

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.

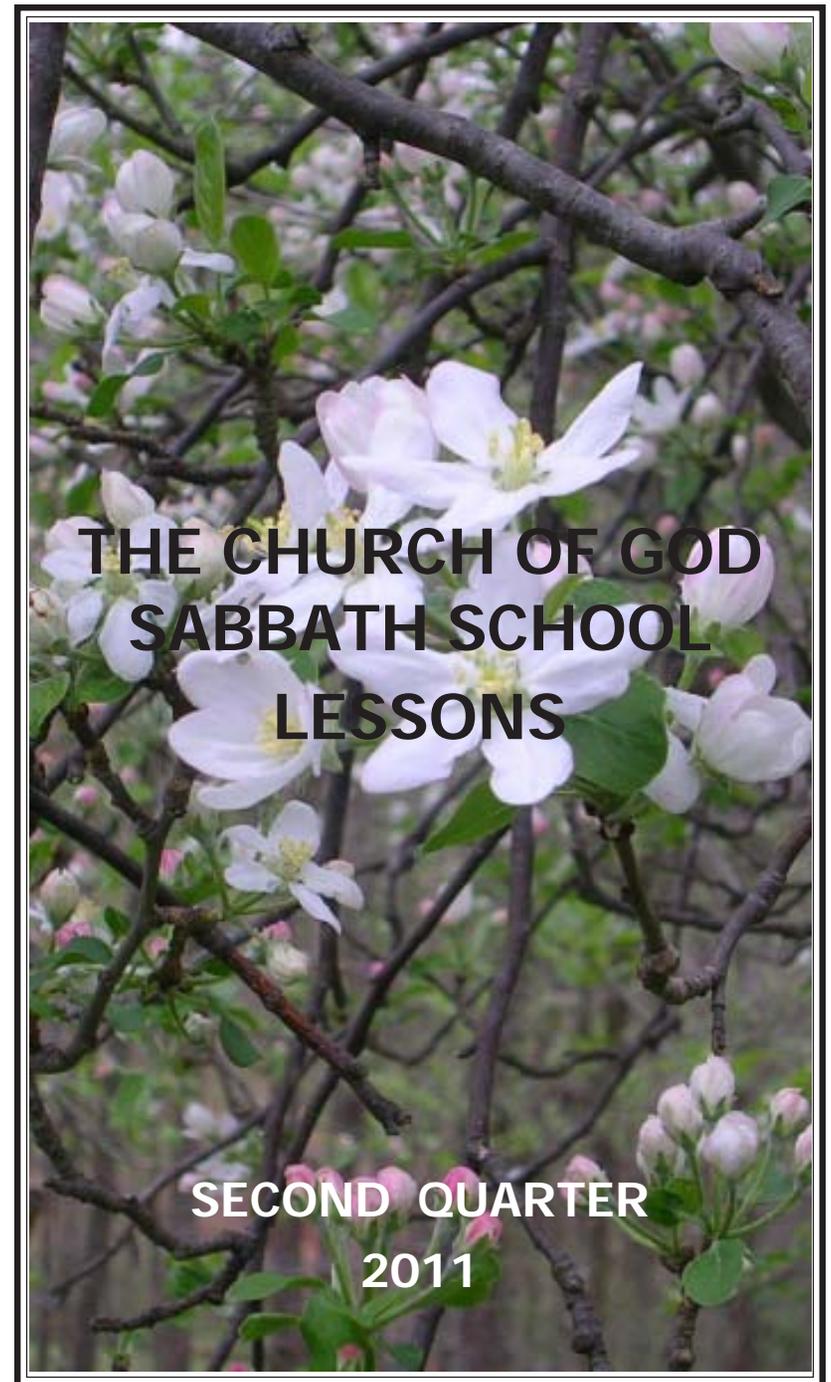
VI. Thou shalt not kill.

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.



The Church of God Sabbath School Lessons (USPS No. 560-980) is published quarterly, one month before the beginning of each new quarter: March 1, June 1, September 1, and December 1, by the Church of God Publishing House, P O Box 328, Salem, WV 26426-0328. Periodicals postage will be paid at Salem, WV 26426-0328.

POSTMASTER: Send address changes to The Church of God Sabbath School Lessons, PO Box 328, Salem, WV 26426-0328.

Your subscription is free. If you wish to contribute an offering, your contribution will be tax deductible.

IN THIS QUARTERLY

In Hebrews 12:1 we are told, "...let us lay aside every weight, and the sin which doth so easily beset (or surround) us, and let us run with patience the race that is set before us." While sin is the major problem in our lives, there are other areas that affect our walk. It seems that as soon as we get one area "under control" here comes something else to distract us.

In this quarter, we will cover some of those topics that can lead us astray. While some things may not start out as sin, because of their impact on our lives they can lead to sin.

Let our experiences act as a teacher, and guide us through this life to life eternal.

Lesson For Sabbath, April 2, 2011

HUMAN WEAKNESS AND DISCOURAGEMENT

Scripture Reading: Psalm 73.

Golden Text: Matthew 26:41.

NOTE: Discouragement is Satan's meanest and ugliest tool. To discourage someone is to deprive them of courage, hope or confidence.

1. What reason did the children of Israel give for being discouraged? Numbers 21:4

NOTE: Do you see how the verse ends "because of the way?" Our walk is sometimes referred to as "the way." Jesus said, "I am the way." Do you notice the parallels?

2. Because of this discouragement, what did Israel say against God and Moses? Numbers 21:5.

3. How did the Lord respond to their complaints? Numbers 21:6.

4. Apparently trusting in the Lord was not uppermost in their minds. Read Proverbs 3:5-6.

5. In the parable of the sower, what happened to those people who were represented by the "seed among the thorns?" Matthew 13:22.

6. What caused Nehemiah and his people to become discouraged? Nehemiah 4:7-10.

7. What did they do to overcome? Nehemiah 4:13-15.

8. How does envy affect an individual? Proverbs 14:30; 23:17-18; 27:4.

9. What about jealousy? Proverbs 6:34; Song of Solomon 8:6.

10. How did Paul address our weaknesses? II Corinthians 12:7-10.

Lesson For Sabbath, April 9, 2011

ENCOURAGEMENT

Scripture Reading: Psalm 27.

Golden Text: Psalm 31:24.

1. What does the Apostle Paul tell us about being content and how does he accomplish this contentment? Philippians 4:11-13; John 15:5; II Corinthians 12:9.
2. How does he express this same thought to Timothy? I Timothy 6:1-6.
3. Why are we told to be content? Hebrews 13:5-6.
4. Why should we depend upon the Father's care? Matthew 10:28-31.
5. How do we know we can be given eternal life? John 16:33; 10:10, 27-28; Revelation 1:17-18.
6. What other words of encouragement did Jesus speak? John 12:26; 14:27.
7. During times of trials and troubles, Who is our companion? I Peter 4:12-13.
8. What does the Psalmist say when we call on the Lord, and we are in distress? Psalm 118:5-9.
9. Why were "things written aforetime?" Romans 15:4; I Corinthians 10:11.
10. Should we learn to encourage others? II Corinthians 1:3-4; Romans 12:15; Titus 2:11-15.

NOTE: Encouraging others will not only help them, but help ourselves. The stronger we all are, the better we will be at rejecting Satan.

Lesson For Sabbath, April 16, 2011

COVETOUSNESS

Scripture Reading: Colossians 3:1-17.

Golden Text: I Corinthians 12:31.

1. Will those who covet enter into the kingdom? I Corinthians 6:9-10.

NOTE: To covet is to want something ardently, especially something that another person has. The tenth commandment covers all aspects of our neighbor's house, wife and goods.

2. How should our conversation be handled? Hebrews 13:5.
 3. Who is our helper with these matters? Hebrews 13:6; Psalm 118:6; 23:1.
 4. What did Achan do to cause Israel trouble? Joshua 7:20-21.
 5. How did Joshua handle the matter? Joshua 7:22-26.
 6. What was David's great sin? II Samuel 11:1-4.
 7. How did David handle the situation? II Samuel 11:5-6, 14-15, 26-27.
- NOTE: Joshua corrected the problem. David made matters worse and "displeased the Lord."*
8. What is the more excellent way? I Corinthians 13:1, 13; John 13:35.
 9. What are the consequences of covetousness? Ezekiel 22:12-14; Proverbs 15:27; 28:20.
 10. What else happens to the covetous? Habakkuk 2:9-11.

NOTE: It seems that covetousness is the root cause for many sins and crimes that are committed. Where did Satan's evil thoughts start? Isaiah 14:12-14.

Lesson For Sabbath, April 23, 2011

UNBELIEF

Scripture Reading: Romans 11:13-36.

Golden Text: Matthew 13:58.

1. What warning is given concerning unbelief? Hebrews 3:12.
 2. How can we please God? Hebrews 11:6.
- NOTE: Those who say God does not exist lack faith. Those without faith have no hope.*
3. What does Paul say about having hope in this life only? I Corinthians 15:12-19.
 4. Why did Christ reprove the eleven disciples? Mark 16:14.
 5. Why were the "natural branches," Israel, broken off from the olive tree? Romans 11:20.
 6. What warning are the Gentiles given today? Romans 11:21-22.
 7. What was the cause of the Israelites dying in the wilderness? Hebrews 3:15-19; Numbers 14:26-31.
 8. Will it be possible to reinstate the "natural branches"? Romans 11:23-24.
 9. What did the Lord say to Thomas? John 20:27-28.
 10. What did He say about us today? John 20:29.
 11. Where will the unbelievers find themselves? Revelation 21:8.

NOTE: Unbelief and the lack of faith can and will carry us away from the Lord. Let us pray to be strong and endure.

Lesson For Sabbath, April 30, 2011

NO OTHER GODS

Scripture Reading: II Kings 17:24-41.

Golden Text: Exodus 20:3; Deuteronomy 5:7.

NOTE: Someone or something can become a "god" in our lives keeping us from serving the one true God. Like Satan, these "gods" can subtly takeover our time and money.

1. Why does this commandment seem to be uppermost in the mind of God? Exodus 34:14.
2. Did God continually warn Israel not to have other god's beside Him? Deuteronomy 11:16-17; 12:20-30; Exodus 22:20.
3. Why was the Lord very angry with King Solomon? I Kings 11:9-11.
4. How did Hezekiah begin a revival in Israel? II Kings 18:3-5; II Chronicles 29:4-7; 30:6-7.
5. What happens to those who worship other gods? Psalm 16:4; 97:7; Isaiah 42:17.
6. Can any other god save us? Hosea 13:4.
7. How did the Lord admonish the people through the prophet Jeremiah? Jeremiah 25:6-7; 10:8, 14-15.
8. What does Jesus say about serving other gods? Matthew 6:24; Luke 16:13-15.
9. How does Paul express himself on our subject? I Corinthians 10:7, 14.
10. What must we be aware of so we do not offend God? Romans 1:21-25; I John 5:21.

NOTE: We were created for God's pleasure (Revelation 4:11). Therefore, it's important to put Him first and not another created thing. Being a responsible environmentalist is good, but being an extreme environmentalist is no more than a new age religion: Idol worship.

Lesson For Sabbath, May 7, 2011

NO GRAVEN IMAGES

Scripture Reading: Isaiah 44:8-21.
Golden Text: Deuteronomy 5:8-10.

1. After God spoke the Ten Commandments to Israel, what else did He say about them? Exodus 20:18-23.

2. What happened when Moses was delayed in coming down from Sinai? Exodus 32:1-6.

NOTE: The Lord was specific about idols and graven images, and yet the people thought the “gods” had power.

3. What was the punishment for sacrificing “...unto any god, save unto the LORD?...” Exodus 22:20; Deuteronomy 17:2-5.

4. What did Moses do about the golden calf? Exodus 32:20.

5. How did Moses punish the children of Israel? Exodus 32:25-28.

6. What does the Lord say about idolatry and idolaters? Isaiah 41:28-29; Nahum 1:14; Hosea 8:11; Psalm 106:36.

7. What will come upon the children of disobedience? Colossians 3:5-6.

NOTE: Covetousness is idolatry. Why? Because we are only trying to satisfy ourselves. We are not trying to please God, just ourselves.

8. How did Paul speak to the men of Athens when he was at Mars' hill? Acts 17:23-24, 28-29.

9. What happened to the nation of Israel after Joshua's death? Judges 2:19-22; Psalm 78:58.

10. How are we to live so that we serve God properly? Romans 6:6, 10-13.

Lesson For Sabbath, May 14, 2011

WORK

Scripture Reading: Hebrews 4.
Golden Text: Mark 2:27.

1. How many days a week may we work? Exodus 20:9; Deuteronomy 5:13.

2. How long shall the land “work?” Exodus 23:10.

3. What should happen in the seventh year? Exodus 23:11.

4. Is the seventh day Sabbath to be a rest for man alone? Exodus 23:12.

NOTE: No one, not even the stranger, was supposed to work. See Exodus 20:10.

5. How are we to approach every task? Ecclesiastes 9:10.

6. What is someone called if he does not provide for his family? I Timothy 5:7-8.

7. What does Paul say about someone who does not work? II Thessalonians 3:10.

8. What happens to those “...that dealeth with a slack hand...”? Proverbs 10:4-5.

9. What about the diligent man? Proverbs 12:24, 27.

NOTE: Diligent means to be hard working, industrious.

10. What happens when the “night cometh?” John 9:1-4.

NOTE: Work is absolutely necessary for us, but it should never be so all-consuming that we do not rest properly on the Sabbath. NO ONE has an excuse to work on the Sabbath except it be the “ox in the ditch” situation. This is an exception, not the rule. The health care industry does not get an exception.

Lesson For Sabbath, May 21, 2011

HYPOCRISY

Scripture Reading: Luke 12:12; Matthew 23:23-36.

Golden Text: James 3:17.

NOTE: Hypocrisy is pretending to be what one is not, or to feel what one does not feel.

1. What was the leaven of the Pharisees and of the Sadducees? Matthew 16:6-12.

2. How else did Jesus speak about this hypocrisy? Luke 11:37-39.

NOTE: These men were only concerned about outward appearances. Jesus knew their heart.

3. Will that which is covered be revealed? Matthew 10:25-26; Mark 4:21-22; I Corinthians 4:5.

4. When men plan things in the dark, Who sees and hears them? Psalm 94:9.

5. Is the Lord's eyes upon His children? Psalm 34:15,18; I Peter 3:11-12.

6. What did Jesus say about those who would kill His friends? Luke 12:4.

7. Does God care for His children? Psalm 50:14-15.

8. Whom does Jesus represent before His Father? John 17:8-9.

9. What other name did Jesus call the leaders of the people? Matthew 23:27.

10. Can a hypocrite destroy his neighbor? Proverbs 11:9.

NOTE: The leaders in Israel were concerned only about themselves. Jesus was trying to explain the difference to His followers. God looks on the righteous, but will not consider the hypocrite.

Lesson For Sabbath, May 28, 2011

PRIDE AND HUMILITY

Scripture Reading: Colossians 3:12-25.

Golden Text: Proverbs 11:2.

1. What follows pride? Proverbs 13:10; 16:18.

2. What will pride do to us? Obadiah 2-4; Isaiah 14:12-15; Proverbs 29:23.

3. What are we to think of pride? Proverbs 8:13.

4. How can pride affect the way we act? Psalm 10:2-4.

5. What will be hidden from the pride of man? Psalm 31:17-20.

6. What follows humility? Proverbs 15:33; 22:4.

7. How does Peter instruct the saints with regard to humility? I Peter 5:5-7.

8. When we humble ourselves before the Lord, what will happen? James 4:10; Psalm 10:17; Job 22:29.

9. What is said of Jesus with regard to humility? Philippians 2:7-9.

10. What great example did Jesus show us? John 13:4-17.

Lesson For Sabbath, June 4, 2011

WORLDLINESS VERSUS GODLINESS

Scripture Reading: James 4.

Golden Text: I John 2:15.

1. Where do wars and fightings originate? James 4:1; Romans 7:23.
2. What have men done instead of asking for God's help? James 4:2.
3. Since they do not ask properly, what happens? James 4:3.

NOTE: We have to stay forward otherwise the "pull" of the world will lure us away.

4. How is one considered if he hates his brother? I John 3:15.
5. What must we be willing to do if we want God's blessing? I John 3:22.
6. What is in the world, and what will happen to it? I John 2:16-17 (first part).
7. If we do the will of God, what will happen? I John 2:17 (last part).
8. What must we be careful to avoid? Ephesians 4:30.

NOTE: We must allow the Holy Spirit to guide and direct us. We should not be stubborn and resist.

9. What example did Michael give us when dealing with the devil? Jude 9.
10. What other defense is necessary? I Peter 5:6-9.

Lesson for Sabbath, June 11, 2011

FREE GIFTS

Scripture Reading: Romans 12:9-21.

Golden Text: Proverbs 22:29.

1. What has God already given to each and every one of us? John 3:16-17.
2. What did Jesus say He was going to pray about so we would not be comfortless? John 14:16-18.
3. How can we receive this gift? Acts 2:37-39.

NOTE: All these gifts are free and do not cost anything. Jesus paid the price for sin, our sin, and asks nothing in return except obedience. In fact, we do not have to do that if we do not want to, but He wants us to know the consequences if we choose to go off on our own.

4. How can we "prove" God? Malachi 3:7-10.
5. What else will He do for us? Malachi 3:11.
6. When Jesus spoke with His disciples, what did He tell them He was going to do after He left them? John 14:1-6.
7. When He returns, what will be with Him? Revelation 22:12-14; 20:12-15.
8. What will Jesus share with the saints? Revelation 20:4-6.
9. Where will this reign be? Revelation 5:8-10; Proverbs 10:30.
10. What should we seek first? Matthew 6:33.
11. What shall be added unto us? Matthew 6:25-32.

Lesson For Sabbath, June 18, 2011

SICKNESS AND DEATH

Scripture Reading: II Kings 5:1-15.

Golden Text: Matthew 19:26.

1. How was death able to enter the world? I Corinthians 15:21; Genesis 3:19.

2. What did Jesus call the Devil? John 8:44.

NOTE: He is a murderer and liar.

3. Who had the power of death at this time? Hebrews 2:14.

4. Why are some of us sick? I Corinthians 11:27-30.

5. How long did men live in Adam's time? Genesis 5:5,8,11,14,27.

6. What did the Lord say after man began to multiply? Genesis 6:1-3.

7. When Moses prayed, what did he say about our lives? Psalm 90:10.

NOTE: Adam and Eve had the right to the tree of life but instead chose the tree of knowledge of good and evil. Satan, through subtlety, helped start the "dying process," and we see how the life span has been shortened to "three score and ten". Remember, God had to keep Adam and Eve from the tree of life after they sinned. (Read Genesis 3:22-24).

8. Besides redeeming mankind, why else was the Son of God sent to live with us? I John 3:8.

9. Will Satan be destroyed? Ezekiel 28:13-19.

10. What else will be destroyed? Revelation 20:11-15.
In I John 3:8 we read the word "destroy". It may also be read as "undo". Satan brought death, Jesus brings life.

Lesson For Sabbath, June 25, 2011

THE OVERCOMER'S REWARD

Scripture Reading: Revelation 2.

Golden Text: I John 4:4.

1. What is said to the "overcomers?" Revelation 2:11; 20:6.

2. How can we know we have overcome the world? I John 5:5.

3. What else do we have to do to overcome? Revelation 12:17.

NOTE: Believing in Jesus is important, but just as important is His testimony. We have to believe what He said and act upon it.

4. How else can we show we believe? I John 5:1-4.

5. What is promised to those who overcome? Revelation 2:10; II Timothy 4:8.

6. While we are from every nation, kindred and tongue, what happens to us when we overcome? Galatians 3:26-29; see also verses 7-9.

7. What gifts will they receive? Revelation 2:17.

8. What power will be given to them that overcome? Revelation 2:26.

9. Where will their names be recorded? Revelation 3:5.

10. How else will an overcomer be recognized? Revelation 3:12.

11. What will be another great reward? Revelation 3:21-22.

NOTE: This is what this walk is all about.