

Pine Knoll Sabbath School Study Notes
Second Quarter 2019: *Family Seasons*
Lesson 3 “Preparing for Change”

Read for this week’s study

1 Corinthians 10:1–13; Genesis 2:24; 1 Corinthians 13:4–8; 1 Samuel 1:27; Psalm 71;
1 Corinthians 15:24–26.

Memory Text

“Righteousness will go before Him, and shall make His footsteps our pathway” (Psalm 85:13, NKJV).

Lesson Outline from Adult Sabbath School Study Guide

- I. Introduction
- II. Unprepared
- III. Preparing for Marriage
- IV. Preparing for Parenting
- V. Preparing for Old Age
- VI. Preparing for Death
- VII. Further Study

Questions and Notes for Consideration

Facilitator: Daniel Duda

1. “Change is a part of our very existence. Even the laws of physics seem to teach that change exists in the most basic fabric of reality. [...] This week, let’s look at some of the changes that sooner or later, in one way or another, most of us face and how these changes can impact family life.” (Sabbath afternoon)
2. In a search for certainty, religion is often used as a tool of fighting change(s), preserving the status quo. How can it be used to help us prepare to face the changes that happen in the lives of most people?
3. “Changes come, and they often bring temptations, challenges, and even, at times, fear. [...] Regardless of whether the changes are unexpected or whether they are just a typical part of life, we need to be prepared for what’s coming, both the seen and the unseen.” (Sunday’s lesson)
4. What can we learn from 1 Corinthians 10:1-13 – from the story of the first Exodus, so that this history is not repeated in our lives? What is Apostle Paul trying to teach the early Christians?

5. In what sense can you prepare for marriage (Monday's lesson)? What does that preparation look like in our time and 3000 years ago? Which marriages in the Bible story would you point to as good and happy marriages? Why?
6. How is preparing for parenting different from preparing for marriage? How were children perceived in the nomadic-agrarian society of 3,000 BC in the Judean desert; how were they perceived in the 19th century industrial First World; and how are they perceived today? What is their role in the family?
7. How do you prepare for old age (Wednesday's lesson)? What can we learn from Psalm 71 about life in general? How is preparing for old age different in the 21st century than it was in biblical times? How have attitudes toward the elderly changed throughout the centuries?
8. How do you prepare for death? Is it even possible to prepare for it? What about the unexpected and tragic death that takes us all by surprise? What is significant about what the apostle Paul says in 1 Corinthians 15:24-26? Why is death seen as an enemy in the Biblical storyline? Why doesn't Paul mention "heaven" here at all?
9. Though David was not always the best role model, what can we learn from his last words to his son Solomon? How can we see the reality of God's grace at work?

Further Study with Ellen White

Christ will give strength to all who seek it. No man without his own consent can be overcome by Satan. The tempter has no power to control the will or to force the soul to sin. He may distress, but he cannot contaminate. He can cause agony, but not defilement. The fact that Christ has conquered should inspire His followers with courage to fight manfully the battle against sin and Satan. {GC 510.3}

In the whole Satanic force there is not power to overcome one soul who in simple trust casts himself on Christ. {COL 157.3}

If in our ignorance we make missteps, the Saviour does not forsake us. We need never feel that we are alone. Angels are our companions. The Comforter that Christ promised to send in His name abides with us. In the way that leads to the City of God there are no difficulties which those who trust in Him may not overcome. There are no dangers which they may not escape. There is not a sorrow, not a grievance, not a human weakness, for which He has not provided a remedy. {MH 249.1}

None need abandon themselves to discouragement and despair. Satan may come to you with the cruel suggestion, "Yours is a hopeless case. You are irredeemable." But there is hope for you in Christ. God does not bid us overcome in our own strength. He asks us to come close to

His side. Whatever difficulties we labor under, which weigh down soul and body, He waits to make us free. {MH 249.2}

While the wind is itself invisible, it produces effects that are seen and felt. So the work of the Spirit upon the soul will reveal itself in every act of him who has felt its saving power. When the Spirit of God takes possession of the heart, it transforms the life. Sinful thoughts are put away, evil deeds are renounced; love, humility, and peace take the place of anger, envy, and strife. Joy takes the place of sadness, and the countenance reflects the light of heaven. No one sees the hand that lifts the burden, or beholds the light descend from the courts above. The blessing comes when by faith the soul surrenders itself to God. Then that power which no human eye can see creates a new being in the image of God. {DA 173.1}

The loveliness of the character of Christ will be seen in His followers. It was His delight to do the will of God. Love to God, zeal for His glory, was the controlling power in our Saviour's life. Love beautified and ennobled all His actions. Love is of God. The unconsecrated heart cannot originate or produce it. It is found only in the heart where Jesus reigns. "We love, because He first loved us." 1 John 4:19, R.V. In the heart renewed by divine grace, love is the principle of action. It modifies the character, governs the impulses, controls the passions, subdues enmity, and ennobles the affections. This love, cherished in the soul, sweetens the life and sheds a refining influence on all around. {SC 59.3}

Love is the basis of godliness. Whatever the profession, no man has pure love to God unless he has unselfish love for his brother. But we can never come into possession of this spirit by *trying* to love others. What is needed is the love of Christ in the heart. When self is merged in Christ, love springs forth spontaneously. The completeness of Christian character is attained when the impulse to help and bless others springs constantly from within—when the sunshine of heaven fills the heart and is revealed in the countenance. {COL 384.2}

It is not possible for the heart in which Christ abides to be destitute of love. If we love God because He first loved us, we shall love all for whom Christ died. We cannot come in touch with divinity without coming in touch with humanity; for in Him who sits upon the throne of the universe, divinity and humanity are combined. Connected with Christ, we are connected with our fellow men by the golden links of the chain of love. Then the pity and compassion of Christ will be manifest in our life. We shall not wait to have the needy and unfortunate brought to us. We shall not need to be entreated to feel for the woes of others. It will be as natural for us to minister to the needy and suffering as it was for Christ to go about doing good. {COL 384.3}

Wherever there is an impulse of love and sympathy, wherever the heart reaches out to bless and uplift others, there is revealed the working of God's Holy Spirit. In the depths of heathenism, men who have had no knowledge of the written law of God, who have never even heard the name of Christ, have been kind to His servants, protecting them at the risk of their

own lives. Their acts show the working of a divine power. The Holy Spirit has implanted the grace of Christ in the heart of the savage, quickening his sympathies contrary to his nature, contrary to his education. The “Light which lighteth every man that cometh into the world” (John 1:9), is shining in his soul; and this light, if heeded, will guide his feet to the kingdom of God. {COL 385.1}

The glory of heaven is in lifting up the fallen, comforting the distressed. And wherever Christ abides in human hearts, He will be revealed in the same way. Wherever it acts, the religion of Christ will bless. Wherever it works, there is brightness. {COL 386.1}

Holiness is wholeness to God. The soul is surrendered to God. The will, and even the thoughts, are brought into subjection to the will of Christ. The love of Jesus fills the soul, and is constantly going out in a clear, refreshing stream, to make glad the hearts of others (MS 33, 1911). {6BC 1076.2}

Christ abiding in the soul exerts a transforming power, and the outward aspect bears witness to the peace and joy that reign within. We drink in the love of Christ, as the branch draws nourishment from the vine. If we are grafted in Christ, if fiber by fiber we have been united with the Living Vine, we shall give evidence of the fact by bearing rich clusters of living fruit. If we are connected with the Light, we shall be channels of light, and in our words and works we shall reflect light to the world. {RC 104.3}

Christ’s love is deep and earnest, flowing like an irrepressible stream to all who will accept it. There is no selfishness in His love. If this heaven-born love is an abiding principle in the heart, it will make itself known, not only to those we hold most dear in sacred relationship, but to all with whom we come in contact. It will lead us to bestow little acts of attention, to make concessions, to perform deeds of kindness, to speak tender, true, encouraging words. It will lead us to sympathize with those whose hearts hunger for sympathy (MS 17, 1899). {5BC 1140.5}

Never feel that Christ is far away. He is always near. His loving presence surrounds you. {FLB 62.8}

The enemy can never take out of the hand of Christ the one who is simply trusting in His promises. If the soul is trusting and working obediently, the mind is susceptible to divine impressions, and the light of God shines in, enlightening the understanding. What privileges we have in Christ Jesus! {SD 351.4}