

EXPERIENCE the WAY of LIFE



THE WAY OF LIFE STORY LESSONS
INSTRUCTOR'S GUIDE—2

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LIFE

THE WAY OF LIFE BIBLE STORY LESSONS
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“I am the way, the truth, and the life.” - Jesus

THE WAY OF LIFE

BIBLE STORY LESSON BOOKS AVAILABLE

- 1. Find the Way of Life**—An overview of Bible stories about the battle between good and evil. Tells where sin and shame came from and God's plan to free people from shame and return them to His family.
- 2. Experience the Way of Life**—How to connect with God and be freed from shame and sin. How to receive power to walk with Jesus in daily life; how to pray; how to forgive; how to overcome temptation; and more.
- 3. Follow the Way of Life**—Lessons on Bible teachings to prepare a seeker to join God's family and follow His ways. Included are what happens when you die; what day to worship God; baptism; the judgment; heaven; and more.
- 4. Share the Way of Life**—How to use health, small groups, and other methods to open ways to share God's story with seekers; how to prepare new believers for baptism; how to nurture new believers; and more. Note: Only use to train church members.

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INTRODUCTION

The *Experience the Way of Life* Bible story lessons are to be shared with people who have been through the first set of lessons, *Find the Way of Life*. It is also for people who are interested in learning how to follow God. It can also be used as revival lessons for followers of God.

The *Experience the Way of Life* lessons are for people who want to connect with the Creator God. The lessons show how to join the family of God and how to follow God day by day. In the beginning, God's plan was for Adam and Eve and all people to be His children and be in a relationship with Him. God made people to have His character of love. When sin and shame came into the world, people became disconnected from God. They lost the love of God in their lives.

Many people live with shame, fear, and guilt. People became more like Satan in character. People are often angry, bitter, liars, thieves, impure and more. Jesus came to show us God's character. God is patient and kind, loving, truthful, and pure. Jesus came to show us how we can be changed to have a character like God. He came to take away our anger, lying, and immorality, and give us His kindness, truthfulness, and purity. Jesus came to connect us back to God, so we can be his children again. The *Experience the Way of Life* lessons show how Jesus wants to heal us of sin and shame, so we will be able to live with honor, joy, and peace.

The first section of the lessons shows how to connect with God. They show the steps of how God works in us and how we are to respond to Him. The lessons teach that God loves us and draws us to Himself. They teach how Jesus will forgive and cleanse us from our old ways. Then Jesus will give us a new heart to live a pure life. The lessons give us answers on what to do when we are tempted to do wrong. And they also show us what to do when we *do* wrong. The Bible has answers to all our needs.

The second section of the *Experience the Way of Life* lessons show the way to walk with the Creator God. We will learn more about God and how to talk with God. The lessons show how to heal wrong thinking. They also teach how Jesus guides us and helps us to have joy in trials. We will learn how to ask for forgiveness and how to give forgiveness, and more.

HOW TO TEACH THE LESSONS

1. **Review Previous Stories**—Go over the main points of the previous lesson to bring into context the current lesson of the day. Allow the listeners to ask questions so you can know how well they understand. If they don't remember correctly, review that part of the story again. Don't shame them. (Pray for the Holy Spirit to guide in how much to review.) You may ask the question: **What changed in your life after hearing the previous story?**
2. **Read over the Key text**—Read it again during the discussion time and the application time. Have the listeners say it together.
3. **Introduction**—Introduce the new story with a bit of background of the people in the story. Sometimes you can ask 1-2 questions to explore what will be shared in the new story or to give them something to look for in the story. (Example: For the story of Joseph, ask "What happens to make a person get bitter?" Then, "What can take away bitterness?") Explain hard to understand parts of the story, such as how they built altars out of stone, etc.
4. **Tell or Read the Story**—Follow the instruction in *How to Tell a Bible Story* (See Supplement S-2) and *Elements of Bible Storytelling* (See Supplements S-4) to learn the story and to make it interesting. Adapt to the situation you are in. If sharing with a larger group, use more action. If you tell the story to one or two people, use less action. It is best to learn the story first and tell it back in your own words. If you read the story, practice ahead and read with feeling. Each story should take about 5-10 minutes to tell or read.
5. **Discussion/Review the Story**—Review the story to make sure that your listeners understood it before you go on to the teaching. There may be times when you will not be able to ask questions or teach. You may just be able to tell the story. Let the Holy Spirit guide you.
 - Ask, "What happened in the story?" If the people don't remember, review parts of the story again. Have the listeners help tell the story, so they can remember it.
 - The question, "What did you learn that was new or interesting?" is

very important because it will help you to know what the people are thinking, so you can reach their hearts.

6. Teaching—Use the *Teaching* section to bring out more lessons from the story.

- Ask the question and draw out the people to discuss the answers.
- Explain the teaching in your own words, don't just read them. Use examples from your culture to explain the spiritual lessons or share testimonies of how God works the same even today.
- Sometimes you will not want to use any teachings if the people are not ready. Pray for wisdom.
- There are Bible verses listed at the end of most of the teachings. Do not read every verse. Sometimes you may read the Bible texts for more in-depth study. Choose one or more that will help explain the lesson and read together. Pray for wisdom. (When you study ahead of time, read all the verses, and choose the ones that help you explain it the best).

7. Application—Help the listeners to apply the lessons to their lives. This can be done all through the teaching portion. Learn some basic questions to use for application for each story (see below). Remember that stories can have many applications, not just one. Help the listeners to see the applications that are true from the Bible. Do not pressure people. Speak to their hearts. Watch to see their response. Encourage them to make right choices. Talk about what God wants to do for them. Talk about how God knows best. Talk about how God wants them to believe, etc. Review the Key Text and see how to apply it.

- **What did you learn from this story/lesson?**
- **Would anyone like to share what spoke to your heart in this story?** (Notice what people say and pray to God for change)
- **Who will you share the story with?**

8. Introduce the Next Story—At the end of the lesson, share a little about the next story or ask a question to introduce it.

9. Cultural Context

If you are using these lessons with only those from a Western mindset and culture, in some places where the lessons use the word “shame,” you could consider using the word “guilt” instead, if applicable.

1. GOD WANTS ALL PEOPLE IN HIS FAMILY

KEY TEXT

“But the Son of Man [Jesus] is come to seek and to save that which was lost.” Luke 19:10

INTRODUCTION

(NOTE: If your listeners do not remember the overview story of redemption, then tell them the God’s Story (See Supplement S-5) and then omit the next paragraph.)

Remember how Adam and Eve were part of God’s family and were so happy. Then one day they listened to Satan and disobeyed God. They gave rulership of the earth over to Satan. Then Adam and all of his descendants were born separated from God’s family. They were under Satan’s power and rulership. Fighting, sickness, and death came to the earth. They could not save themselves from Satan’s power. They would naturally do wrong and be under the curse of death unless they got help from a power stronger than themselves. (Romans 6:16)

God loved each person so much that He sent His only Son, Jesus, to make it possible for each person to join back to God’s family. Jesus told three parables (stories) to show how God is seeking out people who are separated to bring them back to His family.

THE STORY #1: The lost Sheep, Coin and Son—Luke 15:1-24

For further study: *Christ’s Object Lessons—This Man Receiveth Sinners*, Chapter 15; *Lost and is Found*, Chapter 16; *Steps to Christ—God’s Love for Man*, Chapter 1

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **How could Adam’s choice to obey Satan change the rulership of the world to Satan?**

Romans 6:16—Whoever we obey is the one who is ruler over us. This

shows that our choice leads us to following Satan and death or to following God and have a righteous life.

2. Can we save ourselves from the curse of the final death? No.

Romans 5:12—None of us can save ourselves from sin and shame, or even from the curse of the final death. All of us have disobeyed and separated from God who is the life giver.

3. Since we cannot save ourselves, is there any hope? Yes.

John 1:12,13—God promises us that He will join all people back into His family, if they will follow Him. This is not because we are born that way, but because God wants us in His family.

4. How can we escape from Satan and his power of evil over us?

1 John 4:4—When we join God’s family, we will receive protection from Satan and his power to make us do wrong. Jesus will come and work in us to overcome Satan’s power.

5. Who does the shepherd, the lady and the father represent? They each represent God and His love and care for people.

6. Who does the sheep represent? The sheep represents people who are separated from God’s family and they know it. They want to come back, but they do not know how.

7. Does God want each person in His family? Yes.

Luke 19:10—Just like the shepherd already had so many sheep, and yet he wanted that one lost sheep, so God wants each person who is separated from Him to come into His family.

8. Who does the coin represent?

- The coin could represent a person who never heard of God before.
- Also, it could represent a person who is lost in God’s family but does not know it. They may attend church but have not given themselves fully to follow God. They may just follow a ritual or tradition but do not know God personally. This can happen more than we think. They might think, “I am a good person, what more do I need?” So, they would not even know they were separated

from His family. But God would know if they are separated from Him and He would be seeking them, just as the lady searched for her lost coin.

9. Who does the son represent? The son represents people who are separated from God and they know it and they do not care. They want to follow their own way and not God's way. They do not want anyone telling them what to do. Yet like the father, God is still longing for them to come back to His family.

10. What do these stories show about God and His love for people? It shows how God loves people so much that He is searching and seeking to bring all people back into His family. When we come back, God and all the angels of heaven rejoice. (John 3:16-17)

THE STORY #2: Parable of the Lost Wife

INTRODUCTION

We have one more parable to help us understand how much God wants us in His family. This is not just a story parable like the other three. God asked one of his prophets to act out a real-life parable. It happened at a time when Israel had turned away from following the true Creator God. They were following other gods and worshipping idols. They were like a wife who had run away from her husband and found other men to be with.

THE STORY

There was once a faithful prophet named Hosea. One day God said to Hosea, "Go find a prostitute and marry her." So, Hosea went to where the prostitutes lived and chose one named Gomer. Maybe she was very beautiful. Anyway, she agreed to marry him. He loved her and took good care of her.

But it was not long before she was looking for other lovers again.

Hosea tried to keep Gomer from going after other lovers, but she would not stop. Over and over she went to her lovers.

Hosea preached to the people of Israel, “God chose you as His own. But you are unfaithful and have run after other gods. You do not belong to God anymore. But God wants you back to be His people!”

Gomer got tired of living with Hosea. Again, she ran off with one of her lovers. This time she decided never to come back. But her lover was a slave trader, and he made her a slave.

Time passed. Finally, she longed to be back with her husband. She thought, “Oh, I wish I were home again! Hosea gave me so much love, but I did not accept it.”

But God knew where she was. God said to Hosea, “Go to the slave market, and buy your wife from among the slaves.”

The prophet took his money and went to the slave market.

There he saw her among the other slaves. She looked old and dirty and sick. But she was his wife and He loved and forgave her.

Hosea bought her back. He then took off his coat and covered his wife. Together they went back to his house.

He said, “I chose you and married you. Now I have bought you. You will never again leave me and go out to your lovers.” Hosea loved her and tenderly cared for her.

Then Hosea preached to the people of Israel, “You have left your God and you have sold yourself to idols, but they have not cared for you. but God has not forgotten you; He will come and buy you back. He will say, ““You are My own people!””

Story references: Hosea chapters 1-3

TEACHING

1. Who does Hosea represent in the living parable?

- Hosea represents God. God used this real-life parable to show that He loved Israel even when they did not come back when He called them many times.

- **Hosea 11:8**—God cried out to His people telling them that He does not want to give up on them. God does not give up on us either.

2. Who does Gomer represent? Gomer represents people who keep turning away from God's love or people who are rebellious and do not want to follow God.

3. Just as Gomer could not accept her husband's love, why are some people today not be able to accept God's love for them?

- Some people are rebellious and want freedom to do what they want in life.
- Some people have been rejected or shamed or molested while growing up, and deep in their heart cannot believe that God could possibly love and accept them.
- Some people think that they deserve a bad life and to be used like a worthless or bad person because that is how they feel deep inside.
- Some people might be thinking, "How could I ever be pure after what has happened to me? I am so dirty. God would never want me!" This thinking is because they do not realize their worth or value in Christ Jesus. They just feel shame.
- Sometimes people feel like, "Everyone else can be saved but me!" or "God would want everyone, but not me!"
- Some people had an abusive parent and think that God is like their parent. Parents are supposed to represent God to their children, but many times they do not.

4. How does this story also represent our worth or value?

- **Titus 2:14**—Just as Hosea bought Gomer, Jesus came as the Deliverer to buy all of us back from Satan's power!
- Jesus died on the cross so we could all have the choice to join back to His family Jesus gave His own life to buy us back. That is how much value/worth we have in God's sight.
- **Isaiah 43:1**—Put your name in place of Jacob and Israel in this verse. This is how God feels about you, "You are mine!"
- Just as Hosea claimed Gomer as his wife after all the bad things she did, God says of you and me, "You are mine!"

APPLICATION

- **What did you learn from these stories and lesson?**
- **Would anyone like to share what spoke to your heart in any of these stories?**
- **Who will you share the stories with?**

INSTRUCTOR TELL YOUR TESTIMONY (if you have time)—Instructor share your short personal testimony of how you were before Jesus and how Jesus found you and how Jesus changed your life (see following page). Share your special Bible verse. (See Supplement S-1)

- (See Supplement S-1)

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2. WHAT GOD'S FAMILY IS LIKE

KEY TEXT

"By this all will know that you are My disciples, if you have love for one another." John 13:35

INTRODUCTION

We learned in our last lesson that God wants very much for you and me to join His family. But what is His family like? What will God want to change in our lives to be like His family?

THE STORY: The Lawyer and the Good Samaritan—Luke 10:25-37

For further study: *Christ's Object Lessons—Who is My Neighbor?*, Chapter 27;

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. What can we learn from the story about love?

- The Samaritan helped a stranger and someone who was an enemy. He even paid for his care until he was well.
- In the story Jesus shows us that love is reaching out to help anyone around us who is in need, no matter what their religion or caste, whether they are rich or poor, or even an enemy. (Matthew 5:43-44; Luke 6:32-36)

2. What is God's family like?

- **Matthew 22:37-39**—The Bible tells us that His family will be like God in character. God is love, so they will love! God's followers will love God with all their hearts, and they will love other people as themselves. Jesus took the whole law (His honor code for his people) and He puts it into two ideas. (See also John 13:34-35)
- **John 1:12**—God gives His people His love in their hearts and lives, so they can be part of God's family.

3. How do God's followers show that they love God with all their hearts?

God gave them the first 4 of His 10 commandments to show His followers how they will love God.

- **Exodus 20:1-3—God's followers will believe, obey, and honor Him alone because He is our creator and provider.** They will not have any other gods. (Isaiah 45:5-6; Colossians 1:17)
- **Exodus 10:4-6—God's followers will worship only the creator God.** They will not worship the things that God made or the things that people make. They will not make any images to represent God or to worship God. These images of stone or wood cannot see or hear. God's followers will only worship the Creator God. God is greater than all things. God deserves our worship. (Psalm 115:1-9)
- **Exodus 20:7—God's followers will not use God's name with dishonor.** They will not curse using God's name. They will show respect to God and God's name and what He has made. Also, they will not tell others, "I am a follower of God" and yet not follow Him. If they did this, they would be a hypocrite and bring dishonour to His name.
- **Exodus 20:8-11—God's followers will remember the Sabbath Day to keep it holy.** They will honor God and show their loyalty to Him by worshipping Him on the seventh day which He made holy. (Mark 2:27; Genesis 2:1-3)

4. How will God's family show that they love other people as themselves? God gave them the last 6 of the 10 commandments to show His followers how they will love other people as themselves. These are found in Exodus 20.

- **Exodus 20:12—God's followers will honor their parents.** This means they will have honor toward God first, then honor their parents and elders. God changes our attitude from being disrespectful to giving honor and respect.
- **Exodus 20:13—God's followers will not murder any person.** This means they will not murder or hurt another person. God will give them kindness and love and care about other people instead of being angry and mean toward them. They will also care for their bodies to be healthful instead of hurting themselves by doing unhealthful things like drinking alcohol and using drugs. (Matthew 5:21-22)

- **Exodus 10:14—God’s followers will not commit adultery.** This means they will not have sexual thoughts toward people they are not married to. They will not do sexual acts with anyone they are not married to. God will give them pure thoughts so they can be faithful to their spouse. (Matthew 5:27-28)
 - **Exodus 20:15—God’s followers will not steal.** They will not take advantage of others by being dishonest. They will pay back their debts. God will give them an honest heart. They will want to share and care for other people’s needs.
 - **Exodus 20:16—God’s followers will not lie.** They will not speak evil of others. They will not pretend to be true when they are not. God changes their hearts to be truthful.
 - **Exodus 20:17—God’s followers will not covet (desire) what does not belong to them.** They will not be jealous or selfish or greedy, wanting what other people have. God changes their hearts to think of other people’s needs and to be thankful for what they have.
5. **What would it be like if all people loved other people as themselves?**
All people would be kind and loving to each other. All people would be honest with each other. All people would be happy together in our families and communities.
6. **What does Satan want for people on this earth?**
- **1 Peter 5:8; John 10:10 (first part)—**Satan comes to steal, kill, and destroy people. Satan wants people to be unhappy, angry, and mean, just like he is.
 - Remember how Satan rebelled against God and was thrown out of Heaven to this earth. Satan wants to hurt God, so he does it by hurting the people God made.
7. **What did Jesus come to do?**
- **John 10:10 (last part)—**Jesus came to give us life, not death! Jesus came to break Satan’s power.
 - **John 15:11—**Jesus came to bring joy and peace and love into people’s lives.
 - Jesus came to give healing in all areas of our lives. People need healing in their bodies, in their hearts, and in their minds. People need healing in families, in marriages, in nations.

- If we accept Jesus into our hearts, He will change us to have His character of love. Jesus will bring us back to be His sons and daughters, just like Adam and Eve before they obeyed Satan.

APPLICATION

- **What did you learn from this story and lesson?**
- **Would anyone like to share what spoke to your heart in the story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

3. YOU MUST BE BORN AGAIN

KEY TEXT

“Jesus answered and said to him (Nicodemus), ‘Most assuredly, I say to you, unless one is born again, he cannot see the kingdom of God.’” John 3:3

THE STORY: Nicodemus Comes to Jesus—John 3:1-10, 14-17

For extra study: *Desire of Ages—Nicodemus, Ch. 17; Steps to Christ—The Sinner’s Need of Christ, Ch. 2*

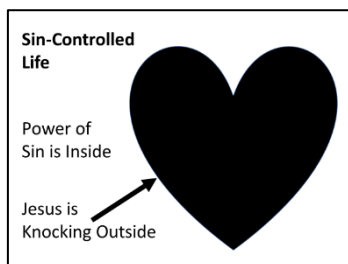
DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. Are all people born on Earth separated from God? Yes.

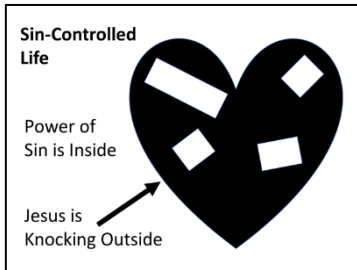
- **Romans 5:12**—Yes, all people (high or low, rich or poor, good or bad) are born with hearts that cannot follow God. Remember when Adam and Eve disobeyed and were disloyal to God, their hearts changed to be evil. They could not follow God and be in His family anymore without God helping them to find their way back. All the



- people are born separated from God in this world.
- **Romans 3:23**—All people have been disloyal to God and have sinned. No person can follow God by himself or do enough good merit to find his way back to God.
 - **Jeremiah 13:23**—Just as a leopard cannot change its spots, people cannot change their hearts.
- 2. Nicodemus did all the right things, why did he need a change?** Nicodemus worshipped God previously. He was a leader in the Jewish church. He prayed to God. He studied the Bible. He was a good person. He did the rituals of the sanctuary/temple to gain merit with God. Nicodemus thought he was a good follower of God, but inside his heart

he was still selfish and proud. Jesus told Nicodemus that doing all those good things are not what make you a follower of God. We cannot be a part of God's family by just doing rituals.

3. Illustration: Parable of the Patched Garment—Luke 5:36. We cannot



patch an old garment with new cloth or when we wash it, it will shrink and tear apart. Just like this we cannot live the life of a follower of God (a Christian) by just patching up our old heart that we are born with. We will naturally do wrong things just as Nicodemus did. We cannot patch it up by trying to do

good. We cannot patch it by going to church to earn God's merit. We cannot patch it by praying long prayers. We cannot patch it by trying to not sin. We need a new garment. We need a new heart and life from Jesus. Then we can do all these things in His power and His Spirit.

4. How did God make it possible for people to connect back to Himself?

- **John 3:5**—We must be born again into God's family by a miracle from the Holy Spirit. Jesus told Nicodemus that he could not enter the Kingdom of God with his heart and life the way he was born.
- **Ezekiel 36:25-27**—When we come to God, we give up our old shameful heart to Him and He will give us a clean heart through His Holy Spirit. Then we can follow God and live honorably and belong to God's family.

5. Can any person be born again into God's family? Yes.

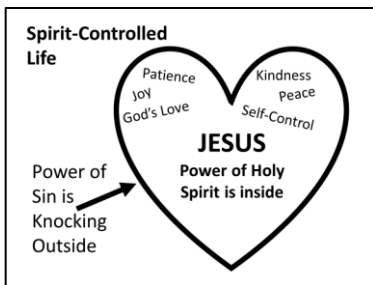
- **John 3:16-17**—God loves every person in the world so much that He sent His son, Jesus Christ, to die instead of us. This means that any person who believes in Jesus can be born again and join God's family and receive eternal life.
- Sample Prayer: We can come to him and pray: *"Dear God, I cannot follow you by myself. I give you my old shameful heart. I ask that you take my old heart away and give me a new clean heart. Please give me your Holy Spirit so that I may follow you in my heart and life. Thank you. Amen."*

6. **Do I have to die physically to be born again?** No.

- Jesus did not mean that Nicodemus needed to die physically and come back in a different body or that he needed to become a baby again and be born. You keep the same body, but you have a change in your thinking and actions (in your heart).
- **Ephesians 5:17; 4:22-24**—When you give up your old selfish thoughts and your old ways to follow God, then He can change you to be a new person. Then day by day, you can follow God and belong to God's family.

7. **What is the difference between the heart that is not born again and the heart that is born again?**

Galatians 5:19-25: "Now the works of the flesh are evident, which are:



adultery, fornication, uncleanness, lewdness, idolatry, sorcery or witchcraft, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who

practice such things will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faith, meekness, self-control: against such there is no law [no curse or condemnation of the law against them]. And those who are Christ's [Jesus] have crucified the flesh with its passions and lusts. If we live in the Spirit, let us also walk in the Spirit."

- The power of sin is now on the outside and Jesus and the power of the Holy Spirit are on the inside giving us the fruit of the Spirit.

APPLICATION

- **What did you learn from the story?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

4. GOD'S WAY TO SAVE EVERYONE FROM SHAME

KEY TEXT

"Thy way, O God, is in the sanctuary." Psalm 77:13

SUPPLIES NEEDED:

Sanctuary picture illustrations (See Supplement S-6)

1 dirty cloth, 1 white clean cloth

THE STORY: God's Way to Save Everyone from Shame

INTRODUCTION

All people are born separated from God because of Adam and Eve's choice in the beginning. We are born into a world ruled by Satan. All people are born with hearts that want to do wrong. All people have disobeyed God's law and have the curse of death. We need someone to rescue us, to deliver us. We cannot rescue ourselves to follow God and be part of His family.

God had a plan to rescue people and connect them back with Himself. God had told Adam and Eve, Abraham, and Isaac and Jacob about the plan to send the Deliverer (Jesus) to rescue them. God had set up a "rescue center" in Heaven for all people. But most of the people did not understand. They thought they could follow God in their own strength. God decided to have the children of Israel make a small copy on earth of the "rescue center" in heaven. Then they could know how God was rescuing people and how they could work together with God to be free from Satan's power. This "rescue center" was called the sanctuary.

After God gave His law on the mountain, God told Moses, "Let them make me a sanctuary that I may dwell among them." (Exodus 25:8) The people brought many gifts to help build the sanctuary. They built it just as God showed Moses. The sanctuary was made from animal skins and woven cloth. It was made so they could move it around in the wilderness where they were living. They built the furniture using wood, bronze and gold. When it was finished, God was pleased with it. He came down in a bright cloud to dwell with them. The people of Israel placed their tents all around the sanctuary. They praised God for His love and mercy.

INTRODUCE THE SANCTUARY

[Show pictures of *COURTYARD* and *SANCTUARY*—See Supplement S-6]

Here is a picture of the Sanctuary. It had three parts—the Courtyard, the Holy Place, and the Most Holy Place.

The Courtyard

1. The courtyard had an Altar of Sacrifice. Just like Adam and Eve and Abraham had sacrificed a lamb; a lamb was sacrificed on the Altar of Sacrifice every morning and evening by a priest for all the people of Israel. When a person sinned they offered a lamb or goat as a sacrifice.
2. The courtyard had a Laver of Water which was a large basin made of brass. It was between the Altar of Sacrifice and the sanctuary building. Here the Priest washed his hands and feet to make sure he was clean before offering a sacrifice or entering the sanctuary.

The Holy Place

The Holy Place had three pieces of furniture—a golden Candlestick, a golden Table of Shewbread, and a golden Altar of Incense. The priest would enter the Holy Place every day to bring the needs of the people before God.

1. The table of shewbread had 12 loaves of bread on it, which was eaten by the priests, one to represent each tribe of Israel.
2. The seven-branch candlestick had oil in it that was always to stay shining.
3. The altar of incense was where the priest offered up incense which was continually rising before the curtain of the Most Holy Place where God's presence was.

The Most Holy Place

There was a thick curtain between the Holy Place and the Most Holy Place. It had golden angels woven into the blue, purple and red curtain. The Most Holy Place had one piece of furniture—The Ark of the Covenant (or Promise).

The Ark of the Covenant was a chest of wood covered with gold. It had a mercy seat placed on top. This is where God came to dwell with His people in a cloud of glory above the mercy seat. It represented God's throne in heaven. Two angels made from gold were on each side of the Ark of the

Covenant bowing down in worship toward God's presence. They represented the real angels that bow before God's throne in heaven. Inside the Ark of the Covenant were the ten commandments God had written on stone and given to Moses. All the people were to obey them to show their loyalty to God.

But what about you and me? How does the sanctuary help us to know how to become part of God's family and follow Him every day?

Let's pretend that I live in the time of the Sanctuary. I have sinned. First, I got angry at my friend. Then I wanted revenge, so I stole something from him. Then I lied about it and said I didn't steal it. I have been disloyal to God and His law. I am a sinner. **[Hold up dirty cloth]** I am now under the curse of death! I am separated from God. But soon I start to feel shame about what I have done to my friend and to God. God loves me so much He is already drawing me to connect back with Him.

COURTYARD

I see the bright cloud of God's presence over the Sanctuary. I remember God has a way for me to connect back to Him. I walk to the pen where my sheep are kept. I look for the perfect lamb. No spots, no torn ears, no bad eyes—perfect! The lamb represents the Deliverer (Jesus) who will come and live a perfect life for me. **[Hold up clean white cloth to represent lamb]** I feel sorry that I have hurt my friend and my God. I walk with my head down in shame and bring the lamb to the sanctuary courtyard.

The priest helps me to make the sacrifice. I realize that this lamb must die because of my sin, just like the Deliverer (Jesus) would also have to die because of my sin. I don't ever want to do wrong again. I lay my hands on my little lamb's head and confess my sin with a prayer like this: *"Dear God, I feel shame for my wrong. I have sinned. I have dishonored You. I have been angry. I have stolen. I have lied. I do not want to be disloyal to You anymore. God, please forgive me. Please take away my sin and shame and give me a new clean heart and life. Thank you for the promise of the Deliverer (Jesus) who takes away our sin and shame. Amen."*

Then I take the knife the priest gives me. I cut the throat of my little lamb. The bloods spills into a bowl that the priest holds. Because of the spilled

blood, I can be forgiven. The blood is carrying my sin. The priest then takes my little lamb and lays it on the altar, and it is burned up as a sacrifice to God.

I watch as the priest washes his hands and feet in the laver. Then the priest takes the blood in the bowl with my sin into the Holy Place of the sanctuary. I know and believe that God has washed away my sin and shame and given me a new heart with the cleanness of the Deliverer's (Jesus') blood and His perfect heart and life. God does this as a gift to me. ***[Take away dirty cloth and hold clean cloth over your heart]***

I am so happy! Tonight, I will give back what I stole to my friend and ask his forgiveness. I am clean!

HOLY PLACE

Then I think of what the priest will do next in the Holy Place for me. I think of him sprinkling the blood with my sin on the curtain in front of the Most Holy Place where God's presence is. The priest represents Jesus, my Deliverer. He is taking my sin before God to show that His own blood (from His sacrifice on the cross) has covered it and I am safe from the curse of death. I bow my head to pray and thank God for His justice and mercy. I think of the priest rubbing the blood on the horns of the altar of incense. I know that my sin is now recorded in the sanctuary as forgiven because it is covered by the blood of the Deliverer (Jesus).

Then I think of how the priest brings the incense before God at the **Altar of Incense**. I can pray to God every day. I can tell him my joys and fears and problems. I know that just as the incense rises to God, my prayers are going up to God with the Deliverer's merits (Jesus' merits, not my own) to make them acceptable to God. God will hear and answer my prayers. God will help me.

After that I think of the **Table of Bread** with twelve fresh loaves that the priests eat. It reminds me that just as I eat to live, I must receive God's Word into my life every day so I can live spiritually. The Bible is God's gift to me to help me know how to follow God and receive eternal life. I will read and study the Bible and give my life to follow God every day. Then God writes His 10-commandment law on my heart so I can obey them.

I think of the **Candlestick**. The oil is always burning, and I know that God gives me the Holy Spirit in my life. The Holy Spirit helps me overcome Satan's temptations to be angry, bitter or to lie or steal so I will not be disloyal to God and do any wrong thing. The Holy Spirit gives me God's character of love, joy, peace, patience, kindness, faithfulness, and self-control. Then I can show God's love to other people. I am so happy for these gifts to help me follow God's way every day.

THE MOST HOLY PLACE

Every year we have a Day of Atonement to show us how the end of sin and shame will happen. To prepare, I fast and pray and search my heart to see if every sin has been brought to the sanctuary to be forgiven and covered by the blood of Jesus' sacrifice. I confirm my loyalty to God and His Kingdom. I know that God will be looking to see who His followers are and who are not His followers.

The High Priest brings two goats. One goat is chosen as the Lord's goat to represent the perfect Deliverer (Jesus). The other is the scape goat to represent sin and shame and Satan. The Lord's goat has no sin confessed over it. It is offered as a sacrifice in the Courtyard. The perfect blood with no sin is taken by the High Priest into the Most Holy Place before the Ark of the Covenant (promise) with God's law inside. The High Priest stands before the presence of God. The High Priest also represents Jesus, the perfect Deliverer who obeyed all of God's law. The High Priest sprinkles some of the blood on the Mercy Seat, above God's law, seven times. This represents that the Deliverer (Jesus) kept the law perfectly so that His death could take away the curse of death from me (and all the followers of God) forever!

Then the High Priest takes some of the pure blood with no sin. He sprinkles it on the horns of the Altar of Incense. This is to remove the record of my forgiven sin that is kept there. Then all the sins from the sanctuary are put on the scapegoat. The scapegoat is sent away to a lonely desert place. This represents that all shame and sin and Satan will one day be ended forever. Then God will place the honor of the Deliverer (Jesus) on each of His followers forever. This is what will happen soon at the end of time.

Today we don't need to sacrifice lambs or goats to be forgiven of our sins. The Deliverer (Jesus) has already come and has died instead of us. He didn't have to die over and over like the lambs. Jesus just died once for all. Today we can come directly to God. He is in the true Sanctuary in Heaven. Every day we search our hearts and confess our sins to Him. Jesus is like the High Priest when He sprinkled the blood on the curtain and on the Ark of the Covenant. Jesus tells the Father, "I have lived for them. I have died for them. My blood was shed for them. I have taken their curse of death on myself. Their shame and sin are covered by my shed blood. I have given them my clean heart. Let them go free!"

Every day we can receive Jesus through the Holy Spirit into our hearts and follow Him. Everyday we can study God's Word, the Bible, and pray. Every day we can ask the Creator God to give us His love in our hearts. Then we can tell others about God. This is the way to be saved from sin and shame. God has given this way for every person on the earth to be free from sin and shame.

Story References: Exodus 25:8-22, 30-32; Exodus 27:1-8 Exodus 30: 1,7-8,17-21; Exodus 38:8; Leviticus 4:27-30,32-33; Leviticus 6:2-5; Leviticus 16:1-34; Deuteronomy 8:3; Deuteronomy 10:4,5; Psalm 77:13; Jeremiah 31:31-33; Ezekiel 36:25-27; Zechariah 4:1-6; Matthew 5:14-16; Titus 3:5; Hebrews 8:2; Revelation 8:3-4.

For extra study: *Patriarchs and Prophets—The Tabernacle and Its Services, Ch. 30; Exodus 25-40, Hebrews 8,10; Leviticus 16, Exodus 25-27*

DISCUSSION

- **What happened in the story?** (Main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **What did it represent when a sinner confessed his sins over the lamb or goat and spilled its blood?** Just like Adam and Eve, a sinner is shamed when they do wrong and disobey and dishonor God and His law. We are all sinners because all of us have disobeyed God's laws. The sinner cannot get rid of sin and shame except to die themselves. But God loves us so much, He made a way to get rid of our shame. When a

sinner brought the lamb and confessed their sins on it, they were transferring their sin and shame to the lamb. Then when the lamb died, it was their substitute. The sinner was free from the curse of death. He was covered by the sacrifice.

2. Did the ritual of the sacrifice of the lamb or goat save the people from sin and shame and death? No.

Psalm 51:16-17—It was just a ritual to represent the true sacrifice that would come. The people could only receive help if they believed by faith in the Deliverer (Jesus) who would come and if they were sorry in their hearts for their sins and wrongs. Then they would be freed from sin and shame.

3. What does the washing in the laver represent?

Ezekiel 36:25-27—The washing in the laver of water represents the sinner believing and giving his life to follow God. The sinner puts away his old life of doing wrong and chooses to follow only God. God gives him a new clean heart. God gives Him the Holy Spirit to give him power to obey Him.

4. What are the 3 ways in the Holy Place to help us follow God? See Supplement S-6)

- **The Table of Bread** represents Jesus and the Word of God, the Bible. Just as we need to eat food every day, we need to study and receive God's word, the Holy Bible into our lives. The Bible shows us how Jesus will come into our hearts and change us to be part of His family. (Deuteronomy 8:3; John 6:35)
- **The Altar of Incense** represented that just as the incense rose up before God, we can pray to God and tell Him our joys and sorrows and needs and Jesus will help us. Each day we are to give ourselves to follow Jesus. Every day we can pray, *"Dear Jesus, I give my heart and life to follow you today. I am your child. Work in me your way and not my way or Satan's way. Keep me from temptation."* Jesus will send His merits up to God with our prayers and He will accept us as His own child and will help us. (Revelation 8:3-4)
- **The Candlestick** represented that just as the candles were to shine all day, we are to receive the Holy Spirit. The Holy Spirit brings God's love in our hearts and lives and gives us power to share His

love with others. The Holy Spirit helps us to resist the temptations of Satan. (Zechariah 4:1-6; Matthew 5:14-16)

5. **What did the Ark of the Covenant and the Mercy Seat in the Most Holy Place represent?** It represented God's law of love and justice that each person must obey, or the curse of death was upon them. The mercy seat represented God's great mercy for us. It represented that the Deliverer (Jesus) would give His perfect life to take the curse of death from us. In the end God will judge each person. God will look to see who has come with all their sins to be forgiven. God will look to see who has chosen to follow Him and received a new clean heart. God will place the honor of the Deliverer (Jesus) on each of His followers forever.
6. **Do we need to bring a lamb when we sin today? No. What do we do instead?**
 - We don't need to sacrifice a lamb anymore to be forgiven for our sins. The Deliverer (Jesus) has already come and died for our sins.
 - **1 John 1:9**—We can pray directly to God in Heaven in Jesus name. We can confess our sins to Him. God will take away our sin and shame today because of Jesus. (1 John 1:9)
 - **Romans 8:34**—Jesus is now in the real sanctuary (The Most Holy Place) in Heaven. He is before God the Father as our High Priest saying: "I have lived for them. I have died for them. My blood was shed for them. I have taken their curse of death on myself. Their shame and sin are covered by my shed blood. I have given them my clean heart. Let them go free!" (Hebrews 8:1,2)
7. **Who did God make this plan for?**

Isaiah 45:22—All people. The sanctuary on Earth was a copy of the sanctuary in Heaven. It was made as a command center to rescue all people from Satan.
8. **How will this rescue plan end?**

Isaiah 25:8; Revelation 22:3—God will restore honor to all people who follow Him. They will live forever with Him. Sin and shame and Satan will be no more.

APPLICATION

- **What did you learn from the story?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

5. HOW TO CONNECT WITH GOD — STEP 1

God's Part: God Loves You and He Will Draw You

Our Part: Do Not Resist God's Drawing

KEY TEXT

"The LORD has appeared of old to me, *saying*: "Yes, I have loved you with an everlasting love; therefore with lovingkindness I have drawn you." Jeremiah 31:3

SUPPLIES NEEDED:

Sanctuary picture illustrations at end of book

INTRODUCTION

1. Remember the sanctuary (See Sanctuary picture—point outside the sanctuary) was to show all people how to be free from sin and shame, and how to follow the Creator God.
 - Think of yourself as outside the sanctuary and you have sinned. Just as the sinner was to bring the lamb when he sinned, so we are to come to God when we sin.
 - But it is often hard for people to come to God.
 - Some people are far away from God and don't care.
 - Some people don't know God at all. They don't know they are separated from God.
 - Some have disobeyed God and are ashamed to come.
 - **Jeremiah 31:3**—God loves all people. God knows all people need Him, so God draws people to Himself. Then each person can choose if they will come. God will receive them, if they come to Him.
 - In this lesson we will learn of the ways God draws us and in the next lessons, the steps to connect to Him.
2. **In the process to connect with God, why is each step important?** (Discuss steps of rice cooking—washing, putting in a pot, adding water and salt, cooking, eating, etc.) If you leave out a step you will not have good rice to eat.
 - There are also steps to connect to God and to continue to follow Him. We need each step to connect to God and to continue with Him. If we leave out one step, we cannot connect.
 - Philippians 2:12,12: "Work out your own salvation with fear and

trembling; for it is God who works in you both to will and to do for *His* good pleasure.”

- In each step **God’s part** is to work a change in us. Then **our part** is to work together with God so He can continue to work in us.

3. There are six steps to connecting with God. This is step one:

God’s Part: God loves you and He is drawing you to Himself

Our Part: Do not resist God’s drawing

THE STORY #1: Peter Denies Jesus—Luke 22:31-34, 54-62

For extra study: *Desire of Ages—Before Annas and the Court of Caiaphas, Ch. 75; Steps to Christ—God’s Love for Man, Ch. 1*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **How did Peter feel Jesus drawing him when he failed?**

Peter felt ashamed. Peter had dishonored his Master. He had denied him. He ran to the garden and wept. He was ready to give up. But Peter remembered that Jesus had said, “I have prayed for you, that your faith fail not” (Luke 11:32). Peter also remembered Jesus’ look of love when he had denied Jesus. Peter felt God’s drawing on his heart. Peter did not resist. He accepted God’s love.

2. **How does God’s love draw us today?** God uses many ways to draw us to follow Him.

- We can learn of God’s love by reading the Holy Bible and seeing how much He loves each person.
- We can learn of God’s love by talking with Him through prayer.
- We can see God’s love through people who follow Him.
- We can see God’s love in the beautiful things of nature (trees, flowers, mountains, streams) that He has made for us.
- We can learn of God’s love by people talking with us about God.
- Some people learn about God’s love in a dream.
- We can feel God’s love by good things happening to us (His blessings). We can know God’s love by the things God made for us

- to enjoy.
- **John 12:32**—We learn of God’s love by knowing Jesus died on the cross to save us. (John 3:16; Jeremiah 31:3; John 12:32; 2 Peter 3:9)
3. **How can we resist God’s drawing us?** We can resist God’s drawing us in many ways.
- We can say, “I don’t want to follow God.”
 - Or we can say, “I don’t have time.”
 - We may turn away from God because of our friends or family or work.
 - Or we can say, “I want to follow God, but I want money or other things more.”
 - We may not even know God is drawing us, but God is drawing each person on Earth.
4. **What should we do when God draws us?**
Hebrews 2:3; Hebrews 4:7 last part—God tells us that we should not resist when He draw us. We should come to Him. (See also Matthew 11:28-30)

THE STORY #2: Runaway son returns home (parable of Jesus)—Luke 15:11-24

For extra study: *Christ’s Object Lessons—Lost and is Found, Ch. 16*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **What did the rebellious son think would be better if he left?**

Proverbs 14:12—Satan can make the wrong way look good to us. The rebellious son was resisting the father’s love because of the rules at home. So, he thought life would be better if he ran away. He thought he would be free to do whatever he wanted. He thought he would be happy always. But his life was not better. He was in worse condition away from the father’s guidance and protection.

2. What helped the rebellious son to see his need of His father?

2 Chronicles 15:4—Trouble helped the son to see how he needed his father's help. Trials and trouble can help us to see our need of God's help. God can use trouble to draw us to Himself.

3. Who does the father represent in the story?

Isaiah 55:7—The Father represents God in the story. The Father loved his son. The Father was longing for his runaway son to return to Him. God loves each person on earth. God is longing for each person to come to Him.

APPLICATION—STORIES 1 and 2

- **What did you learn from the stories?**
- **Would anyone like to share what spoke to your heart in these stories?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the stories with?**

6. HOW TO CONNECT WITH GOD — STEP 2

God's Part: God Will Help You See You Are a Sinner and Give Repentance

Our Part: Repent, Confess, and Turn Away from Sin

REVIEW PREVIOUS STEPS

KEY TEXT

"Search me, O God, and know my heart; try me, and know my thoughts; and see if there is any wicked way in me, and lead me in the way everlasting." Psalm 139: 23-24

SUPPLIES NEEDED:

Sanctuary picture illustrations at end of book

INTRODUCTION

King David was a descendant of Abraham. King David lived many years after the people of Israel left Egypt and had their own country. Do you remember how David was brave and trusted God to defeat the enemy of Israel, the giant Goliath? He was just a young shepherd boy, but he trusted God and defeated the enemy. King David became the second king of Israel. God chose him because he was humble and willing to follow God's ways. He was a faithful follower of God. But one day he did a very wrong thing.

THE STORY #1: King David and Bathsheba

This story happened in the spring of the year when kings go out to battle. But King David sent his captain and soldiers out and this time he stayed home. He was probably bored and one evening he was on his roof. He saw a woman bathing on her roof below. She was very beautiful. He sent someone to find out who she was. She was Bathsheba, the wife of one of David's faithful soldiers, Uriah, who had gone to battle. David kept thinking about her and longing for her. He sent for her to come to him. Then he slept with her and sent her back home.

After a few weeks Bathsheba sent a message, "I am pregnant with your child." What was David to do? His sin would be found out! He would lose his honor as King. King David decided to try to hide what he did. He tried

to get Uriah to come home to sleep with Bathsheba. But Uriah was so faithful he would not go home when all the other soldiers were in battle. Now, what was King David to do? He finally worked out a plan to have Uriah killed in battle. After some time, King David married Bathsheba and they had a son.

David thought all was going well. But God did not leave King David like this. God sent the prophet, Nathan to talk to him. Nathan told King David a story: “There were two men in a city, one rich and the other poor. The rich man had many flocks and herds of sheep and cows. But the poor man had only one little lamb that was like part of his family. It ate of his own food and drank from his cup and slept with the family. One day a visitor came to the rich man’s house. He wanted to make a meal for this man, but he didn’t want to give a sheep from his own flock. Instead, he took the poor man’s lamb and prepared it to feed the visitor.”

At this point in the story, King David became very angry. He said to Nathan, “As the Lord lives, the man who has done this will die!” Nathan pointed at King David, “You are the man! Thus says the Lord God: ‘I anointed you king over Israel. I delivered you from being killed by King Saul. I gave you his house and much more! Why have you disobeyed my commandments and done this evil? You have killed Uriah with the sword. You have taken his wife to be your wife. Now I will bring trouble to your house through your own family!’”

King David cried out, “I have sinned against the Lord God.” And Nathan said to King David, “God has put away your sin. You shall not die.”....

Later, King David wrote an entire psalm (song) about asking God’s forgiveness and how God forgives. It showed that a great change had happened in King David’s heart. Here is part of that psalm:

“Have mercy upon me, O God, According to Your lovingkindness;
According to the multitude of Your tender mercies, Blot out my
transgressions. Wash me thoroughly from my iniquity, And cleanse me
from my sin. For I acknowledge my transgressions, and my sin is always
before me. Against You, You only, have I sinned, And done this evil in Your
sight... Purge me with hyssop, and I shall be clean; Wash me, and I shall be

whiter than snow... Hide Your face from my sins, And blot out all my iniquities. Create in me a clean heart, O God, and renew a right spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit. Then I will teach transgressors Your ways, And sinners shall be converted to You.”

Story references: 2 Samuel 11:1-27; 12:1-23; Psalm 51:1-4, 7, 9-12

For extra study: *Patriarchs and Prophets—David’s Sin and Repentance, Ch. 71; Steps to Christ—The Sinner’s Need of Christ, Ch. 2; Repentance, Ch. 3; Confession, Ch. 4.*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **Was David truly sorry for his wrong, or just sorry that he got caught in the wrong?**

TEACHING

1. The second step of connecting with God is:
God’s Part: God Will Help You See You Are a Sinner and Give Repentance
Our Part: Repent, Confess and Turn Away from Sin
2. **In the story, which of God’s commandments did King David disobey which showed that he was not loyal to God’s family?**
Review Exodus 20:1-17 and find the ways.
 - Number 10—King David coveted (selfishly desired) another person’s wife.
 - Number 7—King David committed adultery.
 - Number 8—King David stole another man’s wife.
 - Number 9—King David lied and pretended he did nothing wrong.
 - Number 6—King David killed Bathsheba’s husband.
 - Number 5—King David dishonored his family and parents by this terrible wrong.
 - Number 2—King David dishonored God’s name by this terrible wrong.

- Number 1—King David dishonored God and worshipped the god of lust. (A god can be anything that we worship or follow above the living Creator God).
- Number 4—King David dishonored the Sabbath because he could not keep the Sabbath holy, if he was not holy in his heart and life.

3. **Will God ignore when leaders or kings do wrong, but punish other people?**

Romans 2:11—When a king or leader does wrong, people think he will not get punished. But God is not partial (biased) toward people in high positions. God treats all people the same.

- ### 4. **What made King David's wrong, extra wrong?**
- In this story, King David dishonored two of his faithful soldiers in his kingdom. Bathsheba's father Eliam/Ammiel was a mighty man of David. Her grandfather was one of King David's trusted counselors, Ahithophel. He would have been close to King David. Probably because of David's sin against his family, Ahithophel later turned against King David and went onto the side of David's rebellious son to shame King David. Ahithophel hanged himself when the rebellion did not work out. Uriah, the husband of Bathsheba was also a mighty soldier of King David. Uriah was very loyal to King David. What David did was a terrible shame to them and to his own honor. (See also 1 Chronicles 27:33; 2 Samuel 16:23; 11:3; 23:8, 39; 1 Chronicles 3:5; 2 Samuel 17:23).

5. **What is sin?**

- **1 John 3:4; Proverbs 23:7**—Sin is when we are disloyal to God in our thoughts or actions. Sin is when we disobey God and His laws. Sin is when we don't do God's will in our lives.
- **Isaiah 59:2**—Sin separates us from God.

6. **Do we always see when we sin?** No.

- **Revelation 3:17**—We don't always see our sin and shame. We are used to sin around us in the world and in families, so we do not always see it.
- **2 Corinthians 4:4**—Satan has blinded people, so they do not see their sins.
- **Example:** A person with leprosy does not feel pain, so he does not

realize his danger. The leper's feet and hands can get damaged. He needs to feel pain to keep safe. Just the same way, we need to feel the pain of our sin so we can feel our need of God.

7. Who will help us see our sin?

Acts 5:30-31—Jesus helps us to see our sin and shame.

- When we sin, it is like we are outside the safety of the sanctuary (See Sanctuary picture in back of book) but God is helping us to take the steps to come back to him.
- When we come to God, He gives us repentance. This means that God helps us to feel sorry for our sin and to turn away from it. God will change our hearts so that we want to do what is right.

8. Why does God help us to see our sin?

Isaiah 59:2; 2 Peter 3:9—Because He loves us so much. God is our life-giver. When we have sin, we separate from God who is the source of life and, in the end, receive the curse of death. God knows we need Him. God wants to connect us to Himself to give us life.

9. When we see our sin, what is our part?

Jeremiah 3:12,13—We should not try to cover up our sin as David did at first. The first thing we should say is, *“Yes, I am a sinner. I have done wrong.”* (See Psalm 51)

10. When we see our wrong, then what gift can God give us?

- **Romans 2:4**—God can give us repentance.
- **Proverbs 28:13**—We are to repent and confess our sins. Remember the sanctuary and the person confessing his sins on the lamb. Now we can come directly to God and pray to be forgiven through the spilled blood of Jesus. God will free us from the slavery of sin and shame.

11. What is repentance?

Psalms 38:18; 2 Corinthians 7:9,10—Repentance is when we are truly sorry for our sin and turn away from sin to follow God.

12. Here is a sample prayer of repentance and confession.

- Just as the sinner brought a lamb and confessed his sins over the

lamb, we can come to God and confess to Him. (See Sanctuary picture—point to altar) Humble yourself before God. Tell God what you have done wrong. Ask Him to forgive you. He will hear you.

- You can pray this prayer in your own words to God putting in the sins that you have done. *“Dear God in Heaven. I have sinned against you. I have been disloyal to You. I have done wrong. I have broken your law and separated from you. [Sample: I have hurt someone/or I was angry/or I stole something/or I committed adultery/or I lusted/or I lied/or I cheated/or I worshipped other gods, I did not follow your plan for me, or [something else]. I am sorry. I do not want to dishonor You anymore. Please forgive me. Please take away my shame and give me a clean new heart and life so I may follow You. Amen”*

THE STORY #1: Judas the Betrayer

Judas was a pretender. He kept the money bag for Jesus’ ministry. Sometimes he took some money for himself. That was stealing. He followed Jesus because he wanted to be in a high position when Jesus became king, but he did not love Jesus.

Judas knew that the leaders of the church hated Jesus and wanted him dead. He went to them and said, “What are you willing to give me if I deliver Jesus to you?” They gave him 30 pieces of silver.

Judas knew that Jesus would go to a garden with his disciples to pray. One night he came with the church leaders and a mob of people. They carried swords and clubs. Judas went up to Jesus and kissed him. This was the sign for the mob to grab Jesus. They took him for trial before the governor, he was condemned to die.

When Judas saw that they were going to kill Jesus, He cried out, “I have sinned! I have betrayed an innocent man!” The priests and leaders laughed. “We do not care. That is your problem.” Judas threw the silver coins on the floor that he had been paid to betray Jesus. He ran out, hung himself on a tree, and died.

Story References: Matthew 26:14-16, 36-38, 47-49; Matthew 27:1-5

For extra study: *Desire of Ages—Judas, Ch. 76*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **Was Judas truly sorry for his wrong, or just sorry that it did not work out?**

TEACHING

1. When Judas saw his wrong, did he repent?

No. Because of his pride, Judas would not humble himself and repent.

- Judas was a thief and a traitor. But Jesus still loved Judas. He had taught Judas how to repent, but he did not.
- Judas betrayed his own master for money. He had hoped Jesus would save himself and become king. But Jesus was to die for our sins.
- Judas saw Jesus was going to die. He saw he had sold his own master to death. Judas felt terrible shame. He was sorry he got caught. He was sorry his plan did not work. But Judas did not have heart sorrow for his sinful act. Judas did not have true repentance. Judas did not want to turn away from his wrong. He went and hung himself. (See John 12:6)

2. How are people like Judas? Many people are like Judas. They are just sorry for the consequences or punishment they will receive for their wrong act, but they are not sorry for doing the sin.

3. What if I do wrong, but don't get caught by anyone?

- **Ecclesiastes 12:14; Jeremiah 17:10**—Many people think that it is alright to do wrong if they don't get caught. They can steal or lie or change the truth, but if no one knows, they think they have not lost their honor. But God sees our hearts. God knows every thought and act of our lives. Before God we have sinned, and we have lost our honor. We are under the curse of death.
- **Romans 6:23**—God offers us eternal life, when we come to Him.

APPLICATION—STORIES 1 and 2

- **What did you learn from the stories?**
- **Would anyone like to share what spoke to your heart in these stories?**

- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share these stories with?**

7. HOW TO CONNECT WITH GOD — STEP 3, PART 1

God's Part: Jesus Died to Forgive and Cleanse You from Sin

Our Part: Believe and Receive and Give Your Life to Follow Jesus

REVIEW PREVIOUS STEPS

KEY TEXT

“But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin... If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:7, 9

SUPPLIES NEEDED:

Sanctuary picture illustrations at end of book

INTRODUCTION

The priests and leaders of Israel were always trying to trick Jesus to find fault with Him. One day they brought a woman to him who was a great sinner. Her name was Mary. She is sometimes called Mary Magdalene. They thought Jesus would condemn her to death. But Jesus did something different. Let us see what it was:

THE STORY: Mary Magdalene, the Adulteress

It was early in the morning. Jesus came to the temple and was sitting and teaching the people. Suddenly there was a commotion. The religious leaders dragged in a woman right in front of Jesus. She stood there with her head down in shame. They said to him, “Teacher, this woman was caught in the act of adultery. Moses’ law commands that she should be stoned. What do you say?”

Jesus did not answer them. He just bent down and started to write in the dust with His finger. But they kept asking Him, “Shouldn’t she be stoned?” It says so in the law!” Jesus stood up and said to them, “He who is without sin among you, let him throw the first stone.” Then he bent down again and wrote some more. One at a time the leaders came to see what he was writing. Then they left quickly because they felt so ashamed in their

hearts.

When all the accusers had gone, Jesus stood up and said, “Woman, where are your accusers? Has anyone condemned you?” She said, “No one Lord.” Jesus said to her, “Neither do I condemn you; go, and sin no more.”

Story References: John 8:1-11; Luke 8:2

For extra study: *Desire of Ages—Among Snares, Ch. 50*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. The third step of connecting with God is:

God’s Part: Jesus Died to Forgive You and Cleanse You from Sin

Our Part: Believe and Receive and Give Your Life to Follow Jesus

In this lesson we will learn how Jesus will forgive and cleanse from sin.

2. **How did Jesus treat Mary?**

- Mary was in a shameful condition, being demon-possessed and a prostitute. But Jesus did not condemn her. Jesus saw her heart and loved her as His own child.
- **Romans 5:8**—That is how Jesus sees each person who is in bondage to the power of Satan. Jesus came to heal our brokenness and restore us to the family of God once again.

3. **Could Mary break free from the bondage of Satan by herself?** No. Mary Magdalene was in bondage as a prostitute. She was possessed by seven devils. She wanted to be free but could not break free. She had tried to change, but she could not.

- **Jeremiah 13:23**—Many people think they are free to change and do what they want in life. But people do not have power to change themselves.
- **Ephesians 5:8; John 6:37**—We do not need to try to make ourselves be good before we come to Jesus. We must come just as we are in our sin and shame and Jesus will receive us. Only Jesus can free us. Jesus will free all who come to Him. (Romans 6:16-18)

4. When we confess our sins and repent, what will God do for us?

- **Ephesians 1:7**—It is just like the sanctuary when the person confessed their sin over the perfect lamb. (See picture of Sanctuary—point to the altar) The lamb was killed and sacrificed so they could be forgiven.
- Jesus is the lamb. Jesus had no sin or shame of His own. He lived a perfect life. Jesus took all the sins and shame of all the people of the world on Himself as if He had done them. Jesus went through terrible agony on the cross carrying all the sins of the world. God's wrath against sin came on Jesus. Jesus had the curse of the final death put on Him for you. Then Jesus died the final death for you. He spilled His blood on the cross to take away your sin. We cannot have forgiveness without the spilling of His blood. Jesus is the only One who can forgive us and cleanse us from sin. Then we are free from all our sin and shame! (See Hebrews 9:22)

5. How did Mary change after Jesus forgave her? Mary became a most faithful follower of Jesus. Mary was so thankful that Jesus forgave her and set her free! Mary could not have gotten rid of her own shame. But Jesus took away her shame. She became the daughter of God. She did not want to go back to the slavery of adultery, prostitution, and demon-possession. She wanted to stay connected to Jesus. (See 1 John 1:7)

6. Would you like to be set free from some sin or receive help with a problem you have in your life? You may say yes, I do, but I do not know Jesus personally. How can He help me?

- You can take time to get to know Jesus better through Bible stories and lessons, then you can learn to trust Him.
- You can test Jesus and see that He is alive and will help you. What would you like help with, in your life? Are you worried? Are you sad? Are you addicted? Are you sick? Are you angry? Do you want peace and joy? Jesus can help you. Pray for power from Jesus in your life. You can talk to Him just like a friend. Pray to Jesus each morning and evening and see what God does. "Then you will call upon Me and go and pray to Me, and I will listen to you." (See Jeremiah 29:12)

APPLICATION

- **What did you learn from this lesson?**
- **Would anyone like to share what spoke to your heart in this lesson?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

8. HOW TO CONNECT WITH GOD — STEP 3, PART 2

God's Part: Jesus Died to Forgive and Cleanse You from Sin

Our Part: Believe and Receive and Give Your Life to Follow Jesus

REVIEW PREVIOUS STEPS

KEY TEXT

“But without faith it is impossible to please Him: for he who comes to God must believe that He is, and that he is a rewarder of those that diligently seek Him.” Hebrews 11:6

SUPPLIES NEEDED:

Sanctuary picture illustrations at end of book

INTRODUCTION

Do you remember how God used Moses to lead the people of Israel out of Egypt to freedom from slavery? God had cared for His people day by day. He gave them food and water and kept the sun from burning them with a great cloud. But they complained that God was not taking care of them. So, God removed His protection so they could see how much He had been doing for them.

THE STORY: Moses and the Fiery Serpents—Numbers 21:4-9

For extra study: *Patriarchs and Prophets—The Journey Around Edom, Ch. 38; Steps to Christ—Faith and Acceptance, Ch. 6*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. The third step of connecting with God is:

God's Part: Jesus Died to Forgive You and Cleanse You from Sin

Our Part: Believe and Receive and Give Your Life to Follow Jesus

In this lesson we will learn how we are to believe and receive Jesus gift of forgiveness and cleansing. To believe and receive is actually part of each step in connecting and walking with God.

2. **Why did God remove His protection from the people of Israel?** The people of Israel grumbled and complained that God was not taking care of them, even though God had cared for them every day. So, God removed his protection to show them how much He had been taking care of them. Terrible poisonous snakes came into the camp and bit many people. The people tried to heal themselves. Many people died a painful death. They could not heal themselves.
3. **What did the brass serpent represent?** In the beginning the serpent represented sin and Satan. In the Garden of Eden Satan used the serpent to deceive Adam and Eve so they would obey him. The brass serpent represented that Jesus, the Deliverer, would take the sins and curse of death of each person of the world on Himself and die on the cross for us. Jesus died instead of you and me, so we could be free from sin and shame and the curse of the final death. In the sanctuary (See Sanctuary picture) the lamb was used to represent Jesus when the sins were confessed on it and it was sacrificed on the altar. (See John 3:14-16; 2 Corinthians 5:21)
4. **What cure did God give the people for the snake bites?** They cried out to God. God gave them a cure. Moses made a brass serpent and put it on a pole to look at. Moses told the people to look and live. If the people looked they would be healed. By looking it showed their faith! If they did not look, they would die. Many people looked to the brass serpent and lived. Other people did not have faith that looking at the brass serpent could heal them. They thought it was too simple a thing to do to just look and live. So, they died a painful death.
5. **Can we take away our sin by ourselves?** No. Many people today try to take away their sin and shame and make themselves righteous. They try by their merits, by pilgrimages, by rituals, by sacrifices, by trying to be good. It is like the people who were bitten by the serpents trying to heal themselves. They could not and we cannot make ourselves righteous either. (Ephesians 2:8-9)
6. **How can we be free from sin and shame today?**
Isaiah 45:22; Ephesians 2:8—Just as the Israelites could have faith and

look to the brass serpent and be healed, we can look to Jesus and believe that He will heal us of our sins and shame.

7. What is this faith?

Hebrews 11:1—Faith is believing that God will do what He says even when we do not see how He is working things out.

8. ILLUSTRATION: How can an orange explain faith?

- There was once a father and a young boy. The father traveled often for work and would always bring a gift back for his boy. One day the father returned from a trip. The little boy was so happy. He called out, “Father, father, what have you brought for me?” The father told him, “I have brought you an orange.” The boy ran inside the house and told all the family, “I have an orange! I have an orange!” But his father had not given him the orange yet. So, he asked the boy, “Where is your orange?” The boy looked at him in surprise. “I do have an orange. You said so!” Of course, his father then gave him the orange.
- Just as the little boy believed his father before He had the orange, we are to believe God and His promises before we receive them.

9. How can faith be practiced?

- God promises us in 1 John 1:9 “If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”
- Our part is to confess our sins from our heart. Then we are to believe by faith that what God says, is true.
- We are to go on our way in life, knowing that we are forgiven.
- We praise God for His forgiveness and cleansing even if we do not feel any different. Feelings of peace come after believing.

10. How can we learn to trust Jesus and believe in Him? We must know someone before we can trust and believe in them. We must know that we can trust them, that they care for us, that they will only do us good.

- **Romans 10:17**—We can know Jesus through reading His word, the Bible. We can know Jesus by listening to the stories about Him.
- We can know and trust Jesus through prayer and asking Him to help us. Then we can learn to trust and believe in Him.

APPLICATION

- **What did you learn from the story and lesson?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

9. HOW TO CONNECT WITH GOD – STEP 3, PART 3

God's Part: Jesus Died to Forgive and Cleanse You from Sin

Our Part: Believe and Receive and Give Your Life to Follow Jesus

REVIEW PREVIOUS STEPS

KEY TEXT

"No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon." Matthew 6:24

SUPPLIES NEEDED:

Sanctuary picture illustrations at end of book

INTRODUCTION

Remember when Jesus was on the earth how He taught and healed people. A rich young man came to ask Jesus a very important question. Then the rich young man had to make a very important decision. Let's learn what choice he made.

THE STORY: The Rich Young Man and Jesus—Mark 10:13-23

For extra study: *Desire of Ages—One Thing Thou Lackest, Ch. 57; Steps to Christ—Consecration, Ch. 5*

SUPPLIES NEEDED:

Sanctuary picture illustrations at end of book

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. The third step of connecting with God is:

God's Part: Jesus Died to Forgive You and Cleanse You from Sin

Our Part: Believe and Receive and Give Your Life to Follow Jesus

In this lesson we will learn how we can give our life to follow Jesus.

2. **What did the rich young man have to decide?** The rich young man had to choose which master would be his.
- Jesus loved the rich young man in the story. He wanted him to have eternal life. Jesus gave him a test. He asked the rich young man to choose which master would be his.
 - **Matthew 6:24**—There are only two sides to follow in this world. We can follow the Creator God or follow our own selfish way. When we follow our own way, Satan is actually our master. Each person must choose who they will be loyal to.
3. **How may Satan have tempted the rich young man?**
- Satan may have tempted him like this, “You will lose your honor. You will be shamed in this world if you do what Jesus says. You will be poor. You cannot live without all your riches.”
 - The cost of following God seemed too great. He loved his riches more than God and eternal life. The rich young man listened to Satan. He went away sorrowful. He followed the world and Satan’s ways ever after.
4. **ILLUSTRATION: Can we follow Jesus and someone else too?** No.
- **Luke 14:33**—Jesus says to each person in the world that they must give up all or they cannot follow Him.
 - This seems like a hard saying. But think of a young man who is not married. Let’s call him John. He is looking for a wife. He finds a beautiful girl who looks kind and good. He asks to marry her. Yes, she will marry John. But she loves another man also. Can she keep the other man too? What will John say? No!
 - **Matthew 10:37-39**—Jesus is like the husband to His people. Jesus cannot accept that His people have another loyalty. Jesus must have our heart and life and loyalty. He will continue to love us and draw us to Himself. But Jesus must be our only Lord and master.
5. **What do we need to do before Jesus can be our Lord and master?**
- **Proverbs 23:26**—We must choose to give our whole heart to God.
 - **Galatians 2:20**—We must die to our old life so we can receive a new life. Just as the lamb in the sanctuary gave up its life, and Jesus gave up His life for us, so we give up our old selfish ways so we can have a new life. (See Sanctuary picture—point to altar of sacrifice). God

does not force us, but He cannot change us unless we give ourselves to Him fully.

6. ILLUSTRATION: How can a garden explain why we need to give our whole self up before Jesus can change us?

- Weeds are growing in your garden. So, you cut off the weeds at the ground level. Will the plants come up again? Yes! Why? The roots are still there. How can we get rid of the weeds? We need a gardener to dig out the roots and plant something better instead!
- Our life is like the garden with weeds growing. One weed represents stealing. Another weed represents lying. Another weed is bitterness. Another is lust.
- We are born with a heart that naturally does wrong. We are born wanting things our own way instead of God's way. This self-life is represented by the roots of the weeds. This is called "walking in the flesh" or the "natural person." (See 1 Corinthians 2:14)
- Just as we need a gardener to dig out the roots of the weeds to have them be gone, we need to give our heart over to God so He can dig out the roots of sin and selfishness and pride in our lives. Then we can invite Jesus to live His life in our hearts through the Holy Spirit. He will plant good seeds of His love and joy and peace in our hearts and they will grow instead of the weeds. This is called "walking in the Spirit" or "the spiritual person." (See circle) (See Galatians 5:16-17; Romans 8:12-14)



7. What does it mean to give your life to Jesus?

Philippians 3:7,8—It means to give over to Him every aspect of your life to follow His way, not just one time, but every day. This would include your decisions in life, your thoughts and attitudes, your plans and desire, your work or education, your clothes and music, your words and actions, your friends and family, your money and possessions, and of course all your devotion and worship. We cannot hold on to even one little thing for our way but in all things our loyalty must be to God and His way. We give up all to receive the greatest gift of all – Jesus Christ and eternal life!



8. Will you give your heart to Jesus?

Revelation 3:20—Jesus invites you to give your entire heart to Him to do as He wills with you. Will you open the door of your heart to Him?

SAMPLE PRAYER OF SURRENDER: If you choose to give your life fully to God, here is a sample prayer of surrender. You can pray it in your own words to Him.

- *“Dear God, thank you for giving your Son Jesus to die instead of me. I open my heart’s door now and invite Jesus into my heart and life to be my Lord and master. Thank you for taking away my sin and shame. I give You all my heart. I give up my old way of life, my self and my selfish ways. I give You all my plans and all that I do to follow your plans for me. I give You my friends and family. I give You my money and my entertainment. I give You my thoughts and feelings, my words and my actions to follow Your way. I give up my connection to any other master or god. I give You all my devotion and worship. I give You everything. I give myself to honor You. Work in me Your way through Your Holy Spirit, so I may follow You. Give me Your love and joy and peace in my life. I choose to follow You with all my heart and life. Amen.”*

APPLICATION

- **What did you learn from the story and lesson?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

10. HOW TO CONNECT WITH GOD — STEP 4

God's Part: Jesus Will Give You a New Heart to Live a Pure Life
Our Part: Live God's Love in Your Life by Faith

REVIEW PREVIOUS STEPS

KEY TEXT

"Then I will sprinkle clean water on you, and you shall be clean; I will cleanse you from all your filthiness and from all your idols. I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do *them*." Ezekiel 36:25-27

SUPPLIES NEEDED:

Sanctuary picture illustrations at end of book

INTRODUCTION

Remember Mary Magdalene in Lesson 6? Mary had been a prostitute and demon possessed. Jesus did not condemn her, He forgave her and cast out the demons and took away her shame. Jesus treated her as princess of the Creator God, the King of the Universe. Let us learn how Mary's life changed after that.

THE STORY: Mary Magdalene, Faithful Follower of Jesus

Jesus loved to visit in Mary's home. She had a brother, Lazarus and a sister, Martha. They all loved Jesus. Martha would fix nice food for him. But Mary would sit at Jesus' feet and listen to every word He spoke.

Martha was not happy with Mary, and she talked to Jesus about it, "Lord, don't you care that my sister has left me all the hard work? Tell her to help me."

Jesus said to her, "Martha, Martha, you are worried about many things, but one thing is needed, and Mary has chosen that good part. Don't take it away from her."

Another time, Jesus was invited to a feast at Simon's house. He was a leader in Israel that Jesus had healed of leprosy.

Mary wanted so much to show her love and honor to Jesus. She quietly came into the feast with a box of expensive oil of spikenard. She poured it on Jesus' feet and wiped his feet with her long hair. Simon saw this and thought, "If Jesus were really a prophet, He would know that this woman is a terrible sinner."

Just then Jesus turned to Simon and said, "Simon, I have something to say to you. There was a man who had two debtors. One owed him 500 denarii (or about 1.8 lakh rupees) and the other 50 denarii (or 18,000 rupees). They could not pay him back, so he forgave them both. Tell me, Simon, who loved him more?"

Simon said, "I guess the one who he forgave more."

Jesus said, "That is right. Simon, do you see this woman? When I came to your house, you did not wash my feet. But she has washed my feet with her tears and anointed them with fragrant oil. Her sins, which are many, are forgiven, for she has loved much. But the one who is forgiven only a little, that one loves a little."

Then Jesus said to Mary, "Your sins are forgiven. Go in peace."

There were two more times in the Bible that Mary is mentioned. One was that she stood by the cross when Jesus was crucified, and the other was that she was the first to see Jesus after He was resurrected.

Story References: Luke 10:38-42; John 12:1-8; Luke 7:36-50; John 19:25; John 20:1-18

For extra study: *Desire of Ages—The Feast at Simon's House*, Ch. 5; *Why Weepst Thou*, Ch. 82; *Lazarus, Come Forth*, Ch. 58 (first part); *Steps to Christ—The Test of Discipleship*, Ch. 7, *Growing Up Into Christ*, Ch. 8

DISCUSSION

- **What happened in the stories?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. The fourth step of connecting with God is:

God's Part: Jesus Will Give You a New Heart to Live a Pure Life

Our Part: Live God's love in Your life by Faith

2. **How did Jesus change Mary?** When Mary gave her sinful heart to Jesus, He gave her a new pure heart. She did not do the wrong things anymore. She became a pure woman who followed God with her whole heart and life. (See also Ephesians 4:21-24)
3. **How did Simon treat Mary? How did Jesus treat Mary?** In the story, Simon the Pharisee looked at Mary as still a prostitute. He tried to give her back her shame. But Jesus would not let Simon shame her. Jesus honored her as His own child. When we come to Jesus, He will do the same for us. (See Romans 8:1)
4. **What are we like after we give our hearts to Jesus?** Remember in the Sanctuary courtyard, there was a Laver of Water. (See Sanctuary picture—point to laver). This is where the priest washed his hands and feet. Just as the priest washed in the laver, God washes away our sin and shame.
 - **2 Corinthians 5:17**—God will give us a new clean heart. He fills us with His love.
 - **John 1:12; 2 Corinthians 6:18**—When we become a follower of Jesus, He gives us the identity as a son or daughter of God, part of His family.
 - God will send us the Holy Spirit to bring the presence of Jesus into our lives. He will always be with us. He will guide us and give us joy and peace in our lives. Then He will empower us to do right and follow His commandments, just as He did for Mary.
5. **How can we have a changed life? Can we do it by ourselves?** No! Jesus gave us an example in the Bible.

(ILLUSTRATION: Draw branch with grapes on

- Our connection like a vine and the vine and we are When a branch is main vine, it receives sap. It then produces fruit. (See John 15:5)



a main vine and the branch.) with God is to be branch. Jesus is the branch. connected to the

- If the branch separates or blocks the flow of sap, it will wither up and eventually die. That is why we are to stay constantly connected to Jesus, just as the branch connects to the vine. Just as the sap flows into the branch, Jesus flows His love and power into our hearts through His Holy Spirit. (See John 15:4)
- Just as the branch produces fruit, Jesus works in our hearts to give us love, joy, peace, and patience which are the fruit of the Spirit. We cannot have a good character without being connected to Jesus. (See John 15:7-8)
- The fruit of the Spirit in our lives shows that we are true followers of God. This is how to live God's love in our lives. (See Galatians 5:22-23)



6. **How can we block the flow of the Holy Spirit in our lives?** By holding onto our own way, by anger, bitterness, dishonesty, or disloyalty to God. Then we will have Satan's character in our hearts instead of Jesus' character.

ILLUSTRATION: When we have anger in our heart, where is love? Where is joy? Where is peace? They are gone. This is a test for us to see if we are connected with God or not. We cannot have both the works of Satan and the fruit of the Spirit in our hearts at the same time. (See Matthew 7:20; Galatians 5:19-25)

7. **How does the Holy Place furniture show us how we can stay connected to God?** The sanctuary shows us the way. Remember in the Holy Place was a Table of Bread, an Altar of Incense, and the Candlestick. (See Sanctuary picture)

- The **Table of Bread** represented Jesus and the Word of God, the Bible. Just as we need to eat every day, we need to listen to God through the Holy Bible. The Bible shows us God's love. The Bible shows us how Jesus will come into our lives and change us to be part of His family. (See John 6:35)

- The **Altar of Incense** represented that just as the incense rose up before God, we can pray to God and tell Him our joys and sorrows and needs and Jesus will help us. Each day we are to give ourselves to follow Jesus. Every day we can pray, *“Dear Jesus, I give my heart and life to follow you today. I am your child. Work in me your way and not my way or Satan’s way. Keep me from temptation.”* Jesus will send His merits up to God with our prayers and He will accept us as His own child and will help us.
- **The Candlestick** represented that just as the candles were to shine all day, we are to receive the Holy Spirit. The Holy Spirit brings God’s love in our hearts and lives and gives us power to share His love with others. The Holy Spirit helps us to resist the temptations of Satan.

8. **How do you think Mary Magdalene stayed connected with Jesus?**

- She loved to listen to Jesus tell her about God.
- She loved to talk with Him.
- I’m sure she loved to tell people her story of how Jesus freed her from a sinful life and demons.

9. **How can we be faithful followers of Jesus?**

- **Hebrews 12:1-2**—Each day we can talk to God and read and listen to God’s Word, the Holy Bible. This is how we look unto Jesus.
- We can receive God’s guidance and joy and peace.
- We can share with other people what Jesus has done for us.
- We do not do these things as a ritual to gain merit with God, but to help us to stay connected in a relationship with God.
- God loves us so much and wants us to be part of His family.

10. **If you are not a follower of Jesus, how can you learn more?** If you want to learn more about Jesus, you can read the Holy Bible or listen to Bible stories. You can talk to Him in prayer. You can ask Him to help you. Jesus will hear you and answer your prayer. Then you can learn how to trust and follow Him.

- **Jeremiah 29:13; Isaiah 55:6,7**—If you seek for Jesus, you will find Him.

APPLICATION

- **What did you learn from this lesson?**
- **What spoke to your heart in this lesson?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

11. HOW TO CONNECT WITH GOD — STEP 5

God's Part: Jesus Will Make a Way to Escape When You Are Tempted

Our Part: Surrender to God and Resist the Devil

REVIEW PREVIOUS STEPS

KEY TEXT

"No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*." 1 Corinthians 10:13

SUPPLIES NEEDED:

Sanctuary picture illustrations at end of book

THE STORY #1: Joseph's Temptation

Remember Abraham and his son Isaac? Isaac had a son, Jacob. Jacob had 12 sons. One of the younger sons was Joseph and his father loved him the most. Joseph's brothers were very jealous of him and one day they sold him as a slave. He was taken faraway to Egypt. In Egypt he was sold as a slave to Potiphar. Joseph was so faithful that Potiphar put him in charge of his whole household. One day Joseph was tempted to do something very wrong. Let's learn what it was:

Joseph was a handsome young man and Potiphar's wife desired him. Every day she tried to get him to lie with her. But Joseph would not! He told her, "my master has put me in charge of the whole household. But you are his wife. How can I do this great wickedness and sin against God?"

But she kept asking and asking him. One day she grabbed his jacket and said, "Come lie with me." He left his jacket in her hands and ran. She cried out to the men in the house and accused Joseph to them. "See what Joseph tried to do!" Later she showed the jacket to her husband and lied to him, "Your slave came after me and I cried out and he fled."

So, Joseph was thrown into prison. But God did not forget him there. God blessed him and later he became the governor of Egypt.

Story references: Genesis 39

For extra study: *Patriarchs and Prophets—Joseph in Egypt, Ch. 20*

THE STORY #2: King David's Temptation

Here is another story about temptation. Remember the story of David and Goliath and how David was just a young shepherd boy, but God worked through him to conquer the giant enemy of the Israelites? After that God chose David to be king because he was humble and followed God with all his heart. After David was faithful king for many years, he was tempted to do something very wrong. Let's learn what happened.

It happened in the spring when kings go out to battle. King David sent his captain and soldiers out, but this time he stayed home. One evening he was walking on his roof. He saw a woman bathing on her roof below. She was very beautiful. He sent someone to find out who she was. She was Bathsheba, the wife of one of David's faithful soldiers who had gone to battle. King David kept thinking about her and longing for her. Finally, he sent for her to come to him. He lay with her and sent her back home. She became pregnant with his child. To cover up his sin King David lied and had her husband killed. King David disobeyed God and dishonored His name.

Story references: 2 Samuel 11:1-4

For extra study: *Patriarchs and Prophets—David's Sin and Repentance, Ch. 71*

DISCUSSION

- **What happened in the story of Joseph?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. The fifth step of connecting with God is:
God's Part: Jesus Will Make a Way to Escape When You are Tempted
Our Part: Surrender to God and Resist the Devil

2. What did Joseph do when he was tempted? What about King David?

Joseph looked and ran away from Potiphar's wife. Joseph obeyed and was loyal to God. But King David looked and desired after Bathsheba. King David let his feelings control him. He disobeyed God and did a shameful thing.

3. What is temptation?

- **James 1:13-16**—Temptation is when a thought comes into your mind that is wrong. (Satan can give us thoughts to do wrong, just as he talked to Eve in the Garden of Eden. Satan knows the weak areas to tempt us, but Satan cannot make us do wrong.) When a wrong thought comes to tempt you, it is not sin yet. Temptation becomes sin when you choose to let the wrong thought stay in your mind and desire to do the wrong thing.
- Jesus gave us an example of this. God's law says, "you shall not commit adultery. But I say to you whoever looks at a woman to lust for her has already committed adultery with her in his heart." (Matthew 5:27-28)
- Remember, God knows our thoughts. Our thoughts are who we really are inside. If we choose to accept the wrong thoughts, we may do the wrong act also. We can sin by wrong thoughts and by wrong actions. (Psalm 139:1-4; Proverbs 23:7)

4. Does Jesus know how it feels to be tempted to do wrong?

- **Hebrews 2:18; 4:15-16**—Yes. All during his life on earth, Jesus was tempted by Satan to leave the right path and to do wrong. Satan tempted Jesus strongly in the wilderness. The Bible says, "Jesus was in all ways tempted as we are, but He did not sin." Jesus stayed connected to God the Father to give Him strength to be faithful. Jesus never sinned. He was perfect.
- **Jude 24**—Jesus wants to give us His power to resist temptation. Jesus promises He will keep us from sinning.

5. DIE TO SELF ILLUSTRATION

- **Romans 6:11-13**—**How to die to your old selfish ways.** Right now, pretend that you are dead. If a person is mean to you and says bad things to you and hits you, what will you do, if you are dead? Nothing! When you are dead, you cannot feel it or hear the bad

things. This is what God wants for our old life. Just as Jesus died on the cross, God wants us to die to our old ways of living. He wants us to die to sin and shame and selfishness, anger, lying, bitterness, lust and all the ways of Satan.

- **Galatians 2:20**—When we are dead to our old ways, then just as Jesus rose from the dead, God can make us alive to His new ways. Jesus will live in us through the Holy Spirit. Then we will have the fruit of the Spirit. We will have love, joy, peace, forgiveness, truthfulness, purity, kindness. We will be like Jesus in character because He lives in us.

6. When we are tempted to do wrong, what has God promised?

God has promised to give us the way to escape temptation. The Bible says in 1 Corinthians 10:13: “No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.”

- When we are a true follower of Jesus, He puts His protection around us and only allows temptation to come to us that He knows we can resist, if we keep trusting Him and receive His help.

7. What is the way to escape temptation? The way of escape from temptation is found in the Bible: “*Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.*” James 4:7-8

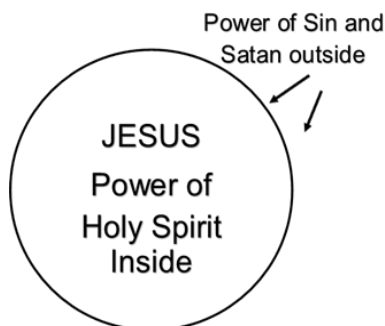
- 1) **Submit to God**—When a wrong thought comes to you the Holy Spirit will remind you that it is wrong. STOP right away! Make a choice to submit to God. Tell God, “I belong to You. I choose to follow Your way, not my way, and not Satan’s way.” Then God will give you power, through the Holy Spirit, to fight the temptation and to choose to do what is right. You must connect with God to fight Satan. You cannot fight Satan’s temptations alone. Don’t wait. Turn to God quickly or you will fail. (See also Isaiah 30:21)
- 2) **Resist the devil and he will flee from you.** When we are tempted, tell the truth of God’s Word, just as Jesus did. Example: If you are tempted to lie, just say, “The Bible says in Exodus 20:16: ‘I am not to bear false witness.’” If you are tempted to doubt God, just say, “The

Bible says in 2 Timothy 2:13: “God is faithful and true, even if I doubt.”

- 3) **Draw near to God and He will draw near to you.** Choose to think on things of God. Sing a song of praise to God. Read some Bible promises. Remember a Bible story of facing temptation. Pray. Call a friend to encourage you. Keep choosing God’s way.
- 4) **Cleanse your hands, you sinners; and purify your hearts, you double-minded.** Don’t keep looking at the temptation from Satan. If you don’t say “No” to the temptation, it will get stronger. Don’t think about how you would like to do the wrong thing. Then you are saying “Yes” to the temptation. If you choose to continue thinking the wrong thought, it becomes sin and you have separated from God and His protection. That is what King David did. Instead, be like Joseph and immediately say “No” to the temptation. Then the temptation will lose its power over you. You cannot follow God and Satan at the same time. You must choose to follow God with all your heart. (See Matthew 6:24)

8. How can we prepare ahead of time to resist temptation?

- We need to choose to invite Jesus into our heart and life each day to be our Lord and master. We need to choose to give up following Satan’s way no matter what happens to us. When we follow our own selfish way, we will have the power of sin and Satan inside our hearts. We will not have the power to resist temptation.
- Each day we need to tell God that we want to follow His ways in our life. Then God will give us the power of the Holy Spirit inside our heart to resist temptation. Remember the Sanctuary shows us the way to be saved. The Candlestick represents the power of God through the Holy Spirit in



our hearts to overcome temptation. (See Sanctuary picture—point to the candlestick). The power of sin and Satan will be outside of our heart. When we are tempted, God will give us His love and peace and patience and strength to do right. (See also 1 Corinthians 10:13; 2 Corinthians 10:4; Ephesians 4:27; Romans 6:12-13; Revelation 3:20)

- Read the Holy Bible each day. Memorize Bible verses and promises of God that He will be your helper in temptation. The Sanctuary reminds us of this by the Table of Bread—representing God’s Word. (See Sanctuary picture—point to Table of Bread). (See also Psalm 119:11; Psalm 50:15)
- Watch and pray. Pray and ask God to give you the strength to choose to follow Him when you are tempted. Remove the things that tempt you from your life, if possible. Remove cigarettes, drugs, alcohol, impure images or books, and more. Plan how to resist temptation through the power of Jesus. If you struggle with addiction, find a counselor who is a follower of God or a pastor, to help you. Pray that God will guide you to get help. God is able to help you. The Sanctuary reminds us of our need to pray daily for God’s help. (See Sanctuary picture—point to Altar of Incense). (See also Matthew 26:41; Proverbs 4:14-15; Luke 22:40; 1 Peter 5:8-9; Galatians 5:16-17; Romans 13:4)

APPLICATION—STORIES 1 and 2

- **What did you learn from this lesson?**
- **Would anyone like to share what spoke to your heart in the stories?**
- **Now that you’ve heard the stories, what would you like changed in your heart and life?**
- **Who will you share these stories with?**

12. HOW TO CONNECT WITH GOD — STEP 6

God's Part: If you Sin, Jesus Offers Forgiveness and Cleansing
Our Part: Repent, Confess, and Return to Follow Jesus

REVIEW PREVIOUS STEPS

KEY TEXTS

"My little children, these things I write to you, so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous. And He Himself is the propitiation (atoning sacrifice) for our sins, and not for ours only but also for the whole world." 1 John 2:1-2

"The steps of a *good* man are ordered by the LORD, And He delights in his way. Though he fall, he shall not be utterly cast down; For the LORD upholds *him with His hand*." Psalm 37:23-24

SUPPLIES NEEDED:

Sanctuary picture illustrations at end of book

INTRODUCTION

Can you walk on water? No person can walk on water without special power to help them. Let's learn about a disciple of Jesus who walked on water.

THE STORY: Peter Walks on Water—Matthew 14:22-33

For extra study: *Desire of Ages—A Night on the Lake, Ch. 40*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. The sixth step of connecting with God is:

God's Part: If You Sin, Jesus Offers Forgiveness and Cleansing
Our Part: Repent, Confess, and Return to Follow Jesus

2. **In the story, what does "walking on water" represent?** Walking on water represents how followers of God are to walk by God's strength, not our own. Peter walked on water. He received power from Jesus to do that. Just as Peter walked on water, we are to walk as followers of

Jesus. We cannot walk in our own strength. We are to walk in the power of God. We are to trust God and follow Him through the power of the Holy Spirit. (Galatians 5:16, 25)

3. Why did Peter fall?

- **Proverbs 16:8**—Because Peter got proud. He looked to see if the other disciples were watching him walk on water. Then he saw the waves. He did not see Jesus anymore, because he turned to look away. Fear entered his heart and he doubted. Peter began to sink into the water. He could have drowned.
- Just as Peter sank in the water, so we may sink into sin. If we stay in sin, and do not repent, we separate from God. In the end we will die the final death, just as Peter would have drowned.

4. When Peter sank into the water he cried out for help. What did Jesus do? Jesus reached out his hand to help Peter. Did Jesus say, “You shameful person!” Did Jesus say, “You did not follow me, I will not help you!” No! Jesus reached out his hand to help Peter back up to walk on water again.

5. How will Jesus help us if we sin?

- **Psalms 37:23-24; 2 Chronicles 30:9**—Just as Jesus helped Peter, Jesus helps us when we sin. He does not condemn us but will lift us up to follow Him again.

6. How was Peter different when he got back into the boat? Peter was very humble when he got back into the boat with Jesus. He was sorry for his sin. He repented and worshipped Jesus. He gave His heart and life to follow Jesus again. (See James 4:10)

7. What should you do if you fail and disobey after you have been following Jesus? Just as you would if you are in danger, cry out to Jesus, “Lord, save me!” Jesus will help you. Don’t let Satan have a place in your life and take back control. Connect back to Jesus right away! It does not have to take a long time to come back to Jesus. He will receive us right away. Follow the steps you have learned. Just as Jesus lifted Peter up quickly from the water, He can lift you quickly out of sin. Here are the steps to return to Jesus if you sin: (See Sanctuary picture)

- 1) Do not resist when Jesus loves you and draws you back to Him. Remember that God is calling you back to His Sanctuary to show the way to Him. (Show Sanctuary picture—point to each part)
- 2) Confess and turn away from sin when you see your wrong. Remember that you can confess your sins on Jesus as the lamb of God who is your substitute to take away the curse of death. (See 1 John 2:1-2)
- 3) Believe that Jesus forgives and cleanses you and then give Him your whole heart and life to follow Him. Remember that as Jesus shed His blood and took all our sin on Him and died, we are to die to our old self.
- 4) Receive the new heart that Jesus give you and live God’s love in your life. As the laver represents the washing of regeneration, we receive a new heart from Jesus. And can follow Him again through daily giving our hearts to Him, by prayer, study of God’s Word and by receiving the Holy Spirit to live and witness.
- 5) Follow Jesus every day, so we will be ready when God looks to see who His followers are and who are not His followers. We will be ready to go to Heaven to be with Him forever. (See also Ephesians 6:11)

8. Review the *How to Connect with God Overview* on the next page

APPLICATION

- **What did you learn from this lesson?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you’ve heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

OVERVIEW – HOW TO CONNECT WITH GOD

“Work out your own salvation with fear and trembling; for it is God who works in you both to will and to do for *His* good pleasure.” Philippians 2:13-14

“But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.” Romans 6:22

STEP 1

God’s Part: God loves you and He is drawing you to Himself

Our Part: Do not resist God’s drawing

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.” John 3:16-17

STEP 2

God’s Part: God will help you see you are a sinner and give repentance

Our Part: Repent, confess, and turn away from sin

“Search me, O God, and know my heart; try me, and know my thoughts; and see if there is any wicked way in me, and lead me in the way everlasting.” Psalm 139:23-24

STEP 3

God’s Part: Jesus died to forgive and cleanse you from sin

Our Part: Believe and receive and give your life to follow Jesus

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9

“No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. You cannot serve God and mammon.” Matthew 6:24

STEP 4

God's Part: Jesus will give you a new heart to live a pure life

Our Part: Live God's love in your life by faith

"Then I will sprinkle clean water on you, and you shall be clean; I will cleanse you from all your filthiness and from all your idols. I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do *them*." Ezekiel 36:25-27

STEP 5

God's Part: Jesus will make a way to escape when you are tempted

Our Part: Surrender to God and resist the devil

"No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*." 1 Corinthians 10:13

"Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse *your* hands, *you* sinners; and purify *your* hearts, *you* double-minded." James 4:7-8

STEP 6—IF YOU SIN, FOLLOW THE 5 STEPS ABOVE AGAIN

God's Part: If you sin, Jesus offers forgiveness and cleansing

Our Part: Repent, confess, and return to follow Jesus.

"My little children, these things I write to you, so that you may not sin. And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous. And He Himself is the propitiation for our sins, and not for ours only but also for the whole world." 1 John 2:1-2

"But if we walk in the light, as He is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin." 1 John 1:7

13. HOW TO FOLLOW GOD — 1

BIBLE STUDY — HOW TO LISTEN TO GOD

KEY TEXTS

“Study to show yourself approved to God, a worker who does not need to be ashamed, rightly dividing the Word of truth.” 2 Timothy 2:15

“For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.” Romans 15:4

THE STORY: Josiah and the Lost Book

INTRODUCTION

Remember how God had chosen the people of Israel to show His love to the world? They had followed Him for some time.

But then they forgot to follow God. They did not read His Word. They disobeyed God’s laws. They followed the customs of the heathen around them. They worshipped the sun, moon and stars that God created, but not the Creator God. They built altars and set up images to worship other gods, but they did not worship the Creator God. They burned their sons in the fire as sacrifices to appease their false gods. They used enchantments and witchcraft and listened to the evil spirits to guide them. They killed the people who would not follow them. They did more wickedness than the heathen around them.

God loved them and sent prophets to call them to come back to follow Him. But they would not listen to His calls of mercy to return to Him. They became more wicked. Then God sent warnings that great evil would come to them because of their wickedness. God allowed evil upon them hoping this would help them want to return to Him so they would be safe. But they did not listen and became more wicked.

TELL THE STORY

One day a new king was crowned in Israel. His name was Josiah, and he was only eight years old. King Josiah saw that the temple of God was broken down and not cared for. He felt so sad he decided to have it fixed.

When they were repairing the temple, a priest found an old scripture book. It was part of the Bible and had been lost under the broken-down walls in the temple. He sent a scribe to read it to the young king.

The scribe read about the blessings and the curses that God had said would come on Israel. King Josiah had never heard these messages from God before. He saw the love of God for His people. He saw God's hatred of sin because it separates His people from Him. King Josiah saw that Israel had done the wrong that God had warned them about many years before. He saw that many of the curses had come upon them just as God said they would.

But the scribe also read of God's love, and the blessings that God would send if they would return to follow Him. King Josiah was very troubled. He tore his clothes to show how upset he was because Israel had not followed God. He decided He would serve the Creator God fully again. He commanded the priests and leaders to get rid of the false gods in the kingdom. They tore down the altars and images and burned them. They put away all the witches and wizards and shamans just as the Bible told them to do.

Then King Josiah gathered all the people together and read the lost scroll of the Bible to them, and they confessed their sins and worshipped the true Creator God. So, there was a great revival among the Israelites. They turned back to God and God could bless them once again.

The Bible says about Josiah, "And like unto him was there no king before him, that turned to the LORD with all his heart, and with all his soul, and with all his might, according to all the law of Moses; neither after him arose there any like him."

Story references: 2 Kings 21:2-15; Hosea 6:1; Zechariah 1:3; 2 Peter 3:9; 2 Kings 22:1-11; Exodus 12; 2 Kings 23:1-3, 4-6, 14, 21, 24-25; Deuteronomy 30:19; Deuteronomy 31:6.

For extra study: *Prophets and Kings—The Book of the Law, Ch. 33; Steps to Christ—A Knowledge of God, Ch. 10*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **What does the Bible show the followers of Jesus about how to follow Him? 2 Timothy 3:15-17**

- The Holy Bible connects us with God. God talks to us through His Word.
- The Bible teaches us about God's love and mercy. The Bible teaches us what is wrong and what is right just like it taught King Josiah when the scribe read the book of the law/covenant to him. The Bible teaches us how to connect back with God and follow Him. The Bible teaches us how to have peace and joy in our life now, and eternal life in the future. (John 17:3)
- The Kings and people of Israel had forgotten God because they did not read His Word.
- **Hebrews 4:12**—God's word is powerful to change our hearts and lives to follow His ways.
- Remember the Table of Bread in the Holy Place of the Sanctuary? It teaches us that just as we need to eat each day, we need to read or hear God's Word every day to keep connected with Him. (John 17:3)

2. **PREPARATION FOR STUDY OF THE BIBLE**

- **Pray** to God for the Holy Spirit to give you wisdom. He will help you understand the Holy Bible. The Holy Spirit will speak to your heart and mind as you read. God gives understanding of the Bible when He knows we want to follow it. (John 16:13; James 1:5-6; 1 Corinthians 2:9-10, 13-14)
- **Believe** that God will reveal Himself and His truth as you search His Word with all your heart. (John 8:32; Jeremiah 29:13)
- **Be willing** to make changes from your past way of thinking and follow the truth of God's Word, as it is revealed to you. (John 7:17; Proverbs 14:12)
- **Find Jesus.** All truth leads us closer to Jesus who is the Way, the Truth, and the Life. Seek to find Jesus in every text you read. (John 14:6)

- **Memorize Bible verses.** Then you will have them in your mind and heart. (Psalm 119:11; Isaiah 30:21; John 16:13; John 7:17)
- **Choose what you will study in the Bible**
 - **Bible Story**—Read a Bible story. There are 260 stories in the Bible
 - **Bible Book**—Begin with Genesis, or read Luke to learn of Jesus
 - **Bible Verse**—Study a Bible verse or group of verses
 - **Bible Person**—Read about one Bible person (Daniel, Esther, or Joseph; See the Chronological Bible Story Index in the back of the book)
 - **Parable**—Study a parable of Jesus in Matthew, Mark, or Luke (See the Parables of Jesus Index in the back of the book)
 - **Topic**—Study one topic in the Bible (such as death, faith, or prayer)
 - **Prophecy**—Study the prophecies of Jesus in Daniel and Revelation
 - **Psalms or Proverbs**—Read the poems and songs and wise sayings

3. HOW TO STUDY THE BIBLE – ONE EXAMPLE

Read the Bible then ask yourself these questions:

- **What happened in the story?** What did the people say or do? What did God say or do? What did Satan say or do? How did the story turn out? (If you are reading a story, use these questions first)
- **What does it say?** What does the verse or story say? How does it show us what God is like? How does it show us God's way? How does it show us not to follow Satan's way?
- **What does it mean?** What is God teaching in the story or verses?
 - **Isaiah 8:20; 28:9-10**—Find and compare other Bible verses or Bible stories that help explain the meaning. Use all the Bible. The whole Bible teaches the same truth. Make sure that what you learn agrees with the rest of the Bible. (Revelation 22:18-19; 1 Corinthians 2:13)
 - **Read the context**—Read the verses before and after to help understand the context (background). What did it mean to the people who lived at that time? What does it mean to us now?

- **How will it change you?** You have learned some lessons as you studied God’s Word, the Holy Bible. What should you do? How will you apply what you have learned to your life? (Psalm 19:7-11)

4. **EXAMPLE OF A BIBLE VERSE STUDY, USING JOHN 3:16**

“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.”
John 3:16

- **What does this Bible verse say?** Read the verse 2-3 times. What does it say? Can anyone believe God and live forever, or just special people?
- **What does this verse mean?** (Compare with other Bible verses and Bible stories to learn the meaning of the verse.)
 - Who does God love? Does that include you? Why did God give Jesus for us? (Discuss the reason)
 - What does “believe” mean? Remember the story of the fiery serpents. (Numbers 21:4-9) If the people believed and looked, they would be healed. To believe God means to trust and obey Him. (Galatians 5:6)
 - What does it mean, that we do not have to die, but live forever? God gives life. If we believe and invite Jesus into our heart and life to be our Lord and master, we will have Jesus’ help every day to guide us and give us joy. We will have the gift of eternal life when Jesus comes again. If we have died as a follower of God, we will be resurrected when Jesus comes and go to live with Him forever. If we do not believe and do not stay connected to God, in the end we will die the final death. (Romans 6:23; 1 John 5:12; 1 Thessalonians 4:16-17)
 - Read the context of the verse—Story of Nicodemus. (John 3:1-21)
- **How will studying this verse change me?** Sample: *“I will choose to believe what God says and I will come to Him to be healed of my sin and shame and become part of God’s family and live forever.”*

APPLICATION

- **What did you learn from the story about how to study the Bible?**
- **Would anyone like to share what spoke to your heart in this story?**

- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

14. HOW TO FOLLOW GOD – 2

PRAYER — WE CAN TALK TO GOD

KEY TEXT

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in Heaven give good things to those who ask Him!” Matthew 7:7-11

THE STORY: Hannah Prays for a Son

INTRODUCTION

What is it like when a wife cannot have a child? Does she feel shame? Our story is about a woman named Hannah who was barren. That means she could not have any children, even though she was married. Remember how God had led the people of Israel out of Egypt? Then God gave them their own country. The people came each year to worship at the Sanctuary. The rest of the year they worshipped where they lived because they were far away.

TELL THE STORY

Hannah prayed and prayed for a child. But she could not have children. Every year she would go with her husband to worship at the sanctuary. They would sacrifice and thank God and give Him gifts for all He had done for them during the year and have a great feast.

Hannah wanted to be thankful, but she was very sad because she didn't have a child. She did not even want to eat at the feast. Her husband said to her, “Hannah, why do you not eat? Why is your heart so sad? Am I not better to you than ten sons?

Finally, Hannah went to the sanctuary to pray to God. She prayed and cried out to God quietly in her heart. She promised, “O God, look and see how sad I am. Please give me a son, then I will dedicate him to you all of his life.”

There was a priest who was sitting nearby. He asked her what she was doing. She said, “I am crying out to God in my great sadness and need. The priest told her, “Go in peace, and the God of Israel will give you what you have asked of Him.” So, she went away and ate and praised God. The next year Hannah and her husband had a son. She was so happy!

After a few years she brought her son to the sanctuary for him to work for God, just as she had promised. And she worshipped God and praised Him for the gift of a son. And after that God gave her more sons and daughters.

Story references: 1 Samuel 1:2-20, 27-28; 1 Samuel 2:1-2, 7-9, 21

For extra reading: *Patriarchs and Prophets—The Child Samuel, Ch. 55;*
Steps to Christ—The Privilege of Prayer, Ch. 11

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **What did Hannah do when she felt shamed?** She prayed to God and trusted His love for her. Hannah was barren, without a child. Her husband’s second wife shamed her. But Hannah knew that God loved her still. She knew that she could go to God with her shame. She could talk with Him. He would accept and understand her. She did not have to let other people decide her value. She could find her true value and worth in God as His child.
2. **What is Prayer?** As we learned last time, Bible study is like God talking to you. Prayer is when you talk with God like you talk with a friend.
 - **Jeremiah 29:12**—Prayer is to connect us with God. God invites us to seek Him. We can tell him all our joys and sorrows. We can pray down on our knees. We can pray standing up. But we can also pray while we are at work or at school. We can talk to God anytime and anywhere. He will hear us. (Psalm 5:3; 145:18)
 - **Matthew 6:5-7**—Prayer is not repeating the same words over and over. Prayer is not a ritual to earn God’s merit. Prayer is not a show for other people.

3. **Will God help us to pray?** If we don't know how to pray, the Holy Spirit will even help us by making our words beautiful and acceptable to God for us. Remember in the sanctuary the altar of incense represented our prayers going up to God. Jesus gives His merit to make our prayers fragrant with the incense of His merits before God. (Luke 11:13; Matthew 7:11; Romans 8:26-27)
4. **How God Answers Prayer**—God answered Hannah's prayer with a yes. He took away her shame. God will answer every prayer. But God is all wise. He will answer in the way that is best. The Bible says: "And we know that all things work together for good to them that love God, to them who are called according to His purpose." (Romans 8:28)
- Here are the 3 ways God answers prayer:**
- 1) **YES, it is for your best good now.** God loves to say "Yes" to our prayers. God gave Hannah the answer, "Yes" when she prayed in the sanctuary. God always answers "Yes" when we ask forgiveness of sin and for a new heart. (1 John 5:14; Matthew 21:22)
 - 2) **NO, it is not for your best good.** God sometimes answers, "No." He knows something will not be good for us. We can trust Him. (James 4:3)
 - 3) **WAIT, it is not time yet.** God sometimes answers "Wait, it is not time yet." Hannah prayed and waited for years before God said, "Yes." God teaches us how to be patient and trust Him when we have to wait. God always does what is best for us. (Matthew 7:7-11; Jeremiah 29:11)
5. **Jesus' Example of Prayer**—When Jesus lived as a man on Earth, He had to depend on God in Heaven just as we do. Jesus prayed for strength to be true to God each day. Jesus prayed early in the morning and sometimes all night long. (John 5:19)
- The disciples heard him pray. One of the disciples said, "Lord, teach us to pray" Luke 11:1. Jesus taught his disciples to pray. We can use this prayer as an example of what to pray:
 - "After this manner therefore pray ye: Our Father which art in heaven, Holy be thy name. Thy kingdom come, Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and

the power, and the glory, forever. Amen.” Matthew 6:9-13.

6. Example of What to Pray—the PARTS of Prayer

- **PRAISE** God for His power, His kindness, His forgiveness, His healing. Pray and Sing songs of praise to God to worship Him. (1 Chronicles 16:8-12; Psalm 103:1-6)
- **ADMIT**—Confess your sins and wrongs to Jesus. If we hold on to sin, it blocks God from being able to answer our prayers. (1 John 5:14-15; Psalm 66:18) Forgive those who have wronged you.
- **REQUEST**—Ask God to help you with your needs each day. Tell Him your joys, your sadness, your fears, your anger. Ask God to change you to be loving and kind like Him. Ask God to help when Satan tempts you. Ask God to help you bless other people. Ask God to help other people with their needs. Don’t pray repetition prayers (meaningless chants). It does not mean anything to God. You don’t have to try to appease God so that He will listen to your request. Just talk to Him from your heart. God will hear and answer. He will speak to your heart through the Holy Spirit and through His Word, the Holy Bible. (1 Peter 5:7; Matthew 26:41; 1 John 5:14; Matthew 6:7)
- **THANK**—God for what He has done in your life and in other’s lives. Remember the ways that God has blessed you. Believe that God will do what is best for your life. (Colossians 3:15-17; 1 Chronicles 16:8-12; Mark 9:23; Romans 8:28)
- **SURRENDER**—Commit your life to follow Jesus each day. Here is a sample prayer of surrender for each day: *“Lord Jesus I give myself to You today. I give You all my plans. Use me today in Your service. Be with me. Let me do everything with Your love.”*

7. When to Pray and Worship God—We can talk to God all the time.

- Just as the Israelites sacrificed and worshipped God morning and evening, it is good for us to worship morning and evening. The father or mother should gather the children and worship God together each morning and evening. They can sing a song of praise to God, memorize a Bible promise, read a Bible story, talk about what they have learned, and pray together.
- Each person should have a worship time, called devotions, by themselves with God. Take time to pray, study your Bible and praise God every day.

- We can also pray before we eat to thank God for providing for us.
- We can pray before we travel for God to protect us.
- We can pray when we are thankful or when we have a need. God is always happy to hear our prayers and praise sent up to Him.

APPLICATION

- **What did you learn from the story about prayer?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

15. **HOW TO FOLLOW GOD – 3**

JESUS WILL HELP US LIVE BY FAITH, NOT FEELING

KEY TEXT

“Jesus said to him, ‘If you can believe, all things *are* possible to him who believes.’” Mark 9:23

INTRODUCTION

When Jesus was on Earth, he had 12 disciples and many followers. Jesus had healed many people and cast out demons. Jesus had given power to his disciples to heal and cast out demons as well. One day when Jesus was apart from them, a father with a demon-possessed son came to the disciples for help. But they could not cast out the demon. The people wondered if Jesus would be able to cast out the demon.

THE STORY: Father of the Demon-Possessed Boy Believes—Mark 9:14-29

For extra study: *Desire of Ages—Ministry, Ch. 47; Steps to Christ—What to Do with Doubt, Ch. 12*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **What is the difference between following our feelings and faith?** In the story, the father knew that Jesus had healed many people. He had heard that Jesus had cast out demons. But the disciples could not cast out the demon in his son. The father began to doubt that Jesus could cast it out. He followed his feelings instead of having faith in Jesus. He said to Jesus, “*If you can cast out the demon, please do.*” But if the father had faith, he would have said, “*Jesus I know you can cast out the demon. Please do it.*” Do you see the difference? One is faith, the other is following feelings of doubt.
2. **What is Faith?**
 - **Hebrews 11:1**—Faith is believing and trusting in God and His Word, the Holy Bible. Faith is following God, even when you cannot see

Him or feel it, because we can trust God. Faith is believing God's word and obeying it. (Matthew 21:22)

- **2 Corinthians 5:7**—In the story, the father had heard that Jesus had healed other demon-possessed people. He needed to believe and trust that Jesus could heal his son too. If the father could not believe until after his son was healed, then his son would never be healed. He needed to believe before he was healed. Faith is believing before we see it happen.
 - **Matthew 19:26**—Faith does not look at the problem or the impossibility, but faith looks to the God who can make the impossible, possible. (Mark 9:23)
 - **1 Corinthians 2:5**—Feelings cannot always be trusted. The father did not feel that Jesus could heal his son, because the disciples could not heal him. But we are to follow what is true, not just our feelings. The father had to choose to go against his feelings. He had to choose to trust Jesus. It was hard. But he cried out for help to do it. Jesus helped him and he believed. Then Jesus healed his son. Faith is following the truth, even if it does not feel like the right way sometimes.
3. **Why did the disciples lack faith to cast out the demon?** The disciples had been arguing among themselves about who was the greatest. Their pride had separated them from God. They could not receive the power to cast out demons.
4. **If we feel that we do not have much faith and cannot follow God, what can we do?**
- **Romans 12:3**—The Bible tells us “God has given to every man a measure of faith” Each person has some faith they can use.
 - **Romans 10:17**—But you may need more faith. The Bible says, “Faith comes by hearing, and hearing by the Word of God”
 - **Isaiah 55:11**—When you read the Word of God or hear it, it will help you to see that God is faithful. Then you can believe in Him and His promises to you.
 - Faith grows by seeing God work. You can see how Jesus works in other people's lives and in your own life. You can ask God to work in your life so your faith can grow.
 - **Hebrews 10:23; Matthew 19:26**—The father of the demon-

possessed boy had to make a choice to believe. We can choose to believe and trust God and follow Him. Then God will do the impossible things for us.

APPLICATION

- **What did you learn in this lesson?**
- **Would anyone like to share what spoke to your heart in this lesson?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

16. **HOW TO FOLLOW GOD – 4**

JESUS GIVES US BIBLE PROMISES

KEY TEXT

“Call to Me, and I will answer you, and show you great and mighty things, which you do not know.” Jeremiah 33:3

INTRODUCTION

There was once a widow woman who was in great need. But she asked for help of one of God’s prophets. Let us see how God helped her in her need.

THE STORY: Elisha Helps the Widow in Need—2 Kings 4:1-7

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **Can we come to Jesus with all our needs?** Yes. Just as Elisha, God’s prophet, helped the widow, God wants us to know that we can come to Him with all our needs. (Psalm 50:15; Jeremiah 33:3)
2. **How can we know that God will help us?**
 - **2 Peter 1:2-4**—Because God has given us many promises in the Holy Bible, they show that He wants to help us. These promises are for us to use. They show us what God will do for us when we are in trouble. The Bible promises show us that God will help us to become like Him in character.
 - We can claim the Bible promises in prayer when we talk to God. (See also Isaiah 55:11; Matthew 21:22)
3. **ILLUSTRATION:** When we become followers of God, He gives us many promises in the Bible. It is like God opens a bank account in our name and then give us many blank checks with our name on it and He signs them. We just fill in the amount we need and cash the check. God’s promises are like this. Just believe and claim a promise for our need and God will help us. (See Lesson 2 on Prayer to know the conditions

we need to follow to receive answers to prayer)

4. God's Promises in the Bible There are over 5,000 promises in the Bible for us to use! We can ask God for what He has promised. Here are a few of God's promises:

- a. **For feelings of shame:** "Everyone who believes in Him will not be put to shame." Romans 10:11
- b. **For fear and anxiety:** "Fear not, for I *am* with you; be not dismayed, for I *am* your God. I will strengthen you. Yes, I will help you, I will uphold you with My righteous right hand." Isaiah 41:10
- c. **For peace:** "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." John 14:27
- d. **For healing:** "Behold, I will bring health and healing; I will heal them and reveal to them the abundance of peace and truth." Jeremiah 33:6
- e. **For help in trouble:** "He shall call upon Me, and I will answer him; I *will be* with him in trouble; I will deliver him and honor him." Psalm 91:15
- f. **For fear of death:** "Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You *are* with me; Your rod and Your staff, they comfort me." Psalm 23:4
- g. **For God to guide you:** "Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths." Proverbs 3:5-6
- h. **For temptation to do wrong:** "No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*." James 4:7 "Submit yourselves therefore to God. Resist the devil, and he will flee from you." 1 Corinthians 10:13
- i. **For hope and joy:** "Why are you cast down, O my soul? and why are you disquieted within me? Hope in God; for I shall yet praise Him, the help of my countenance and my God." Psalm 42:11

5. Sample Personal Prayer to Claim a Bible Promise (Based on Isaiah 41:10)

"Our Father in Heaven, I am afraid. I need Your help. Just as you helped

the widow in Elisha's time (or another Bible example), please help me now. You have given a promise to me in Isaiah 41:10 from the Holy Bible. You, oh God, have promised me that I do not need to fear because You are with me. I do not need to be dismayed, because You are my God. You have promised to strengthen me. You have promised to help me and hold me up with your hand. I choose to trust you and look to you for help. Thank you for being with me. Amen."

The Bible Promises are for You—Would you like to have a personal experience with Jesus? Are you willing to test Jesus to see if He is alive and will help you? Are you worried? Are you sad? Are you addicted? Are you sick? Are you angry? Do you want to have peace and joy? Do you want help to do right? Jesus can help you. Pray for Jesus' power in your life. Claim a promise from the Bible or ask God that just as He helped someone in a Bible story, would He help you also. You can talk to Him just like a friend. Pray each morning and evening and see what God does. (Jeremiah 29:11-12)

APPLICATION

- **What did you learn from this lesson?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

17. HOW TO FOLLOW GOD – 5

JESUS WILL HEAL OUR WRONG THINKING

KEY TEXT

“For as a man thinks in his heart, so is he.” Proverbs 23:7 (1st part)

THE STORY: Elijah Runs Away

Remember the story about God’s prophet Elijah on Mount Carmel. The people of Israel had turned away from God and were rebellious. King Ahab and Queen Jezebel had led them to follow other false gods. Elijah was faithful to the true God in front of King Ahab and all the people. God sent fire down on Elijah’s sacrifice to show that He was the true God. The people saw that the Creator God was the true God and they decided to follow Him again. God honored Elijah.

Then King Ahab went home to tell Queen Jezebel what had happened. She was terribly angry. She sent a message to Elijah, “I will kill you tomorrow.” Elijah forgot all about the great victory God had with all the people. He got up and ran for his life into the wilderness.

Elijah sat under a tree and prayed that he might die. He was very depressed, and he fell asleep. After some time, an angel came and touched him. “Arise and eat.” The angel brought him bread and water. So, he ate and drank and slept again. Again, the angel awoke him and Elijah ate and drank. Then he traveled for forty days to the mountain of God. He stayed in a cave there.

God sent a strong wind and tore down rocks from the mountain. But God was not in the wind. Then God sent an earthquake. But God was not in the earthquake. After that God sent a fire. But God was not in the fire.

Then God spoke in a quiet small voice. God said, “What are you doing here Elijah?” Elijah said, “I have stood true for You, Lord God. All the people of Israel have turned away from you and disobeyed your law. They have torn down your altars of sacrifice. They have killed your prophets. I alone am faithful. And now they are going to kill me.”

Then God said to him, “Go! Return to do the work I have called you to do. I

have seven thousand people left in Israel who have not worshipped false gods and are true to Me.” And Elijah obeyed God.

Story references: 1 Kings 16:30,32,33; 17: 1-6; 18:14-46; 19:1-16, 18

For extra study: *Prophets and Kings—From Jezreel to Horeb, Ch. 12; “What Doest Thou Here?” Ch. 13; Steps to Christ—Rejoicing in the Lord, Ch. 13*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **What happened to Elijah after the Mount Carmel experience?** Elijah ran away. Elijah was very tired. Elijah thought he was the only one in Israel who was faithful to God. Then a message came from Queen Jezebel that she would kill him. Elijah forgot about God’s power on Mt. Carmel. He thought Queen Jezebel would kill him. He was afraid and ran away. He knew he was running from God’s plan for him. He became depressed and felt there was no hope.
2. **How did God treat Elijah when he ran away?**
 - God cared for him and fed him. Elijah ran for 40 days with energy from that food.
 - God sent wind, an earthquake, and fire. This awakened Elijah from his self pity, so then he could listen to God.
 - God spoke truth to Elijah. God told him, “You think you are the only one faithful, but there are 7,000 other people who are faithful to me in Israel. You think Jezebel will kill you, but I will be with you and protect you. Get up and go do what I ask you to do.” Elijah trusted God again and obeyed him. His depression left him.
3. **How does our thinking affect our lives?** “For as a man thinks in his heart, so is he” Proverbs 23:7 (1st part). Our thoughts lead to feelings which show up in our words and actions. What we think will change our whole life for good or for bad.

THOUGHTS → FEELINGS → WORDS AND ACTIONS

4. What can you do when you feel depressed?

- Exercise or physical work can help. Walk 2-3 times a day for at least 15 minutes each time. (Note: Many times, when depressed or anxious, it is better to do something physical first before dealing with our thinking.)
- Breathe deeply.
- Change your thinking. (See below)
- Get your mind off yourself. Do not stay in self pity.
- Sing a song of praise to God. You can think of the many things you are thankful for.
- Help someone else.
- Believe that God can help you, even if you don't feel it. Claim a Bible promise.
- Do what you can to change the bad situation you are in. Ask others to help you.

5. What are you thinking?

What can you do when you start to feel anxious, irritated, angry, fearful, depressed, wrong desires, or doubt?

- 1) **Stop!**—Ask yourself, “What am I thinking?” Don’t accept every thought that comes to you as your own. Satan can give you wrong thoughts and discouraging thoughts. Satan can tell you lies. Say out loud, “This is not the truth!” or “This is not a good thing to be thinking.”
- 2) **Ask for Help**—Pray, “Lord Jesus, I don’t want these wrong thoughts or feelings. Please take them away. I give myself to you. Help me to trust You and choose pure and true and hopeful thoughts. Give me wisdom to know what to do to fix the problem.” Find a Bible promise or Bible story that will help you. (James 4:7-8)
- 3) **Think New Thoughts**—Find the truth from the Bible and Bible principles to replace the wrong thinking. Tell yourself the truth. (John 17:17)

6. How can you think new thoughts?

2 Corinthians 10:5—Every time the wrong feeling or untrue thought comes, tell yourself the truth again. Say it out loud. Write it down to break the wrong pattern of thinking. At first it will seem hard. But as you practice, it gets easier. Then good thoughts will lead to good

actions. This will make new habits.

- Example 1: A student is feeling anxious. What is the student thinking? Lie: "I will fail in my exams." Truth: "If I study hard and do my best, and trust that God will help me, I can pass."
- Example 2: A widow is feeling hopeless. What is she thinking? "I am a shame to my community." Truth: "I am a follower of the Creator God. I am honored as His child."
- Example 3: A wife is feeling that she is to blame for her husband's anger. What is she thinking? "My husband is angry a lot. It must be my fault. I need to do more things to please him so he will be nice to me" What is the truth? "My husband is drinking a lot of alcohol and is angry no matter what I do. I am not to blame. But I will still be kind to him."
- Example 4: A husband tells his wife, "I hit you because you are bad." What is he thinking? "It is my wife's fault that I hit her." What is the truth? "I am responsible for my actions of doing wrong by hitting my wife, no matter what she does to me. I will ask God to change my heart so I can do what is right and be kind to her."

APPLICATION

- **What did you learn from this lesson?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

18. **HOW TO FOLLOW GOD – 6**

JESUS WILL GUIDE US

KEY TEXT

“Trust in the LORD with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths.” Proverbs 3:5-6

INTRODUCTION

Remember how Abraham had been called of God to follow Him? Then Abraham and Sarah (when she was old) had a special son, Isaac. Isaac needed a wife, but there was no follower of the Creator God nearby for him to marry.

THE STORY: Finding a Wife for Isaac—Genesis 24:1-67

For extra study: *Prophets and Kings—The Marriage of Isaac, Ch. 15*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **Who did Eliezer look to for guidance in finding a wife for Isaac?** God. Abraham’s head servant, named Eliezer, was sent to find a wife for Isaac. Eliezer knew he could not find a wife for Isaac without God’s guidance. Eliezer prayed for God to guide Him. Eliezer knew that we cannot direct ourselves in the right way without God leading us. God promises wisdom and guidance when we ask. (See also Jeremiah 10:23; James 1:5; Isaiah 58:11)
2. **What do we need to do to receive God’s guidance?**
 - **John 7:17**—We need to be willing to follow God’s guidance, just as Eliezer did.
 - **James 4:3**—Ask according to God’s will and not our selfish desires.
 - **Matthew 21:22**—Believe that God will answer in the best way.

3. What has God promised to do for those who follow Him?

Psalm 32:8—God has promised to guide anyone who follows Him. Eliezer trusted God; he made a plan, and he looked to God to guide him. Just like Eliezer, we need to trust that God will guide us. (Proverbs 3:5-6)

4. Three Ways God Guides Us



(Illustration: Draw a 3-legged stool with *God's Guidance* on top. Write on the legs: *Bible, Providence, Impressions*) God's guidance is like a three-legged stool. Just like the stool cannot stand on one leg or two legs, we need all three ways to know God's guidance.

1) God guides us through the Bible

Psalm 119:105—God will never lead us in a different path than what the Bible teaches. So, we need to study God's word to see how to live. (Example: Abraham knew that God wants His followers to marry only those who are also followers of God. So, he sent Eliezer to find a woman who was a follower of God to marry Isaac. 2 Corinthians 6:14; Amos 3:3)

2) God guides us through His Providence (God's leading)

Psalm 32:8—God will open ways for us to do what He guides us to do. We are to watch and see where God leads. Then we are to follow His leading by faith. God will sometimes open a way for us and sometimes close the way for us to go. But the way God leads will always be true and right. If the way is open, God will confirm it. (Example: Eliezer asked God to show him a sign to help him know which the right woman for Isaac was. Rebekah did as Eliezer had asked of God by giving Eliezer water and watering the camels. But Eliezer needed to know if she was a follower of God. So, he asked what family she was from. She was from the family of Abraham and a follower of the Creator God. Also, her family would need to be willing to let her go and she must be willing to go. All these things happened. This confirmed to Eliezer that God was leading.)

3) God guides us through the Holy Spirit's impressions and the

counsel of Godly people

Romans 8:14—The Holy Spirit will speak to our minds to guide us. He gives us ideas for a plan to follow. Sometimes God sends people to guide us.

Proverbs 11:14; 15:22—The Bible tells us to seek counsel of God's followers. We must not follow feelings or the leading of people only but must always compare with God's providence and the Bible, and good reason. We need to pray for God to show us the way. (Example: God impressed Eliezer what to ask for. God impressed him that Rebekah was the right woman.) When we pray, read God's Word, think about it, and asked for counsel, we can go forward making the best decision possible, believing God is leading.)

APPLICATION

- **What did you learn from this lesson?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

19. **HOW TO FOLLOW GOD – 7**

JESUS GIVES US JOY IN TRIALS

KEY TEXT

“My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing.” James 1:2-4

INTRODUCTION

Have you ever been in prison? Do you know someone who has? Did they have joy in prison? Remember how when Jesus lived on the earth, He told his followers to go and tell others about how to follow Him. Jesus said He would be with them. Paul and Silas were followers of Jesus. They traveled many places telling people about Jesus. One day they were thrown in prison!

THE STORY: Paul and Silas in Prison—Acts 16:16-34

For extra study: *Acts of the Apostles—In the Regions Beyond, Ch 21*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **What is a trial?** A trial is when something bad happens to us or when something does not go the way we want. A trial also comes when we are tempted to do wrong. Trials test us to see who we are loyal to God or Self/Satan?
2. **Why do trials come to us?**
 - **Matthew 5:45**—Trials can come to us just because we live in a world that Satan and sin have ruined. Everyone has trials in this life. These trials are not our fault (not karma or fate).
 - **Proverbs 3:12**—Trials can also come to us as a consequence for our wrong choices. Trials show us our weakness and our sins so we can come to God and confess and repent and be cleansed. (Example:

Remember how this happened to the son who took his inheritance from his father and ran away from home. Later when he spent all his money, he only had pig's food to eat.)

- **1 Peter 4:12-16**—Trials can also come because we do good things and follow God. Then people may turn against us. Satan gets angry when one of his followers decides to follow God. Satan send us trials. God allows trials to help us to see our need to trust God more. When we are joyful in trials, we give honor to God. (Example: This happened to Paul and Silas when they were beaten and thrown into prison and they sang songs of praise to God.)

3. **Can God take trials and make something bad into something good?**
Romans 8:28—Yes. God works for good, what Satan plans for evil. Even though Paul and Silas were beaten and thrown in prison, in the end, the jailer and his family became followers of Jesus.

4. **ILLUSTRATION: What is God's plan for each person?**

Isaiah 64:8—God's plan for each person is for us to develop His character of love in our lives. God sees in us the beauty of who He created us to be. We are like clay pots. Just like the potter molds the clay into a beautiful pot, God will mold us. The potter kneads the clay, wets it, molds the clay, and bakes it. When the pot is finished, it is beautiful. Trials are the way God molds us. God wants to make us patient and kind. He wants to take away our anger, our lying, our impurity and other wrong things. When we submit to God like the clay, He will mold us to be like His character of love. We will be beautiful in our character like the pot. (Jeremiah 18:1-6)



5. **What to Do When We Have Trials**

- **Tell God your hurt and needs in prayer.** Know that God still loves you. He will love you no matter how much you fail or get discouraged. (Isaiah 63:9; Hebrews 13:5 last part)
 - God will be with you through the trial. God will not allow more pain than you can bear. (Isaiah 43:2; 1 Corinthians 10:13)

- Use a Psalm for your prayer: Psalm 22, 25, 35, 42.
- God feels your pain too. Jesus suffered pain, so He can understand us and help us. Read about how Jesus suffered for you: Isaiah Chapter 53.
- Jesus wants us to come to him and He will give us peace and rest. (Matthew 11:28-30)
- **Surrender and praise God in the trial.** Surrender your will to God. Believe that God is in control and is working all things out for good. Ask God to help you to have strength to go through the trial. God will help you and give you joy and peace in trials. Choose to praise God in the trial. Sing a song. Read a Bible promise. (See John 14:27; Romans 8:28; Philippians 4:11)
- **Ask God to show you what lessons you are to learn from the trial.** Do you need to trust God more? Is there sin in your life that has caused the trial? Are you angry, rebellious, lazy, bitter, or proud? Give your sin and shame to God. Ask Him to change you. God has good plans for you. (See 1 Peter 1:6-7; Proverbs 28:13; Jeremiah 29:11-13)
- **Do not listen to Satan's lies.** Satan will tell you lies that make you want to blame God and be rebellious or to feel sorry for yourself (self-pity). Remember that Satan is the one who brought all the trouble on the world. Satan will tempt you to doubt God. Satan will use people to get you discouraged. Do not listen to them. Satan does not love you. Remember, God is more powerful than Satan. (See 1 Peter 5:8; 1 John 4:4)
- **Talk with a person who knows God and can help you to trust Him more.** Do not try to go through life on your own. God gives us each other to help one another. (See Ecclesiastes 4:10; Proverbs 15:22)
- **Encourage others.** After you go through a trial you will be able to comfort and encourage others. Teach them how they can learn lessons from their trials and to trust God. (See 2 Corinthians 1:3-4)

APPLICATION

- **What did you learn from the story about trials?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

20. **HOW TO FOLLOW GOD – 8**

JESUS HELPS US TO ASK FORGIVENESS

KEY TEXT

“Therefore confess your faults to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” James 5:16

INTRODUCTION

Zacchaeus was a rich tax collector who lived during the time when Jesus lived on Earth. He worked for the Romans who had taken over the country of Israel. The people hated the Romans and the Jewish tax collectors who worked for the Romans. Many tax collectors took more taxes than was due to them. They stole money from the people to make themselves rich. This is how Zacchaeus got so rich. But the Holy Spirit was speaking to Zacchaeus about his stealing. Maybe he heard John the Baptist’s message. Remember John the Baptist was the man who God used to prepare people’s hearts for the coming of Jesus, the Deliverer.

THE STORY: John the Baptist and Zacchaeus—Luke 3:3-14; Luke 19:1-10

For extra study: *Desire of Ages—Zacchaeus, Ch. 61*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **When we have a problem in our relationship with someone, what are we to do?** When we go to the person and ask forgiveness it can help us restore our relationship with them. It takes courage to ask forgiveness. We could also help to restore a relationship by inviting the person to share a meal together or do things together or bring them a gift.
2. **When we become a follower of Jesus, what does Jesus do in our lives?**
 - Jesus takes away our shame and restores our honor, just like with Zacchaeus.
 - Jesus helps us stop the old ways of lying, stealing, anger, and other

wrong things. Jesus gives us His character to be kind and honest and pure. (Ephesians 4:22-32)

3. What should we do if we have done wrong to others?

- **Confession**—We should ask forgiveness (ask sorry) from people we have wronged.
- **Restitution**—We should repay what we have stolen, as we are able. (See also Numbers 5:5-7; Leviticus 6:2-5)

4. Who to Ask for Forgiveness

- **Secret Sin**—If it is a secret sin that only you know about, confess it only to God. (Psalm 51:3-4)
- **Wrong to One Person**—If you have done wrong to a person, ask forgiveness of God first. Then ask forgiveness for your fault to the person. (James 5:16; Matthew 5:23-24)
- **Done wrong to a Group**—If you have done wrong and many people know about it, you should confess your sin to God first. Then confess your fault to all the people involved that you can locate. (Example: Zacchaeus confessed his wrong to all the people there.) (Acts 19:18-20)
- **NOTE:** Ask God to remind you of the people you need to ask for forgiveness. Think about the people in your life—your parents, brothers and sisters, husband or wife, children, friends, family, teachers, classmates, people you work with, storekeepers, and others. When you remember something you have done wrong, go and ask forgiveness and make it right. God will give you strength to do it.

5. How to Ask Forgiveness (Example of Confession and Restitution)

- Pray to be humble and to be willing to see your wrong.
- Prayer to God: *"I have sinned. Please forgive me for _____. I renounce any connection with this sin. Please cleanse me and fill me with your Holy Spirit and give me a new heart."*
- Ask forgiveness from people: *"I was wrong when I was angry with you/lie to you/stole from you, etc. I am sorry. Will you forgive me?"* (Listen to the other person share their hurt. Tell them you care and want to have relationship with them again.)
- Pay back to each person or business what you stole, as you are able.

Ask God to help you to be able to do this. (Example: One man had stolen 10,000 USD (7 lakh INR) before he became a Christian. He did not have money to pay it back. But he prayed and asked God to help him. God provided a good job for him and he was able to pay it back within two years.)

- **Note:** Do not blame someone else for your wrong. Do not make excuses. Take responsibility for your part even if the other person was wrong also. Do not point out the other person's wrong when you tell them you are sorry. The person may not forgive right away. Give the person time to see that you are sorry and have changed. They may forgive you later. If they never forgive, you have done your part.

APPLICATION

- **What did you learn from the story about asking forgiveness?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

21. HOW TO FOLLOW GOD – 9

JESUS HELPS US GIVE FORGIVENESS

KEY TEXT

“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God for Christ's sake has forgiven you.” Ephesians 4:31-32

THE STORY: Joseph Forgives His Brothers

Abraham had a son named Isaac. Isaac married Rebekah and had a son named Jacob. Jacob had twelve sons. His favorite son was named Joseph. He gave Joseph a beautiful coat of many colors, but he did not give coats to his other sons. Joseph had two dreams that his brothers and parents would bow down to him someday. His brothers were very jealous of him.

One day Joseph's brothers went away to feed their father's flock of sheep. But after some time, their father did not know what had happened to them. So, he said to Joseph, “Please go and see how your brothers are doing.

Joseph was just 17 years old. He searched and searched and finally found his brothers. But when they saw him coming, they remembered his dreams and they hated him. “Look! This dreamer is coming! Let's kill him and throw him in a pit.” So, when Joseph came near to them, they pulled off his beautiful coat and threw him into a pit. Then they sat nearby and ate the food he brought.

After some hours, some traders came nearby. The brothers decided to sell Joseph instead of killing him. You can imagine how terrible he felt that his own brothers would sell him! But Joseph decided in his heart that he would be faithful to God and forgive his brothers.

The traders took him far away to Egypt and sold him as a slave. He was very faithful to his master and his master gave him rulership of his whole household. But one day he was falsely accused and thrown into prison. Joseph could have gotten angry, but he decided to trust God. He was in prison for more than two years. But God did not forget him.

Pharaoh, the king of Egypt, had a dream. God told Joseph what the dream meant, and Joseph told Pharaoh. There would be seven years of abundant harvest in the land. Then there would be a great famine in all the land that would last seven years. Pharaoh took Joseph from prison. He made him second ruler over all Egypt to prepare for the famine. The famine also was in the land where Joseph's father and brothers lived.

God used Joseph to provide food for the whole country. One day, Joseph's brothers came from far away looking for food. Joseph knew them, but they did not know who Joseph was and bowed before him. Joseph remembered his dreams. He decided to test his brothers and see if they were still dishonest and cruel. But he saw they had changed to become kind and truthful.

Finally, he told his brothers, "I am Joseph! The brothers were afraid. They said, "Please forgive us for the wrong we did to you." But Joseph said, "I forgave you many years ago. Do not be afraid. I know that you meant evil against me; but God meant it for good. He has chosen me to save many people from the famine."

Story references: Genesis 37:1-36; 42:1-14; 45:1-18, 25-28

For extra study: *Patriarchs and Prophets— Joseph in Egypt, Ch. 20; Joseph and His Brothers, Ch. 21*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **What if Joseph had not forgiven his brothers?** Joseph would have become a bitter, angry person. When Joseph was young, his brothers had become jealous of him and sold him as a slave. His master in Egypt threw him into prison unfairly. Joseph could have been bitter toward his brothers, his Egyptian master, and God. But Joseph forgave them. If Joseph did not forgive, he would have become a bitter, angry person and God could not forgive him. Then God could not have used Joseph to help the country of Egypt and his family stay alive. (See Matthew 6:14-15)

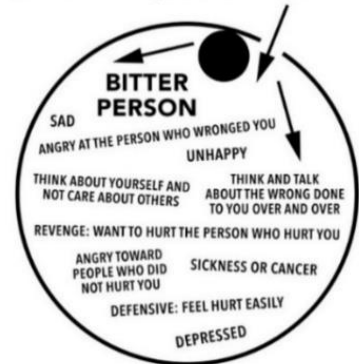
2. **What is bitterness?** **Bitterness** is holding onto anger toward a person who did wrong to you. It is thinking about the wrong the person did over and over again. It is hurting yourself by thinking over and over about the hurt you received in the past. Example: Bitterness is like drinking poison and expecting the other person to die. (See Ecclesiastes 7:9; James 1:20)

3. **What is forgiveness?** **Forgiveness** is giving up your right to hurt the person who hurt you. Forgiveness is letting go of the anger toward the person who hurt you. Forgiveness is saying, "I will not hurt you for hurting me. I will forgive you. I will treat you as not guilty, even if they are guilty." Forgiveness doesn't mean that what the person did was right or okay. Forgiveness gives you freedom from bitterness, hatred, and anger so you can have peace and joy again. (See Ephesians 4:31-32)

4. **When we don't forgive, what does bitterness do to us?**

Bitterness causes many problems in life. When we are bitter it hurts us more than the person who wronged us. Satan takes control of the life of a person that is bitter. (Illustration: Draw a circle and write results of bitterness in it—See illustration.) (See Hebrews 12:14-15; Mark 11:26; Ephesians 4:27)

IF WE DO NOT FORGIVE, SATAN HAS A PLACE IN THE LIFE



Thought Question: Is this how your life is? Is this what you want in your life?

5. **Illustration of Bitterness and Forgiveness:** Bitterness is like having a very painful boil on our body and not getting help to get rid of it. The pain is terrible. When anyone bumps us, we get angry at them because it hurts. Forgiveness is like lancing (cutting) the boil and getting all the pus and impurities out and allowing it to heal. All the pain goes away, and we are free.

6. How to be Free from Bitterness and Anger—How to Forgive

- **Admit that you are bitter.** Be honest with yourself and with God. Don't try to hide your real feelings from God. (See Hebrews 4:13; Ephesians 4:25-26)
- **Give your bitterness to God.** Tell Jesus all about your hurts. Maybe you have held onto anger or bitterness a long time. Maybe you were wronged as a child. God can still free you from your bitterness. Give all the wrongs done to you over to Him. Jesus went through all the painful things that people experience on this earth so He that could help us. Jesus had an unwed mother, He was a refugee, He was betrayed, He was abused, He was shamed, He was tempted, He was rejected, He looked like a failure, and more. Jesus understands your pain. Jesus can heal your broken heart and give you beauty for ashes in your life. (See also Isaiah 63:9; Isaiah 53:3-7; Matthew 11:28)
- **Trust that God can turn a bad thing into a good thing.** God did this for Joseph. Others may do us evil, but God will accomplish good. The Bible tells us to forget those things which are behind and go forward in our life. (See Romans 8:28; Ecclesiastes 3:1, 11; 1 Corinthians 13:11)
- **Ask God to show you who you need to forgive.** Think back over your life to your parents, spouse, children, family, friends, teachers, classmates, co-workers, and others who have done wrong to you. Do you still feel bitter toward them? God can free you from bitterness when you give it to Him. When we see that we have done wrong to others and to God, we can be more forgiving to those who have wronged us.
- **Pray to God and ask for forgiveness toward those who wronged you.** Forgive as God has forgiven you for all the sins you have done to Him. Forgive as Jesus forgave. (Example: Jesus forgave those who killed Him. On the cross, Jesus said, "Father, forgive them for they don't know what they are doing.") (See Ephesians 4:30-32; Micah 7:19; Matthew 6:12; Luke 23:34)
- **Choose to forgive and receive God's love.** Forgiveness is a choice, not a feeling. Choose to forgive and God will give you His love and forgiveness toward the person who wronged you. (See Romans 5:5)
- **Sample prayer to Forgive:** *"Dear God in Heaven, (name of the person who has done wrong to you) has done wrong to me. I know*

that You care about me and want me to be free from bitterness and the power of Satan in my life. You have forgiven me of my many sins and taken away my shame. I choose to forgive _____ from my heart for what they did to me. I choose to not hold anger against them anymore. Please give me Your love for them. Thank you. Amen.” (See Matthew 5:43,44)

APPLICATION

- **What did you learn from the story about bitterness and forgiveness?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you’ve heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

22. **HOW TO FOLLOW GOD – 10**

WHAT TO DO AFTER FORGIVING OTHERS

KEY TEXT

“But I say unto you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you.” Matthew 5:44

INTRODUCTION

When Jesus was on earth, he told many stories, called parables. These stories taught lessons on how to live as a follower of God and what God’s kingdom was like.

THE STORY: The Unforgiving Servant—Matthew 18:21-35

For extra study: *Christ’s Object Lessons—The Measure of Forgiveness, Ch. 19*

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **What is forgiveness like?** Forgiveness is like cancelling the debt someone owes you. In the story, the king forgave his servant the large amount of money he owed. He told the servant, “You don’t owe me anything.” So, if someone does wrong things to you, you may want them to feel your hurt. But forgiveness is saying, “I will not hurt you for hurting me. I will forgive you. I will treat you as not guilty.”
2. **Who is represented by the king in the story?** Jesus is like the king. When we ask and are sorry for our wrongs, He forgives us of all our wrongs and sins. He then wants us to forgive others of their wrongs toward us. The freedom from the debt was not truly understood in the heart of the servant. He did not forgive his fellow servant who owed him a little money.

3. **What will Satan often do after we forgive a person who has wronged us?** We learned how to forgive in the previous lesson. After you have forgiven someone, Satan will often tempt you. He might say, “They don’t deserve your forgiveness. They really were wrong.” When you are tempted to be bitter again, we can pray and say, *“Yes they hurt or shamed me. But I was wrong to be bitter toward them. I have already forgiven them. Thank you, God, for putting Your forgiveness and love in my heart for them. I choose to keep forgiving them.”*
4. **After you forgive someone who has wronged you, what can you do for them to keep a forgiving attitude?** You can pray for them. Do something nice for them. Do not let their badness make you bad. We cannot change someone else; we can only let God change them. Keep the love of God in your heart so He can give you a forgiving attitude. (Matthew 5:43-44)
5. **How many times should we forgive others?** Peter asked Jesus how many times he should forgive. Peter thought seven times was plenty. But Jesus said seventy times seven (70X7=490). That is too many to count. Jesus was telling us that we are to forgive over and over just like Jesus forgives us over and over. He can help us to forgive others. When a person hurts you again, forgive again. We are to forgive even if they do not change. We can forgive even if they do not ask for forgiveness. (See also Colossians 3:12-15)
6. **How can we connect in a relationship with the person who we have forgiven?** Go to the person and try to have a relationship again. Invite them to eat with you or to do something together. Tell them you forgive them. Sometimes it is not safe to go to the person. We can choose to leave it with God. (See also Matthew 18:15)
7. **When you forgive someone, does it mean you must trust them?** No. It does not mean you have to trust them again. If a person lied or stole or was impure with you, or did other wrong things, you don’t have to trust them until they show that they can be trusted. You don’t have to let them steal from you or hurt you again. Sometimes you may need to take the person to the church elders or court to be dealt with. Remember that God will give each person the reward for their wrong

doings, if they do not repent. But you can still forgive them. (See Romans 12:19)

- 8. After you forgive, will your feelings change toward the person?** Yes, you will have a change of feeling toward the other person. You may feel pity or love for them. You will be able to pray for them and care about them. You may want to restore a relationship with them if it is safe.

APPLICATION

- **What did you learn about what to do after forgiveness?**
- **Would anyone like to share what spoke to your heart in this story?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

23. **HOW TO FOLLOW GOD – 11**

SHARING JESUS WITH OTHERS

KEY TEXT

“Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” Matthew 5:16

INTRODUCTION

What do you do when something wonderful happens to you? Do you keep quiet? Or do you like to share it with others?

THE STORY: The Demon-Possessed Man

1. Mark 5:1-20
2. We know from the Bible that Jesus came back to the Decapolis area some time later. The people did not send Him away this time. Let us read about what happened in Matthew 15:29-31. (See also Mark 7:31)

For extra study: *Steps to Christ—The Work and the Life*, Ch. 9

DISCUSSION

- **What happened in the story?** (Review the main parts of the story)
- **What did you learn that was new or interesting?**

TEACHING

1. **Did Jesus only help people who were His followers?** No. The demon-possessed man lived in the area of Decapolis. The people in Decapolis worshipped idol gods. They did not follow the God of Heaven. Jesus knew about the demon-possessed man. Jesus knew his need and went to help him. As followers of God, we are also to go help people in need.
2. **What are we to do when we share about Jesus with others and they are upset with us?** In the story, Jesus cast out the demon and all the pigs drowned. The people were afraid of Jesus’ power and told Him to leave. When we share Jesus with others, sometimes people will tell us to stop and give us trouble. Do not be afraid because Jesus will be with you. Go forward and share where God leads you. Sometimes, God will lead us to leave the area where we are persecuted and go somewhere else. But we need to ask God to guide us. (John 15:18-20; Matthew 10:23)

- 3. What did Jesus tell the freed man to do?** The demon-possessed man was so thankful to Jesus when he was free. He wanted to come with Jesus. But Jesus told him “Go home to your friends and tell them what great things the Lord has done for you, and how He has had compassion on you.” Mark 5:19. We also are to tell others what Jesus has done for us.
- 4. Did the man who was set free from the demon know much about Jesus?** No. The demon-possessed man did not know much about Jesus. He had not been to school to learn the Bible. But he could tell the story of what Jesus had done for him. He could tell how the power of Satan had been broken in his life. He could tell how Jesus had changed him.
- 5. What was different when Jesus returned to Decapolis at a later time?** When Jesus went back to Decapolis later, the people’s thinking about Him had changed. Before they had wanted him to leave, but now they came to Jesus to be healed. They praised the God of Heaven. What had happened? The demon-possessed man had shared his story of what God had done. The people heard and saw the change that Jesus had made in his life. They wanted Jesus to heal them and change their lives too.
- 6. How is sharing Jesus with others like a light shining in a dark place?** Remember the Holy Place in the sanctuary? There was a golden candlestick that always had light. The candlestick represents the Holy Spirit working in our lives to give us the power to share Jesus with other people. We want to share the light of the truth of Jesus to people who are in the darkness of Satan’s kingdom. This is what the demon-possessed man did. When we follow Jesus and He changes our life, we will share Him with others, and bring light to them. (Acts 1:8; Philippians 2:15)
- 7. How to share Jesus with others:**
- Keep learning more from the Bible and share with others.
 - Pray to God and listen for the Holy Spirit to guide you.
 - Follow Jesus day by day.
 - Tell others what Jesus has done for you.

APPLICATION

- **What did you learn from the story about sharing Jesus with other people?**
- **Have you shared about Jesus with someone? What happened?**
- **Now that you've heard the story, what would you like changed in your heart and life?**
- **Who will you share the story with?**

24. **HOW TO FOLLOW GOD – 12**

THE DAILY CHOICE — MY WAY OR GOD’S WAY?

KEY TEXT

“Do you not know that to whom you present yourselves servants to obey, you are that one’s servants whom you obey, whether of sin *leading* to death, or of obedience *leading* to righteousness?” Romans 6:16

INTRODUCTION

Jesus had 12 disciples who followed Him and learned from Him.

THE STORY: How the Disciples Changed

When the disciples came to Jesus, they had many faults. They had anger, bitterness, lust, laziness, lying, stealing, pride, rebellion, doubting, and more. These sins kept them from having a character like Jesus. Let us see what some of the disciples were like and also how they changed after they followed Jesus:

1. Philip

- Philip was slow to believe. He had seen the miracles of Jesus. But when Jesus asked Philip to feed 4,000 men, when they had no food to give them, Philip doubted it could happen. Jesus did feed all the people and Philip learned to believe. (See John 6:5-7; 14:9-12)
- **Acts 8:5-13**—What a change came in Philip’s life, from a doubting disciple to a miracle worker and a mighty preacher for God!

2. James and John

- James and John were brothers. They wanted to be highest in Jesus’ kingdom, but they were angry men. They were even called the sons of thunder! (See Mark 3:17)
- One day some people who were not followers of God offended them. They thought Jesus should rain fire down on them. Jesus showed them this was not right. (See Luke 9:51-56)
- But they learned from Jesus to be forgiving and loving. James died for his faith in Jesus. (See Acts 12:1-3)
- John wrote a lot in the Bible about how to love and forgive others. (See 1 John 3:18)

3. Peter

- Peter was quick and proud. Peter made many mistakes. Peter even denied his master during Jesus' trial.
- Once Peter tried to stop Jesus from going where God had told Jesus to go. Jesus rebuked him strongly. (See Matthew 16:22-23)
- Peter learned humility and He learned to love Jesus more than himself. He served God faithfully for many years and was willing to die for His faith. (See John 21:15-17; 1 Peter 5:6-7)

4. Thomas

- Thomas was doubting and fearful. When Jesus rose from the dead, Thomas did not believe until Jesus came and showed him the holes in his hands and feet and side. (See John 20:24-29)
- But Thomas learned to believe. According to history, Thomas who was fearful became a powerful worker for God in India. He preached all over India and many thousands became followers of Jesus because of Him.

5. Simon

- Simon was a zealot who was a fighter against the Romans. But Jesus showed him how to love his enemies. (See Luke 6:15; Matthew 5:43-45)

6. Judas

- Judas was greedy and wanted the highest position in Jesus' kingdom. Judas was very proud and was a thief. He even stole from the money he kept for Jesus. (See John 12:1-8)
- Judas looked good to all the other disciples, but Jesus knew the evil in his heart. Jesus was kind and patient with Judas.
- Judas betrayed Jesus and then committed suicide. (See John 13:1-38)

For extra study: *Desire of Ages—He Ordained Twelve, Ch. 30; Steps to Christ—Growing Up into Christ, Ch. 8*

DISCUSSION

- What were Jesus' disciples like when He called them to follow Him?
- What did you learn that was new or interesting?

TEACHING

1. **How did Jesus work with each disciple?** He trained them. He loved them. He was patient with them. He corrected them, so they could see what was wrong inside their hearts. He showed them how to come to God to be changed. (Proverbs 3:12; 1 Corinthians 13:1-13)
2. **How did the disciples learn from Jesus?** All but one of the disciples stayed close to Jesus. They chose to listen to him. They saw their wrongs. The disciples chose to confess their sins. They opened their hearts to Jesus. (Proverbs 19:20-21; Proverbs 3:11-12)
3. **What did the disciples change to be like?** They changed to be like Jesus in character. Instead of being angry and bitter they became kind and forgiving. Instead of lying and stealing they became honest. Instead of pride and rebellion they became humble. Instead of doubting they trusted. (Romans 12:1-2; 2 Corinthians 3:18)
4. **Why did Judas not change?** Judas did not fully surrender his heart to Jesus. Judas left a place for Satan. Judas did not choose to accept correction. Judas did not confess his wrongs. Judas held onto his pride and his lies and stealing. Judas did not change. Judas killed himself. (Ephesians 4:27; Proverbs 16:18; Proverbs 4:19)
5. **What was the difference between Judas and the other disciples in the way they learned from Jesus?** All the other disciples *chose* to accept Jesus' corrections. All the other disciples allowed Jesus to guide them. They surrendered their lives to Jesus day by day. All the other disciples became workers for God. Thomas who was fearful became a powerful worker for God in India. Even Philip who had been slow to believe, became a mighty preacher for God. (Philippians 3:12-14; Acts 6:5; Acts 8:5-6, 12; Proverbs 3:5-7)
6. **The Daily Choice—My Way or God's Way**
(See illustration below—write on large paper or white board)
 - God has given each person the power to choose. Each day we choose which way we will go. We cannot choose to do what is right by ourselves. But we have the power to choose who we will follow.
 - If we choose to follow God, He will give us the Holy Spirit so we can

have joy in our lives and power to do what is right. (Galatians 5:16; Philippians 2:13)

- There are only two ways to choose in this world—God’s way or my way. Choosing “my way” is really Satan’s way. There are only two masters on this earth, God, or Satan. Which one will you choose? (Matthew 6:24)
- Each day we can pray, “Take me Oh Lord as wholly Thine, I lay all my plans at Your feet. Use me today in Thy service. Abide in me and let all my work be done in Thee.” —Steps to Christ p. 70.

God’s Way	Satan’s Way
You choose daily to trust God and follow and obey Him.	You choose daily to trust yourself and follow your own way and feelings.
God will give you power to do what is right and to resist Satan’s temptations.	You will have to depend on your own power to live. Satan will help you choose the wrong way. You will follow Satan’s way to do wrong. Satan will control you.
Then you will have a God-controlled life of love, joy, peace, patience, faith, self-control, and more.	Then you will have a sin-controlled life with anger, bitterness, pride, impurity, lying, unhappiness, and more.

APPLICATION

- What did you learn from the lesson about the choice each person needs to make?
- Which way will you choose? God’s way or “my” way?
- Who will you share the story with?

SUPPLEMENTS

S-1. HOW TO SHARE YOUR TESTIMONY

KEY TEXT

“You are our epistle [letter] written in our hearts, known and read by all men; clearly you are an epistle of Christ, ministered by us, written not with ink but by the Spirit of the living God, not on tablets of stone but on tablets of flesh, that is, of the heart.” 2 Corinthians 3:2

Your personal testimony is like an ID card or badge. It proves you are real. (Example: policeman with badge) It is the evidence that you belong to God.

What is a personal testimony?

It is telling what God has done for us in our lives. Here are some examples:

- What we know of Jesus
- How Jesus changed my life to follow Him
- That the grace of Jesus has forgiven your sins
- How I was baptized or found the Sabbath
- How God gave me victory in my life
- How we tested His promises in the Bible and know He is true
- How God answered my prayer
- How God healed me or someone I was praying for
- How God guided in my life

Why Share a Personal Testimony?

1. **We Are God’s Witnesses on Earth and to the Universe. We Give Glory to God:** Isaiah 43:10—“You are My witnesses,” says the Lord, “and My servant whom I have chosen, that you may know and believe Me, and understand that I am He. Before Me there was no God formed, nor shall there be after Me.”
2. **We Overcome Satan By Our Testimony:** Revelation 12:11—“And they overcame him [Satan] by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.”

Note: Satan says God is false and bad, we overcome Satan by our testimony that God is good and true.

- 3. It Creates a Desire in Others to Know God:** Sharing simple words of your love of God and how He has changed you, can open hearts that have been closed to Jesus and His love. (See *Christ's Object Lessons*, page 232)

Example: Luke 8:26-40—The demon-possessed man shared his testimony, and then the people received Jesus. Share what you know as soon as you know Jesus.

Note: People can argue and disagree with us concerning what we teach, but they cannot argue or disagree with your personal testimony

- 4. Encourages Ourselves:** When we share our testimony, we are encouraged as we remember how God has led us.

How to Share a Personal Testimony?

Simply share your story of what you were like before finding Jesus, how you found Jesus and how Jesus changed your life. Share a Bible text during your testimony that was a blessing to you. You should be able to tell your personal testimony in 5 to 10 minutes. Sometimes you can share your entire testimony story which may take longer. Adapt to the situation.

Note: In a job interview, you share your good qualities, but in a personal testimony, it is the opposite; you share the wrongs that God has changed in your life.

1. BFJ—Before Finding Jesus

“I needed help.”—*Testimonies for the Church*, vol. 8, page 321

Do not glorify sin, but share some issues you struggled with, questions you had, how you were looking for something better, or searching for God. Share if you were angry, bitter, mean, unhappy, fearful, impatient, sad, unfaithful, rough, had revenge, were a thief, a liar, drank alcohol, did drugs, etc.

Note: Don't spend too much time telling the details or making the sin sound good. Don't boast. Don't be ashamed. Don't be critical of other churches.

2. FJ—Finding Jesus

How did you find the truth? How did you find Jesus? When did you decide to follow Him? Who helped you find Him? What drew you to Christ? Focus on Jesus!

3. SFJ—Since Finding Jesus

“In Christ the hunger of my soul has been satisfied.” *Testimonies for the Church*, vol. 8, page 321

Share how your questions were answered, how your struggles were healed, how you changed, how you became happy, peaceful, joyful, forgiven, free from bitterness, patient, gentle, faithful, honest. Are you thinking in a new way about life? Share how you are learning to give your struggles to God. SMILE!!!!

Give at least one example!

4. Share a Bible Text

Choose a Bible text to share that was an encouragement to you when you decided to follow Jesus or one that explains your testimony.

5. Invite others to Follow Jesus!

When you share your testimony, pray for wisdom to know when you should also invite others to follow Jesus and to receive the peace and joy that you have found.

Other Examples of What to Share:

- *In the past I chased exciting things, but I was not satisfied in my heart. Now I feel peace inside.*
- *I was so depressed before I met Jesus; now I have joy even in tough times.*
- *Before I met Jesus, I could not sleep well. I was full of anxiety and bitterness, but He gave me forgiveness to the ones who hurt me, and I have peace and joy.*
- *I hated people, but now I love them.*
- *I was a thief, but now I am honest.*
- *I was an angry person, but God gave me His love and kindness.*
- *I had an impure lifestyle, but Jesus forgave me and cleansed my heart and life.*

- *When I gave my heart to Jesus, I was not in bondage to Satan anymore.*

NOTE: ***Do not say***, I was bad and now I am good (which does not give God the glory), ***but say***, I was doing it myself and failing, and now I am learning to depend on God.

What if I feel that I do not have a testimony?

Sometimes people who grew up in a Christian home feel that they do not have a testimony. They did not go out and drink or smoke or do bad things that Jesus saved them from. So, what can they share? Here are some things to consider:

- You could share how you decided to follow Jesus as your own personal savior rather than just for your parents or church family.
- You could share how you realized that even though you had been a good person, you are still a sinner and need Jesus.
- You could share that you realize you need God's grace not just to overcome sin, but to live a life that represents Jesus to others.
- If you still do not feel that you have a testimony, maybe it is because you have not seen yourself as a sinner in need of a savior. Pray that Jesus will help you see Him as your personal savior and study to the Bible to see your need and His grace.

S-2. HOW TO TELL A BIBLE STORY

1. **Pray for the Holy Spirit** to guide you and prepare hearts.
2. **Read the Bible story** or listen to it being told.
3. **Read the story again**, maybe out loud, 2-3 times or more. When you hear it out loud it makes it easier to learn.
4. **Get to know the story:**
 - Look at the details. Think of each part of the story in pictures. You may want to make a storyboard. (See Storyboard sample in Supplements S-3). Draw stick figure pictures of each of the main scenes in the story.
 - Read the *For Extra Study* in the story lesson.
 - Think of the main ideas of the story. Write out an outline of the story if it will help.
 - Keep the story length to around 8-10 minutes. If the story is too long, shorten it and keep the important points and the interesting parts.
 - Do not try to memorize the story word for word but learn the story well enough to tell it as if you were there.
 - Apply the story to life. Think of the culture you are working with. Adapt the story. Explain hard-to-understand areas of the story that may not be understood. Use only the names of the main people and the main towns in the story, not all the names.
 - Each lesson has a section at the end. This is for you to write in texts or ideas that you have found in your study of God's Word. You add them to the lessons and share with others.
5. **Practice the story** out loud without looking.
6. **Use the *Elements of Bible Storytelling* chart** (See Supplements S-4)
 - **Biblical**—Is the story true to the Bible?
 - **Face Expression**—Does your face match the story? (happy, sad, angry, etc.)
 - **Hand and Body Motions**—Use hand or body motions that match the story (hand throwing stone, or bowing head in sorrow, etc.).

- ***Tone of Voice***—Speak loud enough so your listeners can all hear you. No monotone. Tell it as if you were the person in the story. (excited, sad, angry, weak, faint, afraid) Use a rough deep voice, or soft gentle voice, or loud whisper.
- ***Listen and Watch***—Listen and watch your listeners to see how they are receiving the message. Don't just look at your Bible or lesson. This will help you know what they are learning. You can then ask questions or explain so they can understand better.

7. Practice telling the story to someone.

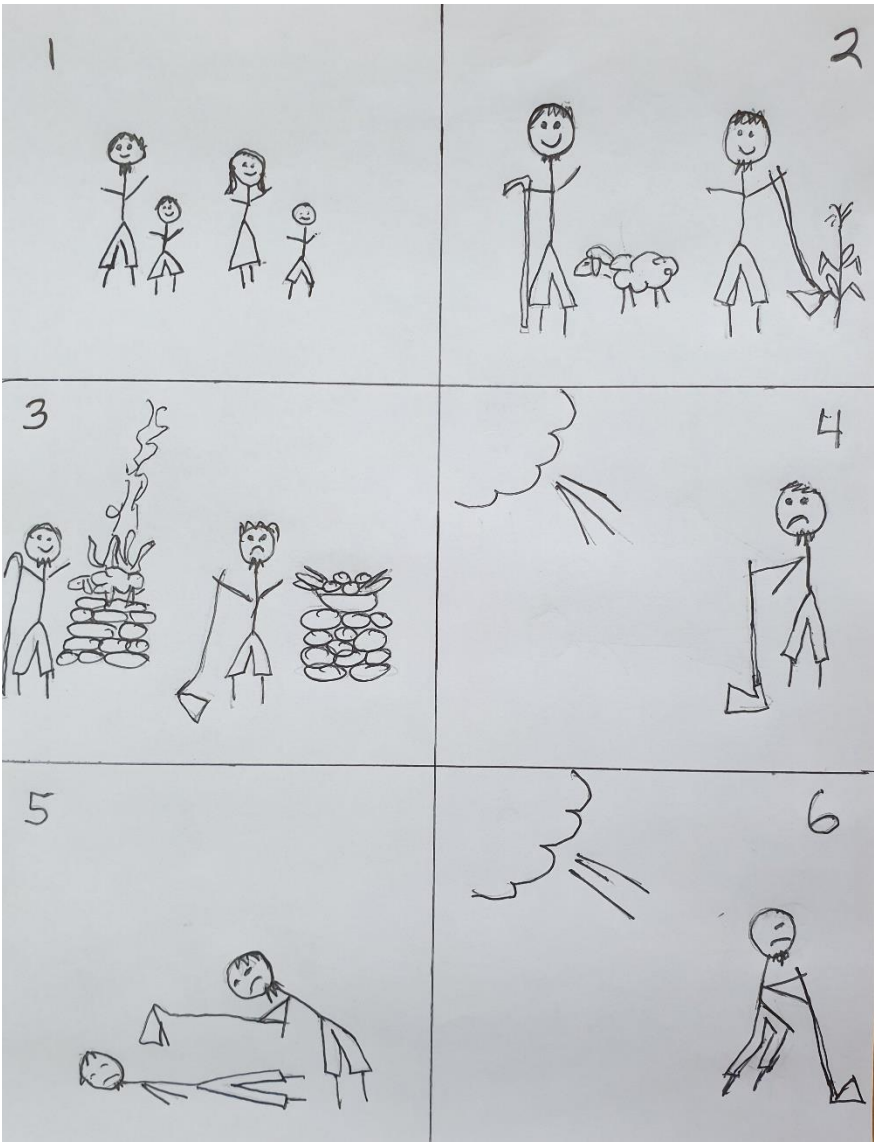
8. Read the story again. Look at your story outline as needed.

9. Tell the story over and over. It takes 7-10 times telling the story to learn it.

10. Share the story—When you are ready, share the story with others.

S-3. STORYBOARD SAMPLE—HOW TO TELL A BIBLE STORY

Cain and Abel (Genesis 4)



S-4. ELEMENTS OF BIBLE STORYTELLING



S-5. GOD’S STORY

Note: “God’s Story” gives the simple overview of the battle between good and evil and this earth. Tell “God’s Story” to people when they ask you what you believe. Tell the story when you meet someone on a bus or train since this may be your only chance to tell them about God’s redeeming love. Tell it as a review for those who need to hear it again. Tell the story in your own words.

THE STORY

In the beginning was God. God is the Creator of all things. God is the King of the universe. He rules His kingdom from heaven with good and just laws. God is holy and righteous. God is love. God is all-powerful. God knows everything—past, present and future.

God created thousands of good angels to be part of His family. They loved and honored Him. But one day, Lucifer, the highest angel, rebelled and accused God that He was bad, and His laws were bad. Lucifer said he could run the universe better than God. He wanted to *be* God! Lucifer brought terrible dishonor to God’s name. Some of God’s other angels followed Lucifer and were disloyal to God. There was a battle in heaven. God sent Lucifer and the rebel angels away. Lucifer became Satan, the devil! The rebel angels became demons, other gods, and evil spirits.

God allowed Satan to live. God gave him time to show the universe that he was evil and a liar, and that God was really loving and true. If God had killed Satan right away, then people and the other angels would have wondered if Satan was right about God, and they would have obeyed and honored God from fear. God only wants worship and honor from love. God is very wise.

One day, God created this earth. Everything on it was good. He created the first man and woman, named Adam and Eve, and gave them a beautiful garden to live in. They were happy and righteous and were part of God’s family. God gave Adam authority and honor to rule over the earth

and all the people who would live on the earth. If Adam and his family were loyal to God and obeyed Him, they would live. If they were disloyal to God and disobeyed Him, they would receive the curse of the final death. God gave them a simple test. He said to Adam and Eve, “You may eat of all the trees of the garden, but you may not eat of the fruit of the tree of knowledge of good and evil, or you will die.”

One day, Eve wandered away from Adam and came near the tree that God said not to eat of. Satan talked through a beautiful serpent in the tree. He told Eve, “If you eat the fruit, you will not die, but you will be like God.” Eve obeyed Satan and ate the fruit and gave it to Adam, and he ate also. They gave their loyalty to Satan and obeyed him. They gave away the rulership of the earth to Satan. They dishonored God and sinned. Instead of getting more honor, they were separated from God’s family and banished from their garden home. Shame and fear and the curse of death came on them and all their future children on the earth. That includes you and me. We are all born banished from God’s family.

After a while, many people were born on the earth. Satan hated God, and he hated the people God made. He caused all kinds of pain and sickness, death and fighting on the earth. People became mean and angry and fearful, like Satan. Satan made people think that God was mean and angry, too. People tried to appease God so they could be part of God’s family again. They made new rules and rituals to purify themselves to gain honor. But no matter how hard they tried, they couldn’t join God’s family. They could not do anything to escape the curse of death.

But God loved all the people so much that He made a way for all to be saved from the curse of death. God promised to send a Deliverer to rescue people from Satan’s power and to connect them back to God’s family. For many years, God’s faithful followers looked for the Deliverer that God promised.

Finally, the Deliverer came to the earth. The Deliverer was Jesus, God’s only Son. The great Prince of heaven became a human to live the

righteous life that Adam failed to live. He came from heaven pure and without shame. Satan didn't want to lose his kingdom, so he strongly tempted Jesus to be disloyal to God. But Jesus always chose to be loyal and obey God. He lived a righteous, pure life on the earth, not in His own strength, but in God's power. Jesus showed God's love and care for people. Jesus made the shameful people who came to Him clean and honorable. Jesus showed His power over Satan and evil by casting out demons from people, healing the sick and raising people from the dead.

Not everyone liked Jesus, because He shamed the honorable who were false, and He honored the shamed who wanted to be good. So, they publicly shamed Him by killing Him on a cross. Can you imagine, the only perfectly honorable person being put to such shame! Why? Because He had taken the sin and shame and the curse of death of all people on Himself. Then He died and spilled His blood as a substitute for all people. After that, Jesus rose from the dead back to life! Jesus went back to heaven to sit in the honored seat next to God. Jesus had victory over Satan and the curse of death. Jesus bought back the rulership of the earth that Adam had given to Satan. Jesus brought back the honor to God's family that Satan had tried to destroy.

Jesus made it possible for people to come back to join God's family again. If anyone believes in Jesus (the Deliverer) with all their heart, they will be joined back into the family of God. Shame and the curse of the final death will be removed from them. Jesus will give them His Holy Spirit for power to overcome their anger, fear and addictions. Jesus offers to live His righteous life of love, joy and peace in their lives as they follow Him.

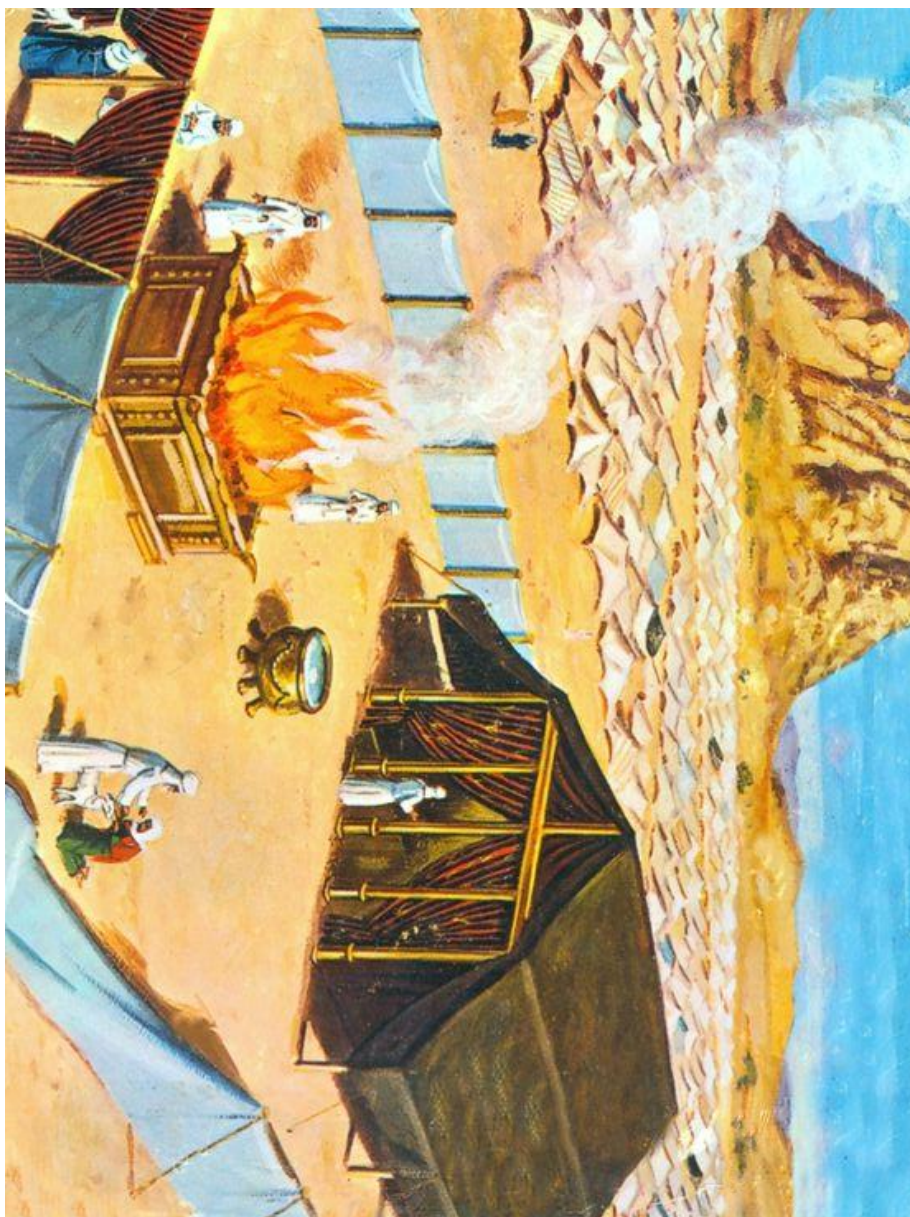
Jesus told His faithful followers that He would go to prepare a home and a wonderful banquet for them. He will come back soon to cleanse the earth of all dishonor and impurity. Then He will take His faithful followers back to live with Him forever in God's family. When they go to heaven with Jesus, God Himself will be there to greet each one. God will return honor to His followers and restore the earth to them more beautiful than before. All people and angels and the whole universe will see that God is loving

and true and Satan is evil and a liar. Death and sin, fear and shame will be no more. All God's true followers will live in peace and happiness forever in His family.

God invites each person on earth to become His loyal follower and to be free from the curse of sin, shame and death! God says to us in His Bible, *"Look to Me, and be saved, all you ends of the earth! For I am God, and there is no other."* Isaiah 45:22

S-6. THE SANCTUARY

The Sanctuary Building and the Courtyard



The Sanctuary Courtyard

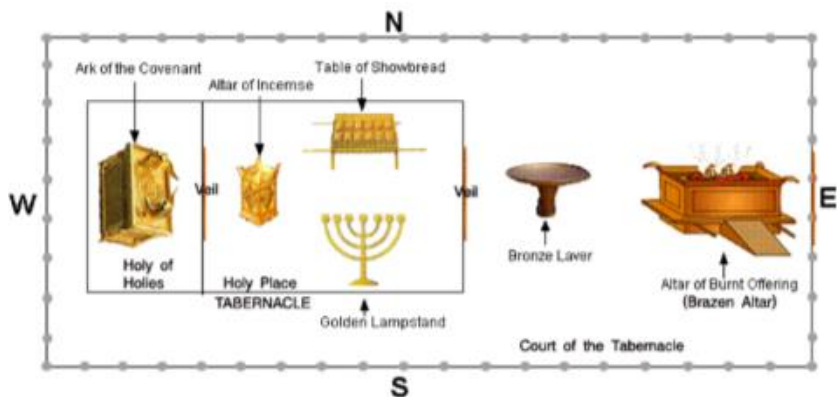


Inside the Sanctuary—The Holy Place and Most Holy Place



Inside the Sanctuary—How to Be Free from Sin and Shame

JUDGMENT SANCTIFICATION JUSTIFICATION



	←	←	←
4	3	2	1
MOST HOLY PLACE	HOLY PLACE	COURTYARD	COURTYARD
<i>Ark of The Covenant</i>	<i>Table of Bread, Lampstand, Altar of Incense</i>	<i>Laver for Washing</i>	<i>Altar of Sacrifice</i>
JUDGED by GOD'S HOLY LAW as OBEDIENT through the DELIVERER	WALK GOD'S WAY	CREATION of a NEW HEART by the HOLY SPIRIT	CLEANSED by the BLOOD
Sins taken away forever	Live by the power of God's Word, the Holy Bible	Become a child of God	Sins forgiven
All Shame is ended	Pray to God and receive Deliverer's merits	Shame is washed away	Set free from sin
Live forever	Live by power of Holy Spirit	Receive a new heart	Sins covered by the blood

