

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.

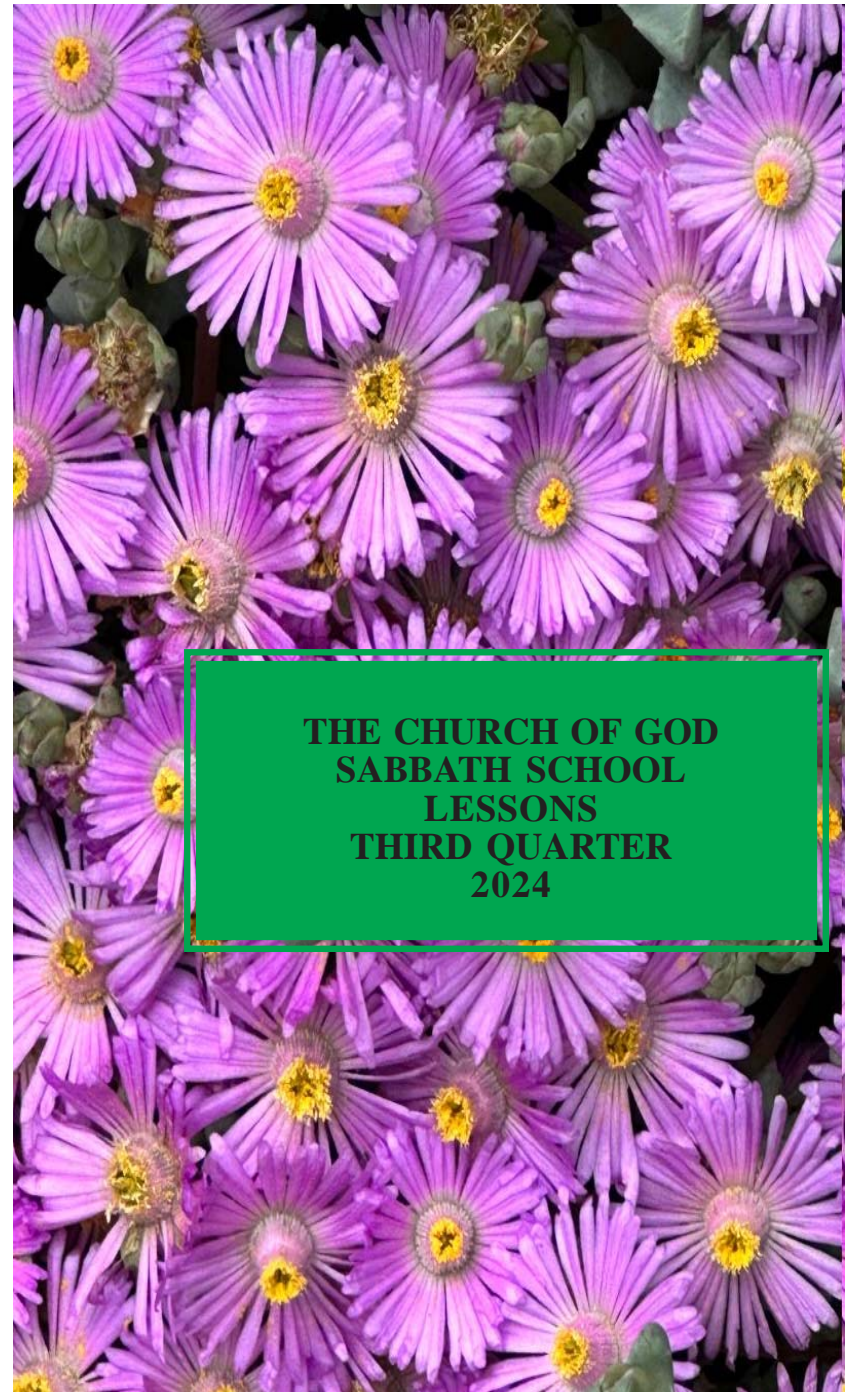
VI. Thou shalt not kill.

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

The Psalms are full of prayers and praise. We should use them to help us with both, yet they are not limited to these areas. David speaks of trust, mercy and meditation. We learn about Creation and the characteristics of God. When you need help or inspiration, the Psalms should provide the answer. When you need to praise God, it can be found there as well. Do not overlook this helpful book. Make it part of your daily study.

Cover photo by Denise Gonzalez

PSALMS

Scripture Reading: Psalm 5.

Golden Text: Psalm 4:1.

1. How should we walk if we want to be blessed? Psalm 1:1; Job 5:8-13.
 2. Where should we find our delight? Psalm 1:2; 19:7-8.
 3. If we do these things, what will we be like? Psalm 1:3; Matthew 7:17-20.
 4. What are we told about the ungodly? Psalm 1:4-6; Matthew 3:10.
 5. What is said of the heathen and the kings of the earth? Psalm 2:1-3; Matthew 12:14.
 6. What will the Lord do to them? Psalm 2:4-5; Daniel 2:20-21.
 7. Of what are the kings and judges reminded? Psalm 2:10-12.
 8. What question does David ask the Lord? Psalm 3:1-2.
- NOTE: While it seems the wicked prosper long, it is only temporary.*
9. Even though David asks the question, how does he answer it in the Psalm? Psalm 3:3-7.
 10. To whom does salvation belong? Psalm 3:8; 68:19-20.

Lesson For Sabbath, July 13, 2024

TRUST

Scripture Reading: Psalm 7.

Golden Text: Psalm 4:5.

NOTE: Strong's indicates that the word "trust" means to use for refuge..

1. How does David tell us about trust? Psalm 7:1; 9:10.
2. How else is this trust expressed? Psalm 18:1-2, 30; II Samuel 22:31.
3. What did Boaz say to Ruth? Ruth 2:11-12.
4. What do we learn about Hezekiah? II Kings 18:1-7. Read verse 5 again.
5. Some trust in chariots and some in horses, but what should we remember? Psalm 20:7; II Chronicles 32:7-8.
6. How will the king benefit when he trusts in the Lord? Psalm 21:1, 7.
7. What will happen to those who trust in the Lord? Psalm 34:22; Proverbs 29:25; Psalm 118:9.
8. How does Isaiah express the subject of trust? Isaiah 12:1-2; 26:1-4.
9. Nahum says "the Lord is good" and He will know certain people; who are they? Nahum 1:7.
10. What does Jeremiah say about those who do not trust in the Lord? Jeremiah 13:24-25; 17:5-7.

Lesson For Sabbath, July 20, 2024

MEDITATION

Scripture Reading: Psalm 19.

Golden Text: Psalm 143:5.

NOTE: Webster's says to meditate is to reflect upon, study or ponder. It is always important to think about Creation, the plan of salvation and the Creator.

1. When David considers Creation, what question does he ask? Psalm 8:1-4.
2. After stating what the Lord has done, how does he conclude the Psalm? Psalm 8:5-9.
3. What are sons to do with the words and commandments given to them by their fathers? Proverbs 2:1-5.
4. Where should mercy and truth be bound? Proverbs 3:1-4.
5. What is the man who judges supposed to think about? Romans 2:1-3.
6. How does Paul instruct the Philippians? Philippians 4:8.
7. What does he write to Timothy? I Timothy 4:12-16.
8. What does Moses ask the Israelites to remember? Deuteronomy 8:1-5.
9. Of what does Joshua counsel Israel? Joshua 23:1-11.

NOTE: All the good leaders wanted the people to "remember" all that the Lord had done and to tell their children.

Lesson For Sabbath, July 27, 2024

MERCY

Scripture Reading: Psalm 51.
Golden Text: II Samuel 24:14.

1. When David recognizes he is weak, what does he ask of the Lord? Psalm 6:2.

NOTE: Strong's explains that to be vexed is to be alarmed or agitated.

2. What does he ask for when he is suffering at the hands of "them that hate me"? Psalm 9:13-14. Also read Psalm 13:3-5.

Remember: Mercy is refraining from harming or punishing offenders, enemies, or persons in one's power.

3. What else does David ask for in addition to mercy? Psalm 25:15-22.

4. What did David's mourning and sackcloth become after the Lord had mercy on him? Psalm 30:10-12.

5. When else did David ask for mercy? Psalm 31:9.

6. How does Paul explain mercy to the Romans? Romans 9:14-16.

7. How did the Gentiles obtain mercy? Romans 11:26-30.

8. What will mercy to the Gentiles bring for the Israelites? Romans 11:31-32.

9. What does Paul conclude? Romans 11:33-36.

10. Do we obtain mercy by works of righteousness? Titus 3:1-5.

11. How long does mercy endure? Psalm 106:1; 107:1.

Lesson For Sabbath, August 3, 2024

THE DEAD

Scripture Reading: Ecclesiastes 9.
Golden Text: Psalm 6:5.

1. Why does David ask the question about "what profit is there in my blood when I go down to the pit"? Psalm 30:9; 115:17.

NOTE: David knew once he died everything ceased and he would no longer be able to praise the Lord. (Psalm 150:6)

2. The Preacher tells us that there is a season for everything. What about death? Ecclesiastes 3:1-2.

3. Does man have preeminence over death? Ecclesiastes 3:19-20.

4. Where did the cattle and beasts come from? Genesis 1:24-25; man? Genesis 2:7.

5. Where will man return in death? Genesis 3:17-19.

NOTE: Man and beasts are from the dust. Both will return to the dust. Read Ecclesiastes 3:20 again. However, man has an opportunity for eternal life in the future.

6. How are we to pass our time on this earth? Ecclesiastes 9:10 (first part). Why? Ecclesiastes 9:10 (last part).

7. What happens when a person dies? Psalm 146:4; Job 30:23.

8. Where did the breath of life come from? Genesis 2:7; Job 33:4.

9. Who and what was destroyed by the Flood? Genesis 6:17; 7:21-23.

10. What does Paul tell the men of Athens? Acts 17:22-25.

Lesson For Sabbath, August 10, 2024

CHARACTERISTICS OF THE LORD

Scripture Reading: Psalm 18:1-32.

Golden Text: Psalm 23:1.

1. What are some of the characteristics David gives to the Lord? Psalm 18:2.
2. What does Jesus tell us about the shepherd? John 10:11-14.
3. Should we fear anyone or anything but the Lord? Psalm 27:1; 84:11; Revelation 21:23.
4. In several places David calls the Lord his rock and fortress. Psalm 18:2 (first part); 31:3; 71:3; II Samuel 22:2.
NOTE: The rock and fortress indicate a solid foundation and a source of protection. We "wrestle not against flesh and blood" with the Lord's help. He is an anchor.
5. While we are weak, how else does David refer to God? Psalm 46:1; 62:7-8.
6. What is the Lord called in Psalm 80? Psalm 80:1.
7. In a prayer of Moses, what does he say about the Lord? Psalm 90:1-2.
8. To whom does vengeance belong? Psalm 94:1; Romans 12:19.
9. What are some benefits that David talks about? Psalm 103:1-8.
10. How is the Lord clothed? Psalm 104:1; 93:1.

Lesson For Sabbath, August 17, 2024

CREATION

Scripture Reading: Psalm 104.

Golden Text: Psalm 19:1.

1. What does David tell us about the earth and its fullness? Psalm 24:1-2; 89:11.
2. How were the heavens made? Psalm 33:6-7; Genesis 1:6-7; Hebrews 11:3; II Peter 3:5.
3. Is there any god like the true God? Psalm 86:8-10.
4. What are we told about the deep places, the hills, the sea, and the dry land? Psalm 95:3-7.
5. What are we to declare? Psalm 96:1-4.
6. Did we make ourselves? Psalm 100:1-3.
NOTE: There are those who believe man created God for the purposes of keeping us all in line, but Scripture tells us it was God who created us.
7. Why were we created? Revelation 4:11.
8. What does the Psalmist say about the works of the Lord? Psalm 111:1-8.
9. How long has God been God? Psalm 90:1-2.
10. What does David tell us of the Lord's works? Psalm 40:5.

Lesson For Sabbath, August 24, 2024

SONGS OF PRAISE

Scripture Reading: Psalm 66.

Golden Text: Psalm 92:1.

1. How does the Psalmist tell us to praise the Lord? Psalm 33:1-3.
2. What did David say the Lord had put in his mouth? Psalm 40:1-3.
3. In a Psalm for the sons of Korah, we are told to clap our hands and sing praises. Psalm 47:1-7.
4. Are we to make a joyful noise unto God? Psalm 66:1-4; 81:1-2.

NOTE: Selah means to weigh, to contemplate, value. In other words, think about the point that was made.

5. What do we find the damsels playing who were among the singers and players on instruments? Psalm 68:25.

NOTE: A timbrel is like playing on a tambourine.

6. Is it a good thing to sing praises unto the Lord? Psalm 92:1-3.
7. Who should sing unto the Lord? Psalm 96:1-5.
8. Why else should we sing? Psalm 98:1, 4-9; 105:1-2.
9. What occurred when David brought the ark to Jerusalem? II Samuel 6:12-15.
10. What song will the saints be singing when they are on the sea of glass? Revelation 15:1-4.

Lesson For Sabbath, August 31, 2024

THE HEART

Scripture Reading: Psalm 10.

Golden Text: Psalm 31:24.

1. What did God put in David's heart? Psalm 4:7.
2. Besides binding up their wounds, what else does the Lord do for His people? Psalm 147:1-3.
3. Instead of sacrifice, what does God desire? Psalm 51:16-17; 34:18.
4. Does the counsel of the Lord and the thoughts of His heart change? Psalm 33:11, 21-22.
5. When David cries out to the Lord, what does he ask about his heart? Psalm 141:1-4.
6. If we are upright in heart, what will happen? Psalm 36:10.
7. What example does David give us with regard to praising the Lord? Psalm 138:1-2; 111:1.
8. Where did David say God's law was located? Psalm 40:7-10.
9. How did Samuel refer to David? I Samuel 13:13-14; Psalm 89:20.
10. Of what are we warned? Jeremiah 17:9-11; Proverbs 17:3.

Lesson For Sabbath, September 7, 2024

GOLD

Scripture Reading: Psalm 119:97-128.

Golden Text: Proverbs 8:10.

1. What does David tell us about the judgments of the Lord? Psalm 19:9-10; 119:72.
 2. Is wisdom and understanding valuable? Proverbs 3:13-15; 16:16; 20:15.
 3. What riches are awaiting God's people? Proverbs 8:17-21.
 4. Where is our God as compared with the heathen's? Psalm 115:1-8.
- NOTE: Even though man can use the best gold, silver, or jewels, he can never represent or replace God. (Compare verses 1 and 2).*
5. What is a fair woman without discretion compared to? Proverbs 11:22.
 6. What are we told about a good name? Proverbs 22:1; Ecclesiastes 7:1 (first part).
 7. What are we told a word fitly spoken is like? Proverbs 25:11; 15:23.
 8. How precious is the trial of our faith? I Peter 1:4-7.
 9. Is there anything more precious than gold? I Peter 1:18-20.
 10. What are we told about the holy Jerusalem? Revelation 21:18-21.

NOTE: There are those who go "treasure hunting" all their lives and miss the "riches" of God's Word. As we have learned, there are many things that are more valuable than gold.

Lesson for Sabbath, September 14, 2024

SUFFERING

Scripture Reading: Psalm 38.

Golden Text: Psalm 9:13.

1. What does David ask the Lord to do when he is being attacked? Psalm 70:1-3; 141:1.
2. When he is confronted with evil and violent men, for what does David pray? Psalm 140:1-4.
3. David tells us "blessed is he whose transgression is forgiven..." What happened when he kept silent? Psalm 32:1-4.
4. How did David find relief? Psalm 32:5.
5. When confronted with evildoers, what did David write? Psalm 37:1-2; 54:1-3.
6. How does he tell us to handle situations like that? Psalm 37:3-5, 12-13.
7. Where are we to cast our burdens? Psalm 55:22-23; 37:24-25.
8. While trouble is all around him, what example of prayer does David give us? Psalm 69:12-17.
9. What does Peter tell us is thankworthy? I Peter 2:19-20.
10. What great example was given to us? I Peter 2:21-24.

Lesson For Sabbath, September 21, 2024

HUMILITY

Scripture Reading: Psalm 9.

Golden Text: Psalm 10:17.

1. What comes before honor? Proverbs 15:33; 18:12.
2. Who does the Psalmist ask the Lord not to forget? Psalm 10:12.
3. What did King Josiah do when he heard the words of the book of the law? II Kings 22:11-13.
4. What did the prophetess, Huldah, report? II Kings 22:15-17.
5. Did Josiah receive the same report? II Kings 22:18-20.

NOTE: When we learn we are wrong, we must humble ourselves and change. King Josiah is a good example of acting properly. There are those who are embedded by sin. That position will never work with God. (Psalm 51:17)

6. What happened when Rehoboam forsook the law? II Chronicles 12:1-4.
7. How did the prophet, Shemaiah, handle the situation? II Chronicles 12:5-6.
8. What were the results? II Chronicles 12:7-8.

NOTE: The Lord granted some deliverance, but He wanted to teach them a lesson.

9. How did David respond to false witnesses? Psalm 35:11-13.
10. What did the Lord tell Solomon about hearing, forgiving, and healing? II Chronicles 7:12-14.

Lesson For Sabbath, September 28, 2024

JOY

Scripture Reading: Psalm 145.

Golden Text: Psalm 132:9.

1. When the people rejoice, what should they do? Psalm 5:11.
2. What will be experienced in the Lord's presence? Psalm 16:8-11.
3. How should the upright in heart act? Psalm 32:1-2, 10-11.
4. They that sow in tears will reap in what? Psalm 126:5-6.
5. What is God called in Psalm 43? Psalm 43:4.
6. With what did the Lord bring forth His people? Psalm 105:1-2, 42-45.
7. Why should the people's reactions be glad and sing for joy? Psalm 67:1-4.

NOTE: It is always better to be in the hands of the Lord than the hands of one's enemies. See II Samuel 24:14.

8. What did the counsellors of peace receive? Proverbs 12:19-20.
9. What will nature do when Israel is regathered? Isaiah 49:8-13.
10. How are we to walk worthy of the Lord? Colossians 1:9-11; James 1:2-3.