

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.

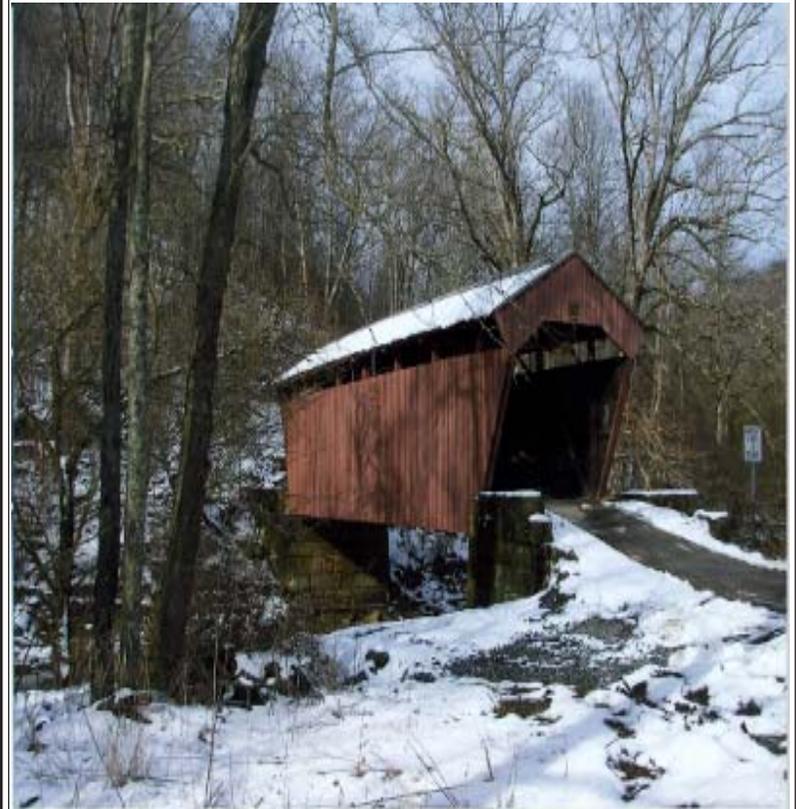
VII. Thou shalt not commit adultery.

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



FIRST QUARTER

2022

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IN THIS QUARTERLY

There are many who believe the commandments are prohibitions and are therefore infringing on their free will choices. However, they were given so that we may enjoy life and enjoy it to the fullest. Just as the Lord told Adam and Eve (Genesis 2:16-17), "...Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it..." He gives us the commandments. We can do what we want, but the Lord knows that we can live a fuller and richer life if we listen to Him, not only here but in eternity.

Choose life!

Lesson For Sabbath, January 1, 2022

THE TEN COMMANDMENTS GIVEN PHYSICALLY

Scripture Reading: Exodus 19:1-20.

Golden Text: Exodus 20:22.

1. How were the commandments first presented by God to the children of Israel? Exodus 20:1; Deuteronomy 5:4-6.
 2. In what form were the commandments given to Israel? Exodus 31:18; 32:15-16.
 3. What happened to the first set of tablets? Exodus 32:17-19; Deuteronomy 9:15-17.
 4. Were the tables of the law replaced? Exodus 34:1-4; Deuteronomy 10:1-4.
 5. Did the Lord write upon the second set or did Moses? Exodus 34:1.
- NOTE: Even though Moses broke the first set, the Lord etched them into stone again to indicate the permanence of this law.*
6. Where were the tables of the law sent after Moses received the second set? Deuteronomy 10:2, 5; Exodus 40:20; I Kings 8:9.
 7. Where should we place the commandments of the Lord? II Corinthians 3:3; Psalm 119:11.
 8. Where did the Psalmist keep the commandments? Psalm 40:8.
 9. What does the Preacher (Ecclesiastes) tell us is the whole duty of man? Ecclesiastes 12:13-14.
 10. When we internalize the law, what happens? Psalm 119:97; 1:2.

Lesson For Sabbath, January 8, 2022

THE FIRST COMMANDMENT

Scripture Reading: II Kings 17:24-41.

Golden Text: Exodus 20:3; Deuteronomy 5:7.

1. Why does this commandment seem to be uppermost in the mind of the Lord? Exodus 34:14.
2. Were the Israelites consistently warned about other gods? Deuteronomy 11:16-17; 12:29-30; Exodus 22:20.
3. Why was the Lord angry with Solomon? I Kings 11:9-11.
4. What did Hezekiah do when he started his reign over Judah? II Kings 18:1-5; II Chronicles 29:4-7.
5. What happens to those who worship other gods? Psalm 16:4; 97:7; Isaiah 42:17.
6. Does worshipping other gods produce anything including a Savior? Hosea 13:4.
7. What does the prophet Jeremiah say about the Lord versus other gods? Jeremiah 10:10-11, 14-15; 25:6.
8. What does Jesus say about serving other gods? Matthew 6:24; Luke 16:13-15; Matthew 4:9-10.
9. How does Paul express himself on this subject? I Corinthians 10:7, 14.
10. What else are we told to be aware of in order not to break the first commandment? Romans 1:21-25; I John 5:21.

Lesson For Sabbath, January 15, 2022

THE SECOND COMMANDMENT

Scripture Reading: Isaiah 44:8-21.

Golden Text: Exodus 20:4-6; Deuteronomy 5:8-10.

1. What does the Lord say about idolatry and idolaters? Isaiah 41:28-29; Nahum 1:14; Psalm 106:36-39.
2. What was the punishment for idol worship? Exodus 22:20; Deuteronomy 17:2-5; 27:15.
3. Did people perish because of this sin? Exodus 32:26-28; I Kings 18:40.
4. What does the commandment say the Lord will visit upon the children for breaking this law? Deuteronomy 5:9.
5. What will also happen to those who do this type of idolatry? Colossians 3:5-6.
6. How does the Apostle Paul reprimand the men of Athens for worshipping their idols? Acts 17:23-24, 29-30.
7. Should we bow down to anyone or anything except to the most high God? Luke 4:5-8; Revelation 19:9-10; 22:8-9.

NOTE: Both Jesus and the angel tell us to worship God.

8. What was included in the last counsels of Joshua? Joshua 23:4-8; 24:14-15.
9. After his death, what did they (Israel) do to corrupt themselves? Judges 2:8-14.
10. How are we to live so we do not break the second commandment? Romans 6:6, 10-13; 12:1-2.

Lesson For Sabbath, January 22, 2022

THE THIRD COMMANDMENT

Scripture Reading: Psalm 20.

Golden Text: Exodus 20:7; Deuteronomy 5:11.

1. How high has God exalted Jesus? Philippians 2:9-11.
 2. Is there salvation in any other name? Acts 4:12.
 3. How did Paul write about dishonoring God? Romans 2:22-24.
- NOTE: When talking about God and Jesus, we must do so reverently. By saying we are a footstep follower of Christ, and then break commandments, we are giving God and Jesus a bad name.*
4. In what way did Job's wife tempt Job to sin? Job 2:9.
 5. Did Job do as she told him? Job 2:10.
 6. Was the Psalmist disturbed by the continual cursing and swearing that is on the lips of sinful men? Psalm 44:13-18.
 7. How did Isaiah write about God? Isaiah 26:13-14.
 8. By what name was the Lord known to Abraham? Exodus 6:2-3.
 9. Why is it necessary to watch our conversation? James 3:13; I Peter 3:16-17; 1:15.
 10. Should we learn to bridle our tongue and watch our conversation? James 3:1-10.

Lesson For Sabbath, January 29, 2022

THE FOURTH COMMANDMENT

Scripture Reading: Hebrews 4.

Golden Text: Exodus 20:8; Deuteronomy 5:12.

1. What day did the Lord set apart for a holy purpose? Exodus 20:11; Genesis 2:1-3.

NOTE: Notice that God sanctified a time period (space), not a thing, to meet with Him.

2. What reason is given for this day? Mark 2:27.
3. Although the Sabbath was made for man, Who is the lord of this day? Mark 2:28; Matthew 12:8.
4. What was Jesus' custom on the Sabbath day? Luke 4:16, 31.
5. Where do we find the Apostle Paul on the Sabbath day? Acts 13:14, 42, 44; 18:4.
6. What is lawful to do on the Sabbath? Matthew 12:10-12; Luke 13:15; 14:5.
7. Should everyone and everything rest on the Sabbath day? Exodus 23:12; Leviticus 23:3.
8. What blessings are derived from keeping the seventh day holy? Isaiah 56:2-7; 58:13-14.
9. What punishment did God inflict upon those who violated His holy day? Numbers 15:32-36; Exodus 31:14-15.
10. Was the Sabbath day going to be kept in the future after the ascension of Jesus? Matthew 24:20.

NOTE: Remember this was part of the answer Jesus gave to the questions asked of Him in verse three about events leading up to His return and the end of the age.

Lesson For Sabbath, February 5, 2022

THE FIFTH COMMANDMENT

Scripture Reading: Proverbs 1:1-25.

Golden Text: Exodus 20:12; Deuteronomy 5:16.

1. What is said about the instruction of parents? Proverbs 1:8-9; Ephesians 6:1-3.
2. What instruction was given to the Israelites through Moses? Leviticus 19:1-3.
3. Did Jesus rebuke the Pharisees for not honoring their parents? Matthew 15:4-8.
4. What happens to those who curse their parents? Exodus 21:17; Leviticus 20:9.
5. What punishment is given if one were to smite (strike/wound) his parents? Exodus 21:15.
6. How important is it to keep the law of a righteous father and mother? Proverbs 6:20-23.
7. What will wise children do for their parents? Proverbs 10:1; 13:1; 15:5,20.
8. Should we take advantage of our parents? Proverbs 28:24.
9. Does the Apostle Paul emphasize obedience in the home? I Timothy 5:4.
10. To what are rebellion and stubbornness compared? I Samuel 15:23 (1st part).

Lesson For Sabbath, February 12, 2022

THE SIXTH COMMANDMENT

Scripture Reading: Genesis 4:1-13.

Golden Text: Exodus 20:13; Deuteronomy 5:17.

1. After Cain slew Abel, what cried out to the Lord? Genesis 4:9-10.
2. When Noah was able to leave the ark what instruction was given to him? Genesis 9:1-6.
3. What is included in the things the Lord hates? Proverbs 6:16-19.
NOTE: Abel was an innocent party. Instead of Cain repenting for his own willfulness, he killed his brother to ease his conscience which didn't and doesn't work.
4. What is the status of a murderer? Deuteronomy 27:25.
5. Was a person guilty of murder if he used a dangerous instrument or hand weapon? Numbers 35:15-18.
6. Was a person guilty of murder if someone died accidentally? Numbers 35:22-25, 28 (last part).
7. Why was capital punishment necessary in the case of murder? Numbers 35:31-34.
8. What does Jesus tell us about hate? Mathew 15:17-20; Mark 7:21-23; Matthew 5:21-22.
9. Where can hatred lead? Deuteronomy 19:11-13; Genesis 37:3-4,8,28.
10. How are we admonished by Peter? I Peter 4:14-15.

Lesson For Sabbath, February 19, 2022

THE SEVENTH COMMANDMENT

Scripture Reading: Matthew 19:1-11.

Golden Text: Exodus 20:14; Deuteronomy 5:18.

1. How did the Lord look upon marriage from the beginning of Creation? Genesis 2:24; Matthew 19:3-6.
2. What example are we given from Joseph? Genesis 39:7-9.
3. How did Jesus magnify this law? Matthew 5:27-28.
4. Can we resist all temptations? James 4:7-10.

NOTE: Part of the walk is resisting and not giving into the temptation.

5. Was Jesus tempted like us? Hebrews 4:15.
6. What are we told about fornication? I Corinthians 6:15-18.
7. What are we to do with our bodies? I Corinthians 6:19-20.
8. How does Paul instruct the Corinthians about fornicators? I Corinthians 5:9-13.
9. Why does he instruct them on this subject? I Corinthians 5:6-7.

NOTE: Good apples never make a rotten apple good, but rotten apples can spoil the barrel.

10. How did the nation of Israel commit adultery? Jeremiah 3:1, 6-9; Hosea 2:6-11.

Lesson For Sabbath, February 26, 2022

THE EIGHTH COMMANDMENT

Scripture Reading: Leviticus 6:1-7; Zechariah 5:1-4.

Golden Text: Exodus 20:15; Deuteronomy 5:19.

1. If a person steals anything, what must he do? Leviticus 6:4-7; Numbers 5:7.
2. What happens to a thief? Exodus 22:1-7; Proverbs 21:7.
3. What happened to Israel when Achan sinned? Joshua 7:1.
4. How did this sin develop? Joshua 7:20-21.

NOTE: He Saw, He Coveted, He Took And Hid. Many sins start with seeing things like Achan saw. II Samuel 11:2.

5. How does John warn us about these things? I John 2:15-16.
6. What will happen to the world and its lusts? I John 2:17.
7. Whom do you harm when things are stolen? Romans 13:8-10; I Corinthians 6:8-10.

NOTE: We never want to hurt our neighbor. Stealing not only hurts him but ourselves.

8. When we become converted should we return what we stole and make restitution? Luke 19:8-10.
9. What charge does the Apostle Paul make to those who were thieves and have accepted Christ? Ephesians 4:27-28.

Lesson For Sabbath, March 5, 2022

THE NINTH AND TENTH COMMANDMENTS

Scripture Reading: Acts 4:34 to 5:11.

Golden Text: Exodus 20:16-17; Deuteronomy 5:20-21.

1. When we bear false witness and lie, what do we do to ourselves? Job 11:3-6.
2. How long will a person endure who will speak no lies? Proverbs 12:19-20; 14:5.
3. What is it that the Lord hates? Zechariah 8:17; Proverbs 6:16-19.
4. Did Ananias and his wife die for not giving all the money from the sale? Acts 5:4.
5. In what way does the majority of so-called Christendom violate the ninth commandment? Mark 7:6; Matthew 7:21-23.
6. What does the Lord abhor? Psalm 10:3.
7. What does Jesus warn us about in Luke? Luke 12:15.
8. What is one of the ways of the wicked? Micah 2:2.
9. Is the way of Cain, Korah, and Balaam one to be followed? Jude 11; II Peter 2:9-16.
10. What is one thing we should covet? I Corinthians 12:28-31.
11. What can happen if we covet money? I Timothy 5:5-10.

Lesson for Sabbath, March 12, 2022

THE PERPETUITY OF THE COMMANDMENTS

Scripture Reading: Romans 13.

Golden Text: Romans 13:9.

1. What should our attitude be toward keeping the commandments of the Lord today? Psalm 40:6-8; 119:97, 105.
2. Did Jesus have the same attitude toward the law? Matthew 5:17; John 15:10.
3. What else was prophesied that Jesus would do concerning the law? Isaiah 42:21.
4. Did Jesus fulfil this prophecy? Matthew 5:21-22, 27-28, 31-32.
5. Did Paul have a similar attitude? Romans 7:22.
6. How does Paul express the thought that the commandments are eternal? Romans 3:26-31; 7:14.

NOTE: If the law is spiritual, it lasts forever.

7. What does James tell us about the law? James 2:8-11.
8. How does John express this thought? I John 3:4.

NOTE: this book was written around 90 AD, and John is still talking about sin. If the Commandments were done away with, why would he make any reference to them?

9. How does Paul sum up our obligation to keep the law? Romans 13:8-10.
10. Ecclesiastes or the "Preacher"? Ecclesiastes 12:13.
11. How can we prove our love for Christ and God? John 15:10; 14:15; I John 2:1-4.

Lesson For Sabbath, March 19, 2022

THE KNOWLEDGE OF SIN THROUGH THE LAW

Scripture Reading: I John 3.

Golden Text: Romans 7:7.

1. What causes us to break God's Law? Romans 7:14-17.
 2. Is Paul referring to the 10 Commandments? Romans 7:7.
 3. If there were no law, would there be sin? Romans 7:8-11; I John 3:4-6.
 4. What is necessary to be a child of God? Revelation 14:12; 12:17.
 5. What is the reward for keeping the commandments? Revelation 3:20-21; 22:14.
- NOTE: Remember the rich young ruler asked Jesus what he had to do to receive eternal life? Matthew 19:16-19.*
6. What will happen to those who do not keep these laws? Revelation 22:15; 21:8.
 7. What will be the standard of judgment when the Lord appears? James 2:12.
 8. How does Jesus abide in us and us in Him? I John 3:23-24; 4:13.
 9. Death was passed on to all mankind from Adam's sin. How can we be made righteous? Romans 5:19-21.
 10. How can we become obedient to God's Law and not serve sin? Romans 6:19-23.

Lesson For Sabbath, March 26, 2022

WORK FOR THE SAINTS

Scripture Reading: Romans 10.

Golden Text: Romans 10:14.

1. What relationship does preaching the gospel have to the return of Christ? Matthew 24:14.
2. While we work earnestly, what may we expect? Romans 9:17-21,28.
3. What is the goal of the minister of the gospel? Colossians 1:26-28; I Timothy 4:13-16.
4. What else are we told in James? James 5:19-20.
5. What does Paul call the gospel of Christ? Romans 1:16-17.
6. In whose hands did the Son of man give authority? Mark 13:34.
7. What are some of the things the servants should be doing until His return? Matthew 9:36-38; Ephesians 5:18-20.
8. What else can we do for the work? Mark 12:41-44.
9. What blessed assurance awaits those who are sent to sow and reap? Psalm 126:5-6; John 4:34-36.
10. What other reward awaits faithful and wise workers? Daniel 12:3.

