

## ***THE TEN COMMANDMENTS***

I. Thou shalt have no other gods before me.

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

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

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

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

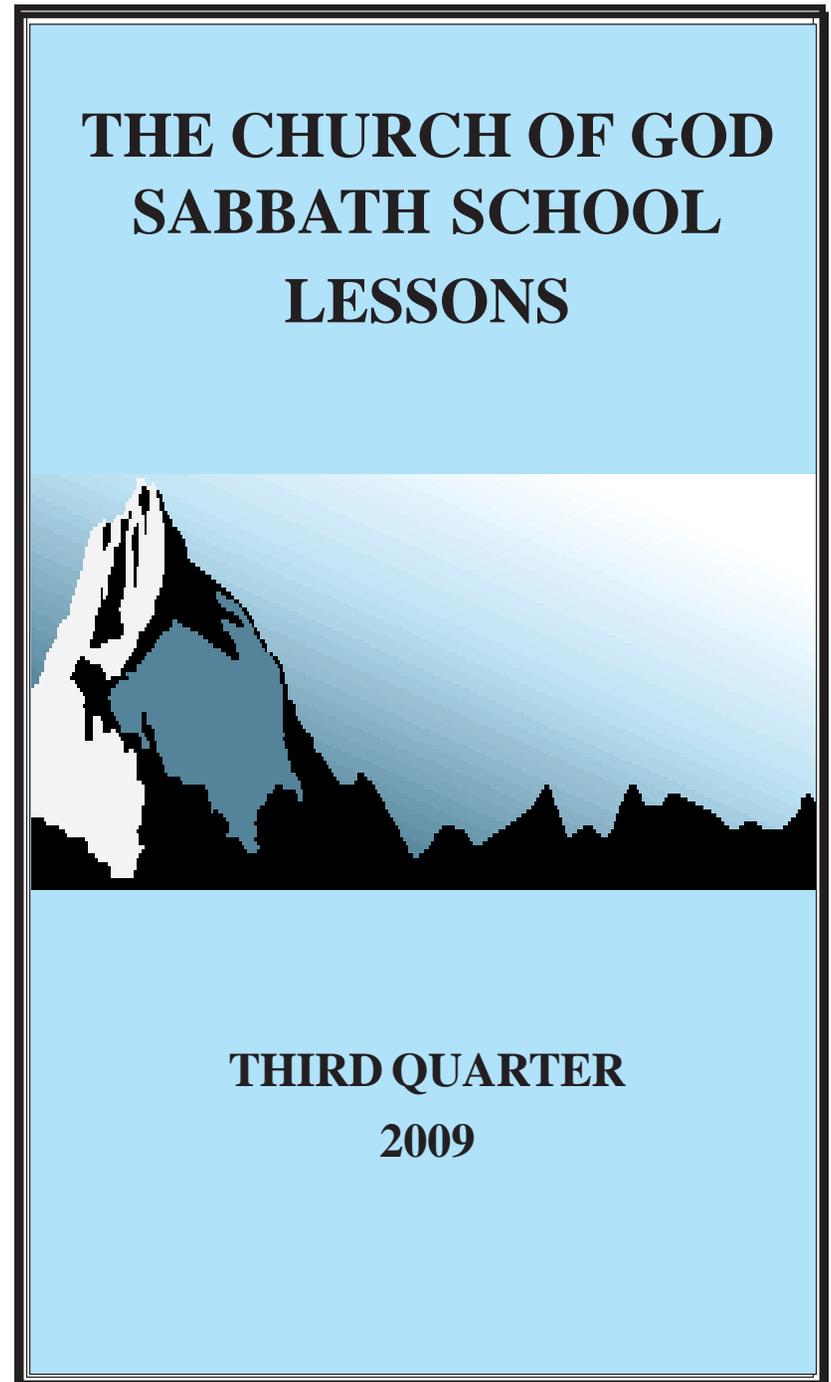
VI. Thou shalt not kill.

VII. Thou shalt not commit adultery.

VIII. Thou shalt not steal.

IX. Thou shalt not bear false witness against thy neighbour.

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



*Lesson For Sabbath, July 4, 2009***FATHERS**

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**IN THIS QUARTERLY****PROVERBS**

**While the whole Bible is a handbook for living, the Proverbs, we are told, were written so that we may know "wisdom and instruction to perceive the words of understanding."**

**It has been said that "knowledge is power." God wants to empower each and every one of us so that we might serve Him all the days of our lives.**

**Scripture Reading: John 17.**

**Golden Text: Ephesians 6:4.**

1. What are sons to receive from their fathers? Proverbs 1:8; 4:1.
  2. Did the Lord know that Abraham would instruct his children? Genesis 18:17-19.
  3. How did Paul describe his relationship with Timothy? I Timothy 1:1-2; 4:11-15.
- NOTE: Paul's epistle to Timothy is full of instructions. As his "spiritual" father, Paul was trying to encourage the young Timothy and help him with his new ministry.*
4. What did David tell Solomon? Proverbs 4:2-4, 10-13.
  5. Where was a son instructed to keep the law? Proverbs 7:1-3; Deuteronomy 6:6-9.
  6. What will a wise son accomplish? Proverbs 10:1 (first part); 13:1 (first part).
  7. What does a foolish son become? Proverbs 19:13 (first part); 10:1 (second part).
  8. What happens to children of a man who walks in integrity? Proverbs 20:7.
  9. What will happen to one who curses his father or mother? Proverbs 20:20; Exodus 21:17; Leviticus 20:9.
  10. To what does the father compare honey and the honeycomb? Proverbs 24:13-14.

*NOTE: This wisdom will bring truth and peace. See Philippians 4:7.*

## *Lesson For Sabbath, July 11, 2009*

### **MOTHERS**

**Scripture Reading: I Samuel 1.**

**Golden Text: I Samuel 2:1.**

1. Who taught King Lemuel? Proverbs 31:1.
2. What was the prophecy or teaching? Proverbs 31:2-9.
3. When Paul wrote to Timothy, who are we told were examples in his life? II Timothy 1:1-5.
4. What will a child left to himself bring to his mother? Proverbs 29:15; 19:26.
5. What are we told NOT to do when our mother is old? Proverbs 23:22 (last part).
6. If we "buy the truth and sell it not," what will our mothers do? Proverbs 23:23-25.
7. What will a foolish man do regarding his mother? Proverbs 15:20; 10:1.
8. What will happen to one that "despiseth to obey his mother?" Proverbs 30:17.
9. In contrast, what is a son told to remember? Proverbs 6:20-23; 1:8.
10. What is one considered to be if one would rob father or mother? Proverbs 28:24.

*NOTE: Mothers play a significant role in our lives. It is up to us to listen and obey. This earthly relationship will help us with our spiritual one as God asks us to do the same thing, listen and obey. "He that hath ears to hear, let him hear."*

## *Lesson For Sabbath, July 18, 2009*

### **HUSBANDS AND WIVES**

**Scripture Reading: I Corinthians 6:9-7:5.**

**Golden Text: Ephesians 5:33.**

1. What does a virtuous woman become for her husband? Proverbs 12:4 (first part); 31:10; I Corinthians 11:7.
2. How is a non-virtuous woman portrayed? Proverbs 12:4 (last part).
3. Why are the commandments and the law given? Proverbs 6:23-29.
4. If a man finds a virtuous woman, what will the husband be able to do? Proverbs 31:11-12.
5. What additional admonition is a husband given? Colossians 3:19.  
*NOTE: Webster's describes "bitter" as strong feelings of hatred, resentment or cynicism.*
6. How important are married relationships? Proverbs 5:15-19. Remember Genesis 2:21-24.  
*NOTE: All too often we forget we are one flesh. No one said it would be easy, but marriage is an institution that needs both parties' attention.*
7. What does a man obtain when he finds a wife? Proverbs 18:22.
8. What are we told about a prudent wife? Proverbs 19:14.  
*NOTE: Being prudent means that one is capable of exercising sound judgment in practical matters. (Webster)*
9. What blessings will a man receive when he fears the Lord? Psalm 128:1-4.
10. How are husbands to love their wives? Ephesians 5:25.
11. What other capabilities does a virtuous woman have? Proverbs 31:13-31.

## *Lesson For Sabbath, July 25, 2009*

### **CHILDREN**

**Scripture Reading: Proverbs 4.**

**Golden Text: Proverbs 22:6.**

1. Of what are we reminded? Proverbs 1:8; 2:1; 3:1.
2. What did David say he would teach to the children? Psalm 34:11.
3. Why is fear of the Lord important? Proverbs 1:7; Psalms 19:9.
4. What are the "crown of old men?" Proverbs 17:6.
5. How does Solomon describe children? Psalm 127:3.
6. What is bound in the heart of a child? Proverbs 22:15.

*NOTE: Parents try very hard to keep children from making fools of themselves. Listening is important, and that is why young and old alike are reminded to do so. Proverbs 8:32.*

7. What do the children of a virtuous woman call her? Proverbs 31:28.
8. When a just man walks in his integrity, what happens to his children? Proverbs 20:7.
9. If the fear of the Lord brings strong confidence, what else will happen? Proverbs 14:26-27; 15:16.
10. How does Paul encourage children in Ephesians? Ephesians 6:1-3.

## *Lesson For Sabbath, August 1, 2009*

### **WINE**

**Scripture Reading: Proverbs 23.**

**Golden Text: Proverbs 20:1.**

1. If we honor the Lord with our substance, what will happen? Proverbs 3:9-10.

*NOTE: STRONG'S SAYS THAT THIS WINE IS FRESHLY SQUEEZED GRAPE JUICE.*

2. What was King Lemuel told? Proverbs 31:4-7.

*NOTE: Strong's says that this wine is fermented and intoxicating.*

3. What do the wicked eat and drink? Proverbs 4:13-17.
4. What is one considered to be when he is deceived by wine and strong drink? Proverbs 20:1.
5. Will a man who loves wine and oil be rich? Proverbs 21:17.
6. The question is asked, who hath woe? Proverbs 23:29-30.
7. When God cast off His people, what did He give them to drink? Psalm 60:1-3 (intoxicating wine).
8. Did Daniel drink of the king's wine? Daniel 1:5-8.
9. What other warnings are given to a son? Proverbs 23:19-21.
10. What did the blessing of Jacob by Isaac include? Genesis 27:26-28.

## *Lesson For Sabbath, August 8, 2009*

### **GOLD, SILVER, AND MONEY**

**Scripture Reading: II Kings 12:1-16.**

**Golden Text: Proverbs 3:13-14.**

1. What are we told are more valuable than silver and gold? Proverbs 8:10, 13-19.
2. While the fining pot is for silver, and the furnace for gold, what does the Lord do? Proverbs 17:3; Jeremiah 17:9-10.
3. What is a precious jewel? Proverbs 20:15; 3:15; 8:11.
4. What should be chosen rather than great riches? Proverbs 22:1; Ecclesiastes 7:1.
5. How is a word fitly spoken described? Proverbs 25:11-12.

*NOTE: While some folks strive after wealth, we learn that real wealth is found in the pages of the Bible.*

6. What will happen to the man who increases his substance by usury and unjust gain? Proverbs 28:8.
7. How is a rich man presented to us? Proverbs 28:11.
8. What will not happen to the man who does not put out his money to usury? Psalm 15:5.

*NOTE: Usury means interest.*

9. What will make one rich? Proverbs 10:22; Genesis 24:35; 26:12; Psalm 37:22.
10. Are we better off with a little or a lot? Proverbs 15:16; 16:8; Psalm 37:16.

## *Lesson For Sabbath, August 15, 2009*

### **WORK**

**Scripture Reading: Ecclesiastes 3.**

**Golden Text: Ecclesiastes 9:10.**

1. How is wicked work and righteous work compared? Proverbs 11:18; Hosea 10:12-13.
2. Who is related to one that is slothful? Proverbs 18:9.
3. On what basis will a man be repayed for his actions? Proverbs 24:29; 20:22.
4. What will happen to the workers of iniquity? Proverbs 10:29; 21:15.
5. In what way is the sluggard directed? Proverbs 6:6-10.

*NOTE: A sluggard is a lazy, idle person.*

6. How did Paul address this issue? II Thessalonians 3:6-12, 14-15; Proverbs 21:25-26.
7. While the fourth commandment reminds us of the Sabbath and its rest, what else are we instructed to do? Exodus 20:9-11.

*NOTE: We are given the six other days to work to support ourselves. Everyone is to be off and not work on the Sabbath. That includes the police, fire departments, EMT's, doctors, and nurses.*

8. What are we told about idols as the work of men's hands? Psalm 135:15-18.
9. How will a virtuous woman perform her work? Proverbs 31:13.
10. How is the sleep of a labouring man described? Ecclesiastes 5:12.

## *Lesson For Sabbath, August 22, 2009*

### **THE SLUGGARD AND SLOTHFUL**

**Scripture Reading: Proverbs 26.**

**Golden Text: Proverbs 10:26.**

*NOTE: As we learned in our last lesson, a sluggard is a lazy, idle person. There is an old expression that says, "an idle mind is the devil's workshop." As children of God, we need never to be found in this situation.*

1. What are we told about the way of a slothful man? Proverbs 15:19.

*NOTE: To be slothful is to be lazy as well.*

2. What does a sluggard accumulate? Proverbs 13:4. See Proverbs 14:12.

3. If the sluggard will not plow, what will he have at harvest time? Proverbs 20:4.

4. What do we find in the field of the slothful? Proverbs 24:30-34.

5. If the hand of the diligent shall bear rule, where will the slothful be found? Proverbs 12:24; 10:4.

6. How does the lazy man look at some situations? Proverbs 22:13.

7. What is included in Paul's admonition to the Romans about love? Romans 12:9-11.

8. Will a lazy person be full? Proverbs 19:15.

9. How are the Hebrews encouraged? Hebrews 6:11-12.

10. Examples of slothful behavior: Proverbs 12:27; 19:24.

## *Lesson For Sabbath, August 29, 2009*

### **DEALING WITH OTHERS**

**Scripture Reading: Proverbs 22.**

**Golden Text: Matthew 5:44.**

1. What is using a false balance (weight) called? Proverbs 11:1; 16:11; 20:10, 23; Deuteronomy 25:13-16.

2. Having confidence in an unfaithful man is likened to what? Proverbs 25:19.

3. Should we pay attention to fools and their parables? Proverbs 26:1-12.

4. Why are we told not to be envious of evil men? Proverbs 24:1-2.

5. When speaking with others, what should we keep in mind? Proverbs 25:11; 15:23; 10:11.

6. Are we to withhold good from them to whom it is due? Proverbs 3:27-29; Romans 13:7.

7. Are we told not to forsake friends? Proverbs 27:10.

8. How are we to regard beasts? Proverbs 12:10; Deuteronomy 25:4.

9. What do we have if we are slow to wrath? Proverbs 14:29; 16:32; James 1:19.

10. What are we guilty of if we mock the poor? Proverbs 17:5; 14:31; 23:10-11.

## *Lesson For Sabbath, September 5, 2009*

### **THE TONGUE**

**Scripture Reading: James 3.**

**Golden Text: James 1:26.**

1. What do we find among the seven things the Lord hates? Proverbs 6:16-17; Psalm 120:1-3.
  2. How is a virtuous woman presented? Proverbs 31:26.
  3. What does a father tell his son about an evil and strange woman? Proverbs 6:20-24.
  4. If we use a soft answer, what can happen? Proverbs 15:1-2; 16:14.
  5. To what is the tongue of the just compared? Proverbs 10:20, 31-32.
  6. When a man speaks truth, what does he show? Proverbs 12:17-20.
  7. Conversely, when a man speaks lies what will happen? Proverbs 19:9,1; 18:21.
- NOTE: A lying tongue can cause a lot of damage-- damage that may not be easily repaired. (Proverbs 11:9).*
8. What can using pleasant words accomplish? Proverbs 16:23-24.
  9. What will a talebearer reveal? Proverbs 11:13; 18:8; 20:19; 26:20-22.
  10. How is a faithful witness compared to a false witness? Proverbs 14:5; 10:19.

## *Lesson for Sabbath, September 12, 2009*

### **PRIDE**

**Scripture Reading: Job 42.**

**Golden Text: Proverbs 16:18.**

1. When we are told the fear of the Lord is to hate evil, what other characteristics are mentioned? Proverbs 8:13.
2. What will a man's pride do to him? Proverbs 29:23; 18:11-12; 16:5.
3. What else can come with pride? Proverbs 11:2; 3:35.
4. What brings about contention? Proverbs 13:10; 14:3.
5. How do the wicked treat the poor? Psalm 10:2-10.
6. Is it better to be with the lowly or the proud? Proverbs 16:19-21.
7. The Psalmist saw the prosperity of the wicked, but what else did he see? Psalm 73:3-6.
8. Where does pride start? Mark 7:20-23.
9. Why did Paul tell Timothy a bishop should not be a novice? I Timothy 3:1,6.
10. What is included in the list of things that is not of the Father, but is of the world? I John 2:16.

## *Lesson For Sabbath, September 19, 2009*

### WISDOM

**Scripture Reading: Proverbs 2.**

**Golden Text: Proverbs 3:13.**

1. What is the principal thing? Proverbs 4:7-9.
  2. How does the father instruct the son? Proverbs 4:10-11; 24:13-14.
  3. What will the rod of reproof bring to a person? Proverbs 29:15; 10:13.
  4. When one loves wisdom, what will be done? Proverbs 29:3.
  5. Why will fools die? Proverbs 10:21, 23.
  6. Will a scorner find wisdom? Proverbs 14:6; 24:7-9.
- NOTE: A scorner is one who mocks the truth.*
7. Should we speak in the ears of a fool? Proverbs 23:9.
  8. How about speaking to a wise man? Proverbs 9:8-9.
  9. What will a man void of wisdom think about his neighbor? Proverbs 11:12.
  10. How can we receive wisdom? James 1:5-6.

## *Lesson For Sabbath, September 26, 2009*

### FEAR OF THE LORD

**Scripture Reading: Proverbs 1.**

**Golden Text: Proverbs 9:10.**

*NOTE: This fear is a reverential fear or respect for the Almighty. We should not be afraid of God especially if we are striving to do His will.*

1. What follows humility and the fear of the Lord? Proverbs 22:4; Psalm 19:9.
2. In what do we receive instruction when we fear the Lord? Proverbs 15:33.
3. Will the fear of the Lord prolong our days? Proverbs 10:27-30.
4. While the righteous fear the Lord, what will come upon the wicked? Proverbs 10:24-25.

*NOTE: Instead of trying to please the Lord, their worst fears will befall them.*

5. Should we envy sinners? Proverbs 23:17-18.
6. Will those that fear God be satisfied? Proverbs 19:23.
7. What will cause men to depart from evil? Proverbs 16:6.
8. Why is a little better than great treasure? Proverbs 15:16, 8; 21:27.
9. What else does fearing the Lord bring to His children? Proverbs 14:26-27.
10. What is the whole duty of man? Deuteronomy 6:1-2; Ecclesiastes 12:13.