

THE TEN COMMANDMENTS

I. Thou shalt have no other gods before me.

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

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

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

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

VI. Thou shalt not kill.

VII. Thou shalt not commit adultery.

VIII. Thou shalt not steal.

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

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



THE CHURCH OF GOD SABBATH SCHOOL LESSONS

THIRD QUARTER

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IN THIS QUARTERLY

Over the next two quarters we will be studying the book of Romans. Romans presents us with one of the most complete accounts of the state of man and how we come to God through Jesus Christ. Many parts of the book of Romans have been taken out of context. In these next two quarters, we will take a look at this book as a whole, and go through it sequentially, so that we can see the whole picture that it paints.

In this quarter, we will look at the first eight chapters. These focus on the state of man, faith, atonement, the sacrifice of Jesus, and the roll of the Holy Spirit. By studying these, we can gain a better understanding of the core elements of our faith.

The Fall of Man

Scripture Reading: Romans 1

Golden Text: Jeremiah 17:9

1. Toward what is the wrath of God revealed? Romans 1:18
 2. What were Adam and Eve commanded not to do in the Garden of Eden? Genesis 2:17; Genesis 3:1-3
 3. What were the consequences of disregarding this command? Genesis 3:16-24; I Corinthians 15:21-22
 4. How are the characteristics and power of God displayed to all mankind? Romans 1:19-20
- NOTE: Because all men and women can see God's creation, no one can claim the excuse that they did not know God.*
5. How did idol worship come to replace the worship of the Creator? Romans 1:21-23, 25; Galatians 5:17
 6. How did God respond to this corruption of man in the form of idol worship? Romans 1:24, 26-28
 7. What was God's response to Moses when the children of Israel worshiped the golden calf? Exodus 32:7-10
 8. What was the result of this corruption? Romans 1:29-31; Galatians 5:19-21 (first part)
 9. Of what are men worthy that commit these acts? Romans 1:32; Galatians 5:21 (second part); Ephesians 5:5

Lesson for Sabbath, July 12, 2025

God's Judgment on Man

Scripture Reading: Romans 2:1-16

Golden Text: Isaiah 30:18

1. What happens when we judge another person? Romans 2:1,3; Matthew 7:1-5
2. Of what is the judgment of God according to? Romans 2:2
3. Does God desire that men should fall into judgment? Romans 2:4; II Peter 3:9; I Timothy 2:3-4
4. For those who fall under the judgment of God, how will He judge them? Romans 2:5-9; Revelation 20:12

NOTE: Well doing includes repentance and putting our faith in Jesus Christ as well as keeping God's commandments. Jesus must be both our Lord and Savior (see Acts 2:36-39).

5. Does God take into account our background or social standing when He executes judgment? Romans 2:10-12; I Peter 1:17
6. What was the judgment that God imposed on Adam and Eve? Genesis 3:16-19; I Corinthians 15:21-22
7. What will the God's final judgment on man look like? II Peter 3:7,10
8. How will God judge the secrets of men? Romans 2:16

Lesson for Sabbath, July 19, 2025

The True Child of God

Scripture Reading: Romans 2:17-29

Golden Text: Revelation 3:5

1. What question does Paul ask of the Jewish person who claims to know and understand the law? Romans 2:17-22
2. What do those who boast in God's laws but still break them do to God? Romans 2:23
3. What happens to the name of God because of this hypocrisy? Romans 2:24
4. How is circumcision further used to make this point? Romans 2:25-27; Colossians 2:11
5. What are we told is the mark of a true Jew (i.e. one who truly serves God)? Romans 2:28-29
6. What two attributes does John ascribe to the child of God? Revelation 12:17

NOTE: Being a child of God requires us to follow God's laws and put our faith in Jesus. Both are essential and we cannot have one without the other.

7. What brings us to God to be His children? Galatians 3:26
8. Who are we told are not children of God? I John 3:10
9. What is promised to the child of God who overcomes this world? Revelation 2:7,17; 3:12

Lesson for Sabbath, July 26, 2025

All Have Sinned

Scripture Reading: Romans 3:1-20

Golden Text: Galatians 3:22

1. What advantage do the Jewish people have? Romans 3:1-2

NOTE: One of these oracles of God is the Sabbath. We know which day is the seventh because it was confirmed to the children of Israel through Moses and has been kept faithfully by the Jewish people since that time. Saturday, from sunset to sunset, is the seventh day Sabbath.

2. Does our unbelief override the faith of God? Romans 3:3-4

3. Because man's unrighteousness demonstrated God's righteousness, does this make God unrighteous if He takes vengeance on the unrighteousness of man? Romans 3:5-6

4. Further, because God is shown to be true through the sin of man, should we sin so that the truth of God becomes even more evident? Roman 3:7-8

NOTE: Even though man's unrighteousness demonstrates the righteousness of God, this does not give man license to commit sin.

5. Is there a difference between Jews and Gentiles with regards to sin? Romans 3:9

6. Is anyone righteous of themselves? Romans 3:10-11

7. Why is this not possible? Romans 3:12-18, 23

Lesson for Sabbath, August 2, 2025

Righteousness Through Faith

Scripture Reading: Romans 3:21-31

Golden Text: Ephesians 2:8

1. How is the righteousness of God manifested today? Romans 3:21-22

2. How are we justified? Romans 3:24; Titus 3:4-7; Galatians 2:16

3. How is this justification imparted to us? Romans 3:25; I John 4:9-10

NOTE: Propitiation relates to appeasing or expiating. Jesus' sacrifice appeases the wrath of God caused by our sin.

4. Who is justified by Jesus? Romans 3:26

5. Given that we are justified in this manner, where does the keeping of the commandments come in? John 14:15,21; I John 5:3

NOTE: Jesus was made both Lord and Christ (see Acts 2:36) and we must receive Him as both. As Lord, we do what He commands and keep God's commandments. As Christ, our anointed Savior, we put our faith in Him. See also Revelation 14:12

6. How is boasting (i.e. claiming righteousness based on what we have done) excluded? Romans 3:27, Ephesians 2:8-10

7. What conclusion does this bring us to? Romans 3:28-30; Philippians 3:9

8. Does faith then make the law void? Romans 3:31

9. How do our faith and our actions work together? James 2:14-18

Lesson for Sabbath, August 9, 2025

The Faith of Abraham

Scripture Reading: Romans 4

Golden Text: Hebrews 11:8

1. How did Abraham attain righteousness? Romans 4:1-3; Genesis 15:1-6
2. How is attempting to attain righteousness through our deeds contrasted with attaining righteousness through faith? Romans 4:4-5; Philippians 3:4-9
3. How did Abraham demonstrate his faith? Hebrews 11:8-9, 17-19; James 2:21-23
NOTE: Faith does not exist alone. When a person has a true faith in God, his or her actions will demonstrate that faith. (See James 2:18)
4. How did David describe the righteousness that comes by faith? Romans 4:6-8; Psalms 32:1-2
5. Was the righteousness imputed to Abraham by faith given to him because of his circumcision? Romans 4:9-12
6. Was the promise that Abraham should be heir to the world made through the law or by faith? Why? Romans 4:13-16
7. When the promise of God went against everything that Abraham knew, how did he react to the promise? Romans 4:18-21
8. What was the outcome of this faith? Romans 4:22
9. Why are we given a record of this event in Abraham's life? Romans 4:23-25
NOTE: Faith in God, through the sacrifice and resurrection of Jesus Christ, can have the same impact on our lives as it did on Abraham's.

Lesson for Sabbath, August 16, 2025

The Blood of Christ

Scripture Reading: Romans 5:1-11

Golden Text: I John 1:7

1. What benefits does faith bring us? Romans 5:1-2
2. How do trials and tribulations help us to grow in faith? Romans 5:3-5, I Peter 1:7
3. In what condition were we when Jesus shed His blood for us? Romans 5:6-8
4. What does the blood of Jesus do for the child of God? Romans 5:9; Revelation 1:5; 5:9; Hebrews 9:11-14
5. What were the children of Israel to do with the blood of the unblemished lamb on the first Passover? Why were they to do this? Exodus 12:3-7, 12-13
6. What does the blood of this Passover lamb foreshadow? I Corinthians 5:7; I Peter 1:19
7. What does Jesus tell us about eating His flesh and drinking His blood? John 6:53-56
8. How was this saying fulfilled? Matthew 26:26-28; I Corinthians 11:23-26
NOTE: The fruit of the vine in which we partake of at the Lord's Supper represents the blood that Jesus shed for us. When we take the Lord's Supper, we remember the sacrifice Jesus made for us.

Lesson for Sabbath, August 23, 2025

The Reign of Sin on the Earth

Scripture Reading: Romans 5:12-21

Golden Text: Genesis 3:6

1. How did sin enter the world? Genesis 3:1-6; Romans 5:12
2. Was sin in the world before the law was given to Moses? Was that sin imputed to men? Romans 5:13

NOTE: We see in I John 3:4 that sin is the transgression of the law. Sin being in the world demonstrates that the commandments of God existed and were in effect from the creation of the world.

3. What was the consequence of the sin committed before the law was given to Moses? Romans 5:14
4. How are the gift of grace through Jesus and the offense of Adam that brought sin into the world alike? How are they different? Romans 5:15-16; I Corinthians 15:20-22
5. In contrast to sin, what is the consequence of the grace received through Jesus Christ? Romans 5:17,21; John 5:24; II Timothy 1:10
6. How did this gift come upon men? Romans 5:18-19; Philippians 2:8
7. What effect did the law given to Moses have on the offense of sin? Romans 5:20 (first part)
8. In contrast, what affect did this have on grace? Romans 5:20 (second part)

NOTE: The grace of God is abundantly demonstrated by the removal of our sins through the sacrifice of Jesus Christ. However, as we will see in the next lesson, this does not give us license to continue in sin.

Lesson for Sabbath, August 30, 2025

Freedom from Sin

Scripture Reading: Romans 6

Golden Text: John 8:36

1. Are we to continue in sin so that the grace of God may abound? Why not? Romans 6:1-2
 2. How does baptism demonstrate this point? Romans 6:3-5
 3. When we come to Christ, what happens to our sin? Romans 6:6-7
 4. What is our hope in Christ? Romans 6:8-9; I Thessalonians 4:16-17; I Corinthians 15:35-44
 5. How are we, who are in Christ, to regard ourselves with respect to sin? Romans 6:11-14
 6. Can we continue in sin because of the grace given to us by God? Romans 6:15-16; John 8:34
- NOTE: Jesus died to free us from sin, not so that we could be free to continue in sin. Freedom, in the spiritual sense, is not the freedom to do as we please, but freedom from the corruption that sin brings.*
7. When we are set free from sin, to what do we become servants? Romans 6:17-19
 8. What are the wages of sin? Romans 6:21,23
 9. What is the result of being made free of sin? Romans 6:22; John 3:16
 10. What is our ultimate victory over sin? I Corinthians 15:50-57

Lesson for Sabbath, September 6, 2025

The Struggle with the Flesh

Scripture Reading: Romans 7

Golden Text: Galatians 5:17

1. How is the example of a husband and a wife used to explain our relationship to the law? Romans 7:1-4
2. What is the relationship between the law and sin? Romans 7:5-8; I John 3:4
3. What effect did sin have on Paul's life? Romans 7:11-13

NOTE: The commandments are holy, just and good. It is our sinful rebellion against them that is evil and brings death.

4. How does Paul describe the struggle between his spirit and his flesh? Romans 7:15,19
5. Why does Paul tell us that he has such a difficult time in doing what is good? Romans 7:16-18
6. What conclusion does this bring him to? Romans 7:20
7. In opposition to the law of God, what does Paul find in his members (i.e. in his flesh), waging war against the law of God that he knows to be true? Romans 7:21-23

NOTE: In Christ, we are freed from the penalty of sin and given the Holy Spirit to guide us. However, we are still flesh and blood and given to the temptations and sinful desires we inherited from Adam. We will not be completely free from sin until Jesus returns.

Lesson for Sabbath, September 13, 2025

Indwelling of the Spirit

Scripture Reading: Romans 8:1-17

Golden Text: John 14:16

1. How do those, who are in Christ Jesus and are no longer under condemnation, to walk? Romans 8:1,4
2. What sets us free from the law of sin and death? Romans 8:2
3. What did God do through Jesus that could not be done through the law? Romans 8:3; Hebrews 7:25-28; Hebrews 9:14-15

NOTE: The law of Moses was only a shadow that pointed to the coming of Jesus. Only Jesus' sinless sacrifice could overcome sin.

4. What do people who walk after the flesh focus their mind on? What about people who walk after the Spirit? Romans 8:5
5. Why are they who walk according to the flesh unable to please God? Romans 8:6-8
6. What is it necessary for a person to walk in the Spirit? Romans 8:9
7. How is the Holy Spirit received by the believer? Acts 2:38; Acts 8:14-17; Acts 19:1-7
8. What is the benefit to the believer in having the Holy Spirit dwelling within him? Romans 8:10-13
9. When we have the Holy Spirit dwelling within us, what are we called? Romans 8:14-15

Lesson for Sabbath, September 20, 2025

The Glory to Come

Scripture Reading: Romans 8:18-27

Golden Text: I Thessalonians 4:16

1. How do the sufferings that we go through in this life compare to the glory to come when Jesus returns? Romans 8:18
2. How is the glory revealed upon Jesus' return described? Revelation 14:14-16; I Thessalonians 4:13-17
3. From what will we be delivered when Jesus returns? Romans 8:19-21; I Corinthians 15:51-52

NOTE: Because of Adam's sin, we are all slaves to the corruption of sin. When Jesus returns, we will finally be free of this corruption.

4. How is the new body that we will receive when Jesus returns described? I Corinthians 15:35-44
5. What additional insight does Jesus give us into what this body will be like in His answer to the Sadducees? Matthew 22:23-30
6. What else suffers because of the bondage of corruption? Romans 8:22
7. How does Paul describe what it is like to wait for the redemption of our bodies at Christ's return? Romans 8:23
8. What are we told about the nature of our hope in the coming redemption of our bodies? Romans 8:24-25
9. How does the Holy Spirit help us with our prayers? Romans 8:26-27

Lesson for Sabbath, September 27, 2025

If God be for Us...

Scripture Reading: Romans 8:28-39

Golden Text: Psalms 118:6

1. To whom do all things work together for good? Romans 8:28
2. Who did God predestine to be conformed to the image of Jesus Christ His son? Romans 8:29; Ephesians 1:4-5

NOTE: God knew each and every one of us before the world was created. He saw which of us would choose Him and empowered them to become His children through Jesus Christ. In His infinite power and wisdom, God gave us the ability to freely make this choice. The fact that God could see our choice before we were born does not invalidate our freedom to make it.

3. What else did God do for those He predestined? Romans 8:30
4. How does God demonstrate His love for His children? Ephesians 2:4-7
5. What ultimately shows how much God loves us? Romans 8:31-32; John 3:16

NOTE: God's love for us is beyond our understanding. He gave His Son so that we could be freed from sin and adopted into His family.

6. When we are in Christ, can anything or anyone condemn us? Romans 8:33-34; John 3:17-18; John 5:24
7. Can anything separate us from the love of God which is in Christ Jesus? Romans 8:35-39