

## ***THE TEN COMMANDMENTS***

I. Thou shalt have no other gods before me.

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

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

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

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

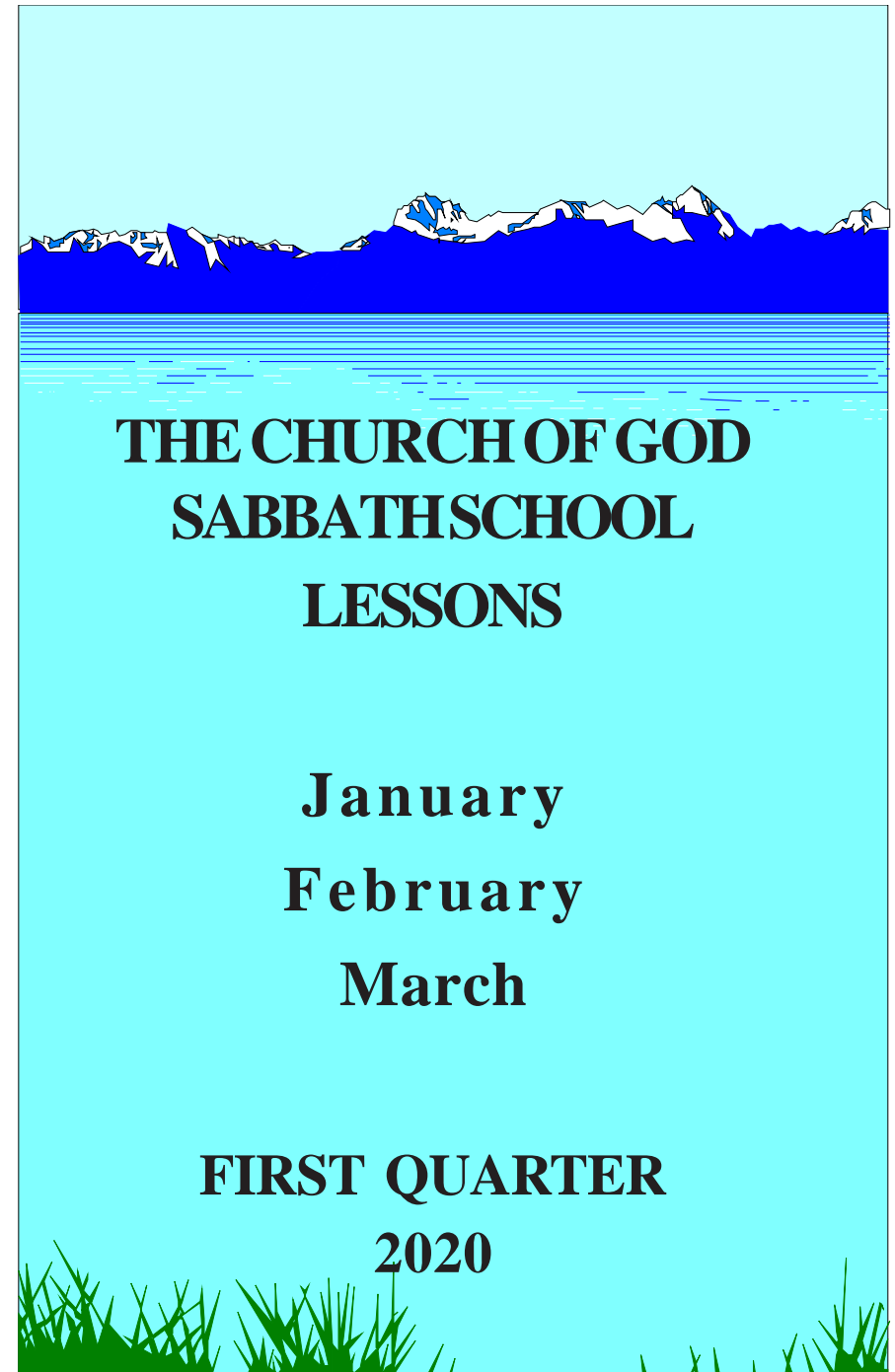
VI. Thou shalt not kill.

VII. Thou shalt not commit adultery.

VIII. Thou shalt not steal.

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

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



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### IN THIS QUARTERLY

In this quarterly we are going to study the building blocks of growth. Just as growing physically takes time, so does spiritual growth. In fact, it is a life long process. Since we do not know how long we will live, we need to use our time wisely. Read Philippians 2:12. The Apostle Peter gives us the ladder. Read II Peter 1:5-7. It is up to us to climb each rung.

## *Lesson For Sabbath, January 4, 2020*

### RECEIVING OUR CROWN

**Scripture Reading: II Timothy 4.**

**Golden Text: Revelation 2:10.**

*NOTE: As we grow in grace and knowledge and act upon the information that is revealed, our crown awaits.*

1. What did the ark have all around it? Exodus 25:10-11.
2. When the garments for the high priest were made, what was to be added to the mitre? Exodus 29:5-6.
3. What will wisdom deliver to us? Proverbs 4:5-9.
4. How was our Lord treated when he was here on this earth? Matthew 27:29.
5. What does His Father give Him? Revelation 6:1-2; 14:14.
6. Historically, athletes have competed for medals and awards that will fade away, but how is our reward different? I Corinthians 9:25.
7. How can we benefit from enduring temptation? James 1:12.
8. When Jesus returns, what is He bringing with Him? Revelation 22:12.
9. How does Paul express this reward? I Peter 5:1-4.
10. Of what are we warned? Revelation 3:11-13.

## *Lesson For Sabbath, January 11, 2020*

### **CHARITY**

**Scripture Reading: I Corinthians 13.**

**Golden Text: Matthew 6:34.**

*NOTE: Charity is to love in a social or moral sense. Brotherly kindness was love toward the brethren. Charity is to all mankind.*

1. How does Paul explain this to the Romans? Romans 12:17-21.
2. What did Christ say about being persecuted for righteousness sake? Matthew 5:10-12; John 15:18-20.
3. We learn that knowledge puffeth up, but what does charity do? I Corinthians 8:1.

*NOTE: To edify means to build up or grow properly as in constructing something.*

4. After instructing the saints at Colosse, what did Paul say charity would accomplish? Colossians 3:14.
5. Who told us to be perfect, and why? Matthew 5:48.
6. What are the "two" great commandments? Matthew 22:36-40.
7. How does Paul express and expand the thought? Romans 13:8-10.
8. What is the end of the commandment? I Timothy 1:5.
9. What will fervent charity do for us? I Peter 4:8.

## *Lesson For Sabbath, January 18, 2020*

### **THE HOLY SPIRIT**

**Scripture Reading: Romans 8:1-27.**

**Golden Text: Luke 11:13.**

1. What did Jesus tell the disciples about the Holy Ghost (Spirit)? John 14:26.
2. In addition to the spirit of the Word, what other spiritual attributes did Jesus have? Isaiah 11:1-2.
3. What can the Spirit of the Lord accomplish in us? Romans 8:11.
4. If we have this Spirit, what can Proverbs teach us? Proverbs 1:1-4.
5. How is wisdom presented to the Bible student? Proverbs 3:15.
6. If we pay attention to Holy Spirit, what else can it accomplish? Proverbs 20:27; Jeremiah 17:10.
7. How does Paul encourage Timothy to use his gift? I Timothy 4:12-16.
8. Has God given us a spirit of fear? II Timothy 1:7; Romans 8:15.
9. What are we called out to do? I Peter 2:9.
10. What will the Spirit of truth do for us? John 16:12-15.

*NOTE: Proper fear of the Lord will help us be humble and aid us in the search for truth and understanding. After we gain knowledge, we can counsel others with might (power).*

## *Lesson For Sabbath, January 25, 2020*

### **CHRIST, IN YOU**

**Scripture Reading: Colossians 1:5-29.**

**Golden Text: Colossians 1:27.**

1. How do we "put on Christ"? Romans 6:3; Galatians 3:27.
  2. What else happens when we are baptized? Romans 6:4-6.
  3. Does nationality, status or gender matter after baptism? Galatians 3:28-29.
- NOTE: Here is the unity referred to in Ephesians 4:4-6; one body, one Spirit, one hope.....*
4. While we are members of the Church, of what specifically do we become part? Ephesians 5:30; I Corinthians 12:12-14.
  5. Who is the head of this body? Ephesians 5:23.
  6. What did Jesus do that He became the head of the body (Church)? Romans 5:6-8; Acts 20:28.
  7. In this life, we will experience tribulations. What are they to accomplish in our lives? Romans 5:3-5.
  8. How did Jesus learn obedience? Hebrews 5:8; Philippians 2:8.
  9. Why is that important? I Peter 2:21; James 5:10-11.
  10. What must we never forget? I Corinthians 1:26-31.

## *Lesson For Sabbath, February 1, 2020*

### **BROTHERLY KINDNESS**

**Scripture Reading: Matthew 18.**

**Golden Text: John 15:15.**

*NOTE: Strong's tells us that the word brotherly is fraternal affection, love of the brethren.*

1. How does Paul tell us to treat each other? Romans 12:9-10.
2. What other things can we do for the brethren? Romans 12:13; I Peter 4:9.
3. What instruction was given to the Thessalonians? I Thessalonians 4:6-8.
4. When he spoke of brotherly love, what did he tell them to do? I Thessalonians 4:9-10.
5. Was brotherly love to cease? Hebrews 13:1-3.
6. How are the Ephesians encouraged to walk? Ephesians 4:30-32.
7. When Paul landed at Melita, how was he treated? Acts 28:1-2.
8. What else happened? Acts 28:3-6.
9. How will God show kindness in the future? Ephesians 2:4-7.
10. What words of wisdom were given to the Colossians? Colossians 3:5-13.

## *Lesson For Sabbath, February 8, 2020*

### **GODLINESS**

**Scripture Reading: I Timothy 4.**

**Golden Text: I Timothy 6:6.**

*NOTE: Strong's refers to purity or holiness for godliness.*

1. Paul exhorts Timothy and us to pray for all men and all those in authority so that we may live properly. I Timothy 2:1-2.
2. What is the mystery of godliness? I Timothy 3:16.
3. If any man teaches without godliness, then are we told he is proud, knowing nothing? I Timothy 6:1-5.
4. What was Timothy encouraged to do? I Timothy 6:11-12.
5. Of what was Timothy warned? II Timothy 3:1-5.
6. How did Paul acknowledge the truth? Titus 1:1.
7. What does Peter tell us about our calling? II Peter 1:1-3.
8. Since all the elements will melt away, how does Peter tell us to live? II Peter 3:10-14.
9. Besides God, what else is holy? Romans 7:12.
10. What did Christ do for us to make us presentable? Colossians 1:20-22.

## *Lesson For Sabbath, February 15, 2020*

### **WHY WE NEED GOD'S LAW**

**Scripture Reading: James 2.**

**Golden Text: Psalm 119:105.**

1. By what law will mankind be judged? James 2:9-12.
  2. What law is necessary for eternal life? Matthew 19:16-19.
  3. Did Jesus come to destroy the law? Matthew 5:17; Isaiah 42:21.
  4. How did He magnify the law? Matthew 5:21-22, 27-30.
  5. What does Paul tell us the law is? Romans 7:12,14.
- NOTE: If the law is spiritual, as Paul tells us, it is the opposite of carnal (Romans 8:6).*
6. What did the law mean to the Psalmist? Psalm 119:97.
  7. What can the commandments do for us? Psalm 119:98-100.
  8. Is the law for the righteous man? I Timothy 1:8-10.
  9. Are there new commandments? I John 2:7-11.
  10. Besides benefiting physically from keeping the commandment, what else will be granted to the saints? Revelation 22:14.

## *Lesson For Sabbath, February 22, 2020*

### **PRAYER**

**Scripture Reading: John 17.**

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

1. How are we told to pray? Matthew 6:5-7.

*NOTE: Prayer should be heartfelt. Jesus gave us the Lord's prayer as an example of what we should include when we address our heavenly Father.*

2. What did God reveal to Abimelech in a dream? Genesis 20:3.

3. How was Abimelech to correct the situation, and what was Abraham to do? Genesis 20:7.

4. Did Abraham pray for him? Genesis 20:17. What else had happened? Verse 18.

5. What was Moses asked to do when the Israelites spoke against God and him? Numbers 21:5-7.

6. During Samuel's time when Israel sinned, what did he and they do? I Samuel 7:3-6.

7. What did David ask of the Lord? II Samuel 7:18; Psalm 8:4

*NOTE: David was totally humbled by the relationship of God to man. Since there is no comparison, he was astonished that God wanted to bother with us and especially him (David) and his house.*

8. What does God want? Psalm 5:11-12; Psalm 10:17.

9. How does Paul exhort Timothy? I Timothy 2:1-8.

10. What else can prayer accomplish? James 5:13-20.

## *Lesson For Sabbath, February 29, 2020*

### **PATIENCE**

**Scripture Reading: Psalm 27.**

**Golden Text: Psalm 130:5.**

1. We have heard of the patience of Job. What did he tell us? Job 14:14; 17:13.

2. What does the Psalmist say about those that wait on the Lord? Psalm 25:1-5.

3. If we wait with integrity and uprightness, what should they do? Psalm 25:21.

4. What will those who wait on the Lord inherit? Psalm 37:7-9, 34.

5. Should we worry about paying someone back for an evil done to us? Proverbs 20:22.

6. What does Paul tell us about our hope? Romans 8:18-25.

7. What else helps us wait for the hope of righteousness? Galatians 5:1-5.

8. Paul commends the Thessalonians for their example. I Thessalonians 1:6-10.

9. When we wait on the Lord, what else will happen? Psalm 33:18-22.

10. What will happen when one waits on his master? Proverbs 27:18.

## *Lesson For Sabbath, March 7, 2020*

### TEMPERANCE

**Scripture Reading: I Corinthians 9.**

**Golden Text: I Corinthians 9:25.**

*NOTE: Webster's describes temperance as self restraint in conduct, expression, and indulgence of appetites. Strong's explains it as self control.*

1. What were some of the things Paul talked about to Felix? Acts 24:24-25.
2. Is temperance part of the fruit of the Spirit? Galatians 5:22-23.
3. If we are Christ's, then what should we have accomplished? Galatians 5:24, 6:8.
4. In addition to being temperate, what other characteristics should a bishop have? Titus 1:7-9.
5. How are the older men to conduct themselves? Titus 2:2.
6. What did Jesus say to Peter when they came to arrest Him in the garden? John 18:10-11.
7. How are we to regard discretion? Proverbs 5:1-8.
8. If we pay attention to wise instruction and live properly, what will happen? Proverbs 12:1-6.
9. What does the Apostle Paul share with us about the struggle for self control? Romans 7:15-25.
10. How are we to treat and live with others? Romans 12:17-21.

## *Lesson for Sabbath, March 14, 2020*

### FAITH

**Scripture Reading: Psalm 19.**

**Golden Text: James 2:5.**

1. How does the Bible define faith? Hebrews 11:1.
2. What did the faithful saints hope for? Hebrews 11:13-16.
3. How do we get faith? Romans 10:17.
4. What are we supposed to add to our faith? II Peter 1:5.

*NOTE: Peter explains a growth process for a believer, but it starts with faith.*

5. Without faith it is impossible to do what? Hebrews 11:6.

*NOTE: There are those who say God does not exist. Won't they be surprised at the Great White Throne judgment?*

6. How does Christ dwell in our hearts? Ephesians 3:17.
7. Who is the author and finisher of our faith? Hebrews 12:2.
8. What else does faith do? Romans 5:1-2.
9. How are we made worthy of salvation? Ephesians 2:8.

*NOTE: Grace is something we do not deserve but, having been given this opportunity, we need to be obedient.*

10. What will be the ultimate victory of faith? I John 5:4.



## ***Lesson For Sabbath, March 21, 2020***

### **VIRTUE**

**Scripture Reading: II Peter 1.**

**Golden Text: Matthew 5:48.**

1. According to Peter, what are we to add to our faith? I Peter 1:5.

*NOTE: Webster's says that virtue is general moral excellence; right action and thinking; goodness or morality.*

2. What kind of a woman was Ruth? Ruth 3:11.

3. How does a virtuous woman affect her husband? Proverbs 12:4.

4. Who does a person that walks upright fear? Proverbs 14:2; Psalm 19:9; Proverbs 8:13.

5. How does the Apostle Paul encourage the saints? Romans 12:9-12.

6. About what other "things" does the apostle write to the Philippians? Philippians 4:8-9.

7. If we do not think correctly, what can happen? I John 2:15-17.

8. If we do think correctly, what will happen? Proverbs 4:20-23.

9. Jesus was always warning his disciples not to be like the hypocrites, Pharisees and Scribes. Matthew 6:2, 6:5, 6:16 (all 1st parts); Matthew 23:13-23.

*NOTE: To be a hypocrite is to be a pretender.*

10. If we lead a virtuous life, what can we expect? Colossians 3:1-4.

## ***Lesson For Sabbath, March 28, 2020***

### **KNOWLEDGE**

**Scripture Reading: Proverbs 1.**

**Golden Text: Hosea 4:6.**

1. Peter tells us to add knowledge to virtue. What does Paul tell Timothy (and us) to do? II Timothy 2:15.

2. What did Moses tell the Israelites to do, and what were they to tell their children. Exodus 13:3, 8-9.

3. When we cry after knowledge, what can we gain? Proverbs 2:3-9.

4. How much knowledge is there in the grave? Ecc. 9:10.

5. What did God do for Daniel and his three friends? Daniel 1:17.

6. When Jesus denounced the lawyers, what did He say? Luke 11:52.

7. How were the Bereans more noble than those in Thessalonica? Acts 17:11-12.

8. Of what are we warned? I Corinthians 8:1-3.

*NOTE: We must never believe we know it all. We will continually learn in this life and, hopefully, we can enlighten others.*

9. How did Paul pray for the Colossians? Colossians 1:9-10.

10. In whom are hid all the treasures of wisdom and knowledge? Colossians 2:1-3.