example in all things.

In order to *do* good, we must first *be* good. We must live a Christian life, and in so doing we will be able to do good for others and show our love for them. "Pure love has special efficacy to do good, and can do nothing but good. . . . But truth and goodness are the properties of pure love." —AH, p. 195

1. *Who is our example of goodness? Acts 10:38; Exodus 34:6*
2. *Who will lead us to repentance? Romans 2:4*
3. *Can we receive a part of God's goodness? 2 Samuel 7:28; 1 Chronicles 17:26*
4. *What do we owe the Lord for the goodness He has shown to us? Psalm 107:8, 15,21,31*
5. *With whom will the Lord be? 2 Chronicles 19:11*
6. *How can we know what to do to be good? Psalm 37:23*

7. *How can we spread goodness? Proverbs 17:22*

NOTE: "You must *be* good before you can *do* good. You cannot exert an influence that will transform others until your own heart has been humbled and refined and made tender by the grace of Christ. When this change has been wrought in you, it will be as natural for you to live to bless others as it is for the rosebush to yield its fragrant bloom or the vine its purple clusters." -MB, p. 128

8. *What will a good man bring forth? Matthew 12:35; Luke 6:45*

NOTE: "The golden rule teaches, by implication, the same truth which is taught elsewhere in the Sermon on the Mount, that 'with what measure ye mete, it shall be measured to you *again*.' That which we do to others, whether it be good or evil, will surely react upon ourselves, in blessing or in cursing. Whatever we give, we shall receive again. . . . The earthly blessings which we impart to others may be, and often are, repaid in kind. What we give does, in time of need, often come back to us in fourfold measure in the coin of the realm." -MB, p. 136

9. *How will the good man feel about himself? Proverbs 14:14*

10. *What will we be given if we manifest goodness? Romans 2:10; Proverbs 12:2*

11. *Give some other examples of good men in the Scriptures. Luke 23:50, 51; Acts 11:22, 24*

NOTE: "God calls for those who will be workers together with Him. Connected with Christ, human nature becomes pure and true. Christ supplies the efficiency, and man becomes a power for good." —MYP, p. 35

QUIZ TIME (Multiple choice)

1. A good man will obtain _____ of the Lord.
 - a) mercy
 - b) favor
 - c) gifts
2. _____ doeth good like a medicine.
 - a) A merry heart
 - b) Repentance
 - c) Courage
3. If we show goodness to others, we will receive _____.
 - a) glory and honor
 - b) punishment
 - c) praise
4. The goodness of God leads us to _____.
 - a) longsuffering
 - b) repentance
 - c) riches

20 8 5 18 5 6 15 18 5 1 12 12 20 8 9 14 7 19
 23 8 1 20 19 15 5 22 5 18 25 5 23 15 2 12 4
 20 8 1 20 13 5 14 19 8 15 21 12 4 4 15 20 15
 25 15 21 4 15 25 5 5 22 5 14 19 15 20 15 20 8 5 13
 6 15 18 20 8 9 19 9 19 20 8 5 12 1 23 1 14 4
 20 8 5 16 18 15 16 8 5 20 19 —Matthew 7:12

PASS IT ON

Have you had a kindness shown?

Pass it on;

'Twas not given for thee alone,

Pass it on.

Let it travel down the years,

Let it wipe another's tears

Till in Heaven the deed appears.

Pass it on.

—Henry Burton

FAITH

MEMORY VERSE:

"Now faith is the substance of things hoped for, the evidence of things not seen." Hebrews 11:1

Faith is sometimes a difficult thing to define in human terms. It is believing in things that we have not seen or heard. We are told much about God in the Scriptures, but it is not enough to believe *about* God; we must believe *in* Him.

Christ always knows what is in our hearts. We must come to Him in faith. Then He will hear our prayers and answer them. Faith enables us to claim God's promises and has its foundation in these promises. It is not enough to presume that God will take care of us; our faith must be based on the promise that He will take care of us.

Faith and love are the essential, powerful, working elements in the life of a true follower of Christ. Faith is trusting in God and believing that He loves us. Faith leads us to choose the way of the Lord, not our own. Without faith we cannot please God. "Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." Revelation 14:12

1. How does Christ dwell in us? *Ephesians 3:17*

NOTE: "More than this, Christ changes the heart. He abides in your heart by faith. You are to maintain this connection with Christ by faith and the continual surrender of your will to Him; and so long as you do this, He will work in you to will and to do according to His good pleasure." -SC, p. 62

2. What is the foundation of true faith? *Romans 10:17*

3. How does faith work? *Galatians 5:6*

NOTE: "Now genuine faith always works by love. When you look to Calvary it is not to quiet your soul in the nonperformance 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. . . . The labor of love springs from the work of faith." —2SM, p. 20

4. How do the just *children* of God *walk*? 2 Corinthians 5:7; Hebrews 10:38
5. Can we please God without faith? Hebrews 11:6
6. What is possible for those who are strong in faith? Mark 9:23; Matthew 21:22
7. What must accompany the preaching of the gospel? Hebrews 4:2
8. What did the apostle James say about faith and works? James 2:20-22
9. To whom has the Lord promised an inheritance? 1 Peter 1:3-5
10. What is our assurance of victory through faith? 1 Corinthians 15:57; 2 Corinthians 2:14

NOTE: "But if we would enter the city of God, and look upon Jesus in His glory, we must become accustomed to beholding Him with the eye of faith here." —MYP, p. 114

11. What is the final goal of faith? 1 Peter 1:8, 9

NOTE: "The clouds that gather about our way will never disappear before a halting, doubting spirit. Unbelief says: '*We* can never surmount these obstructions; let us wait until they are removed, and *we* can see our way *clearly*.' But faith courageously urges an advance, hoping all things, believing all things. Obedience to God is sure to bring the victory. It is only through faith that we can reach heaven." —4T, p. 27

QUIZ TIME (Read Hebrews 11 and list the heroes of faith mentioned there.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Also: 1. 2. 3. 4. 5. 6.

* * * * *

Lesson 11

MEEKNESS

MEMORY VERSE:

"The meek will He guide in judgment: and the meek will He teach His way." Psalm 25:9

Meekness is a fruit of the Spirit that has a very special blessing attached to it. "Blessed are the meek; for they shall inherit the earth." Matthew 5:5. What a precious promise!

It is so easy to be selfish and proud and believe that "what is best for me, is best for all." In most cases, it seems to be *me* first, *God* second, and *others* last. But the love of Jesus teaches us something better. True meekness and humility put *Cod* first, *others* second and *me* last! Selfishness and pride cannot exist in a heart where Jesus dwells. Jesus loves the youth and wants them to learn meekness and lowliness of heart. These characteristics in the life of Christ will be shown in the lives and characters of all who walk as He walked. Meekness is among the first qualifications for Christ's kingdom. It softens the heart and opens it to God's Word.

1. What do we know about Christ's and *Moses'* characters? Matthew 11:29; Numbers 12:3

2. What showed the Saviour's meekness? Philippians 2:7, 8

NOTE: "Jesus emptied Himself, and in all that He did, self did not appear. He subordinated all things to the will of His Father." —MB, p. 14

3. *How are believers commanded to act toward others? Ephesians 4:2; Colossians 3:12; Titus 3:2*

4. *What promise is made to the meek? Matthew 5:5*

NOTE: "Throughout the Beatitudes there is an advancing line of Christian experience. Those who have felt their need of Christ, those who have mourned because of sin and have sat with Christ in the school of affliction, will learn meekness from the divine Teacher.

"The world's Redeemer had a greater than angelic nature, yet united with His divine majesty were meekness and humility that attracted all to Himself." —MB, pp. 13, 14

5. *Of what importance is meekness in the Christian life? 1 Peter 3:4*

6. *What will meekness produce in us? John 14:27*

NOTE: "You will have to learn the important lesson of what it is to be a man in the sight of God. It is to be like Jesus, meek and lowly of heart, to guard the interests of others more sacredly than you would your own. . . . It should be carried out in your daily life and practice, showing that you have not been playing truant or a dull scholar in the school of Christ." —SD, p. 82

7. *What inheritance is promised to the meek? Psalm 37:10, 11*

8. *When will meekness be to our greatest advantage? Zephaniah 2:1-3*

9. *What will those who have been meek receive? Isaiah 29:19*

QUIZ TIME (True or *false*)

- 1. Selfishness can still exist where Jesus dwells.
- 2. The meek are promised an inheritance.
- 3. Christ was meek and humble in heart.
- 4. Meekness is of little importance in the Christian life.
- 5. Meekness is a sign of true *discipleship*.
- 6. Our motto should be: God first, others second, and me last.

It's Not Easy . . .

To *apologize*,
To *begin over*,
To be *unselfish*,
To take *advice*,
To admit *error*,
To face a sneer,
To be *charitable*,
To keep on *trying*,
To be *considerate*,
To avoid mistakes,
To endure success,

To profit by mistakes,
To *forgive* and forget,
To think and then act,
To keep out of the rut,
To make the best of *little*,
To subdue an unruly temper,
To maintain a high standard,
To shoulder a deserved blame,
To *recognize* the silver lining—
But it always pays.

* * # * *

TEMPERANCE

MEMORY VERSE:

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Corinthians 10:31

True Christian temperance is total abstinence from all that is harmful and the moderate use of that which is good. Our bodies are the temple of the Holy Spirit, and we must keep them clean from all things that would harm us, so they will be a fit place for the indwelling of Jesus by His Holy Spirit.

There are many things that can damage our bodies. Among these are liquor, tobacco, unclean foods, stimulants and drugs. Most of us already know that we should avoid these, but temperance also means moderation. Therefore, in order to practice this virtue, we must be careful of the amount of food and drink, even healthful ones, that we put into our bodies.

We must also be modest in our dress and moderate in our activities and recreation. "True temperance teaches us to dispense entirely with everything hurtful and to use judiciously that which is healthful." —PP, p. 562

7. *How is true temperance described? 1 Corinthians 10:31*

NOTE: "In order to preserve health, temperance in all things is necessary. Temperance in labor, temperance in eating and drinking." —2SM, p. 416

2. *Where is temperance placed in the growth of a Christian? 2 Peter 1:5, 6*

3. *What are our bodies to be? 1 Corinthians 6:19*

NOTE: "God designs that the body shall be as a temple for His Spirit. Solemn is the accountability resting upon every soul. Your individual influence is exercised for good or for evil. If you defile your body, you are not only doing harm to yourself, but to many others. Christians are under obligation to God to keep soul, body, and spirit free from all that will defile; for they have been bought with a price. . . .

"No man or woman has any right to form habits which lessen the healthful action of one organ of mind or body." —SD, p. 313

4. *What will happen if we defile this temple? 1 Corinthians 3:17*

5. What will we obtain if we strive for self-control? 1 Corinthians 9:25
6. In what way was the *apostle Paul* temperate? 1 Corinthians 9:27
7. For what perfection of character did the apostle pray? 1 Thessalonians 5:23
8. Are *health* principles a part of *Bible religion*? 3 John 2
9. Why did God give us *health rules*? Deuteronomy 6:24
10. In what other area are we to be temperate? 1 Timothy 2:9, 10
11. What should we make known to all men? Philippians 4:5

QUIZ TIME (*In what ways are we to be temperate?*)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

* * * * *

THE OUTPOURING OF THE HOLY SPIRIT

MEMORY VERSE:

"And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance." Acts 2:4

Obedying Christ's command, the disciples waited in Jerusalem for the promise of the **Father**—the outpouring of the Holy Spirit. As they waited, they humbled themselves and their hearts and confessed their unbelief. They meditated on the things they had seen and heard while Christ was on this earth and prayed that they would be fit to speak words that would lead sinners to Christ.

The Spirit came upon the waiting, praying disciples and reached every heart, about 120 in number. "And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Ghost, and began to speak with other tongues, . . ." Acts 2:3, 4. The appearance of fire represented the **zeal** with which the apostles would work and the power which would be theirs. Strengthened by the Holy Spirit, they went to the ends of the earth, testifying to the power of Christ and preaching His word.

1. *How willing is the Lord to give us the Holy Spirit? Luke 11:13*

NOTE: "Here are revealed the heights of attainment that we may reach through faith in the promises of our heavenly Father, when we fulfill His requirements. Through the merits of Christ we have access to the throne of Infinite Power. 'He that spared not His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?' Romans 8:32. The Father gave His Spirit without measure to His Son, and we also may partake of its fullness." —GC, p. 477

2. *Under what conditions will we receive the Holy Spirit? Acts 5:32; 2:38*
3. *What part does the Holy Spirit have in our spiritual rebirth? John 3:5; Titus 3:5*
4. *What were the results of the outpouring of the Holy Spirit on the day of Pentecost? Acts 2:37, 38, 41; 5:12-14; 6:7*

NOTE: "The disciples were astonished and overjoyed at the greatness of the harvest of souls. They did not regard this wonderful ingathering as the result of their own efforts; they realized that they were entering into other men's labors. Ever since the fall of Adam, Christ had been committing to chosen servants the seed of His word, to be sown in human hearts. During His life on this earth He had sown the seed of the truth and had watered it with His blood. The conversions that took place on the Day of Pentecost were the result of this sowing, the harvest of Christ's work, revealing the power of His teaching." —AA, pp. 44, 45

5. What will be the experience of God's *children* in the *last* days? Acts 2:16-21; Joel 2:28, 29

6. Before receiving the Holy Spirit, what must God's people experience? Joel 2:15-17

7. What should we pray for at this time? Zechariah 10:1

NOTE: "To the end of time the presence of the Spirit is to abide with the true church.

"But near the close of earth's harvest, a special bestowal of spiritual grace is promised to prepare the church for the coming of the Son of Man....

"But unless the members of God's church today have a living connection with the Source of all spiritual growth, they will not be ready for the time of reaping. Unless they keep their lamps trimmed and burning, they will fail of receiving added grace in times of special need." —AA, p. 55

QUIZ TIME

9

20

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381

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PK

p.169

QUIZTIME ANSWERS (Fruits of the Spirit)

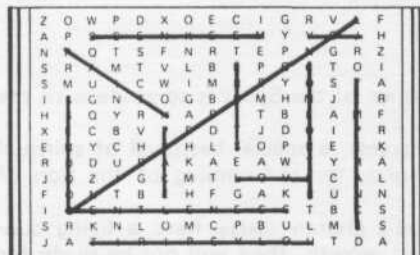
Lesson 1

1. true
2. false
3. false
4. true
5. true

Lesson 2

1. (b) the Spirit
2. (a) the believing disciple
3. (b) communicates with man
4. (c) throughout the Bible
5. (a) be out quite

Lesson 3



Lesson 4

1. (d) the fulfilling of the law
2. (f) He gave His Son
3. (v) an everlasting love
4. (a) love
5. (b) our neighbor
6. (d) love
7. (c) thy neighbor

Lesson 5

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

Lesson 6

"A life in Christ is a life of restfulness. . . If Jesus is brought into the life, that life will be filled with good and noble works for the Master."

Lesson 7

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O
E N D U R E S
G
S J A
U O T
F O R B E A R I N G
F E
P E R F E C T
N
G O L D

Lesson 8

1. true
2. true
3. false
4. true
5. true

Lesson 9

1. (b) favor
2. (a) merry heart
3. (a) glory and honor
4. (b) repentance

"Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets."

Lesson 10

1. Abel
2. Enoch
3. Noah
4. Abraham
5. Sarah
6. Isaac
7. Jacob
8. Joseph
9. Moses
10. Rahab
1. Gideon 2. Barak 3. Samson 4. Jephthah 5. David 6. Samuel

Lesson 11

1. false
2. true
3. true
4. false
5. true
6. true

Lesson 12

1. Labor
2. Dress
3. Eating
4. Drinking
5. Sleeping
6. Recreation

Lesson 13

"It is the still, small voice of the Spirit of God that has power to change the heart."