

## ***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.

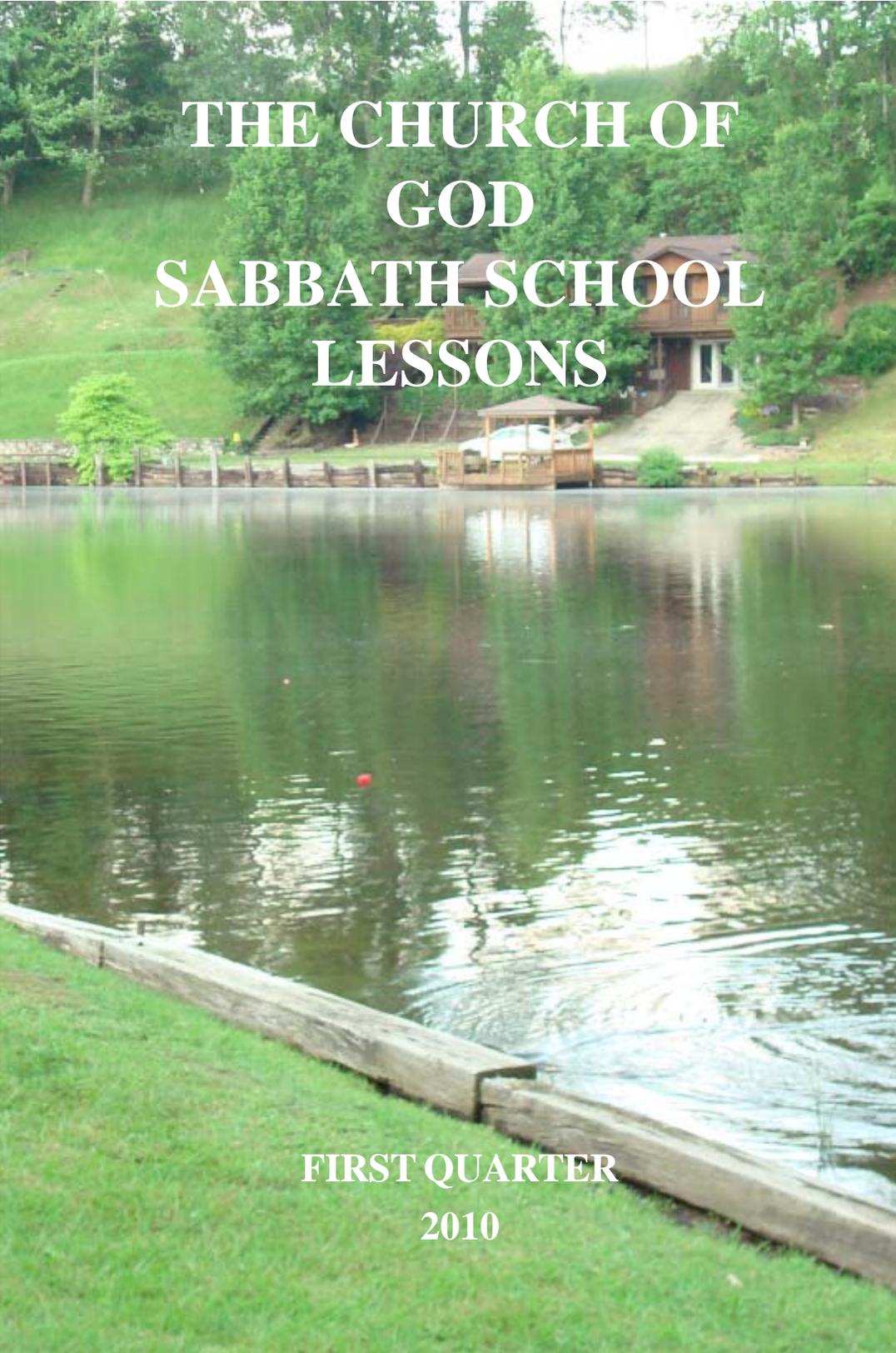
VI. Thou shalt not kill.

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  
2010**

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### IN THIS QUARTERLY

**The theme of this quarterly is sacrifice. In it, we learn that blood has to be shed so that there is remission of sin and that the patriarchs built altars and worshipped the Lord. In other instances, we find the lack of worship and its results especially after the flood.**

**Sometimes sacrifice pertains to how one lives as in being a "living sacrifice." But we should never forget that all these "sacrifices" point to the "ultimate sacrifice," Jesus Christ.**

## *Lesson For Sabbath, January 2, 2010*

### *A SACRIFICE FOR ADAM AND EVE*

**Scripture Reading: Genesis 1.**

**Golden Text: Hebrews 9:22.**

1. After the sixth day of creation, what did God say? Genesis 1:31.
2. What state was Lucifer in when he was created? Ezekiel 28:14-15 (first part).  
*NOTE: We find that Adam, Eve, and Lucifer were created perfect. God was pleased with His creation and said it was "very good".*
3. What happened to Lucifer? Ezekiel 28:15 (last part); Isaiah 14:12-14.
4. What did Lucifer do next? Genesis 3:1-5.
5. How does this compare with what the Lord God had told them? Genesis 2:16-17.
6. What was the immediate result of their disobedience? Genesis 3:6-7 (first part).
7. When they discovered they were naked, what did they do? Genesis 3:7 (last part).  
*NOTE: This was their attempt to cover up their disobedience, but they were not "properly" dressed.*
8. What did the Lord God make for them? Genesis 3:21.
9. What was the difference between their covering and the Lord's covering? Hebrews 9:22.  
*NOTE: Innocent blood had to be shed for their sin. Blood sacrifices represented Jesus. Therefore, an animal had to die in their place.*
10. How does the Apostle Peter explain Christ's sacrifice for us? I Peter 1:18-20.

## *Lesson For Sabbath, January 9, 2010*

### **CAIN, ABEL, AND NOAH**

**Scripture Reading: Genesis 4:1-15.**

**Golden Text: Hebrews 11:4.**

1. What did Cain offer to the Lord? Genesis 4:3.
2. Did Abel offer the same thing? Genesis 4:4 (first part).
3. How were their offerings received by the Lord? Genesis 4:4 (last part), 5.
4. What was Cain told? Genesis 4:6-7.  
*NOTE: Cain brought what HE wanted, not what the Lord wanted. Cain knew what he was supposed to do, but failed to do it. Responding like most of us, he took it out on his brother.*
5. When Noah was about to enter the ark, how was he told to select the beasts? Genesis 7:1-2.
6. How was he to choose the fowl? Genesis 7:3 (first part). Why? Genesis 7:3 (last part).  
*NOTE: It is obvious Noah knew the difference between the clean and unclean beasts because he never asked for an explanation. He only needed one pair of unclean beasts because they were not to be a food source or used for sacrifice. However, the clean beasts would be used for both.*
7. What did Noah do upon leaving the ark after a little more than a year? Genesis 8:20.
8. How did the Lord react to these burnt offerings? Genesis 8:21-22.
9. Did God bless Noah? Genesis 9:1-2.
10. What covenant did the Lord make at that time? Genesis 9:11-17.

## *Lesson For Sabbath, January 16, 2010*

### **AFTER THE FLOOD**

**Scripture Reading: Genesis 10:1-12.**

**Golden Text: Proverbs 14:12.**

1. What do we learn about Nimrod? Genesis 10:8-9.  
*NOTE: Nimrod was ambitious serving his own agenda and not the Lord's.*
2. Where was his kingdom? Genesis 10:10.
3. Where else do we find this area mentioned? Daniel 1:1-2.
4. Since everyone spoke the same language, what did they propose to do? Genesis 11:1-4.  
*NOTE: Here we have a group of people using worldly means to serve themselves. We do not find them sacrificing, offering, or even recognizing the Lord.*
5. How did the Lord react to the city and the tower? Genesis 11:5-6.
6. What did the Lord do because of the building that they were doing? Genesis 11:7.
7. What else happened? Genesis 11:8-9.
8. How does the day of Pentecost contrast these events? Acts 2:4-11.
9. What does the Apostle Paul say about speaking in tongues, or a known language? I Corinthians 14:22.  
*NOTE: Like the day of Pentecost, men will have the Gospel preached to them in their own language.*
10. What does the Bible say will happen in the future? Zephaniah 3:8-10.

## *Lesson For Sabbath, January 23, 2010*

### **ABRAM**

**Scripture Reading: Genesis 11:10-32.**

**Golden Text: Genesis 14:20.**

1. What did the Lord tell Abram to do? Genesis 12:1,4; Hebrews 11:8.
2. What was promised? Genesis 12:2-3; Hebrews 11:9.
3. After the Lord appeared unto Abram, what did Abram build? Genesis 12:7-8.  
*NOTE: We can conclude that Abram didn't just build an altar but offered sacrifices unto the Lord thanking Him for safe passage and for the promised land.*
4. Even after receiving the promises, what did Abram do? Genesis 12:10.  
*NOTE: Instead of waiting on the Lord in the place the Lord gave him, Abram took matters into his own hands. Like most of us, we know better and believe the Lord's arm is too short (Numbers 11:23).*
5. What happened as a result of this lack of faith? Genesis 12:11-20.
6. After leaving Egypt, what do we see Abram doing? Genesis 13:1-4.  
*NOTE: He now realizes the Lord has the answers, and he should depend on Him.*
7. When Lot and Abram separated, what did the Lord show Abram? Genesis 13:14-17.
8. What do we find Abram building again? Genesis 13:18.
9. What does Abram give to Melchizedek? Genesis 14:20.
10. After telling Abram that He is his shield and exceeding great reward, what does He have Abram offer? Genesis 15:1,5-11.

## *Lesson For Sabbath, January 30, 2010*

### **ABRAM, CONTINUED**

**Scripture Reading: Genesis 15.**

**Golden Text: Romans 4:3.**

1. What is the location of the promised land as described in the covenant the Lord made with Abram? Genesis 15:18-21.
2. Because Abram did not wait on the Lord, what did he do? Genesis 16:1-3.
3. What happened as a result? Genesis 16:4-5.
4. Is this what the Lord had told Abram? Genesis 15:2-6.  
*NOTE: This is another lapse of faith in not waiting on the Lord (Psalm 27:14).*
5. When Abram was 99 years old, what happened? Genesis 17:1-5.
6. What was the sign of this covenant? Genesis 17:9-14; Romans 4:9-12.  
*NOTE: Therefore, Abraham is our father as well, not by circumcision but through faith.*
7. After Isaac was born what did God tell Abraham to do? Genesis 22:1-2; Hebrews 11:17.  
*NOTE: This sacrifice foreshadowed Christ's sacrifice. Isaac was Abraham's only son just as Jesus is God's only Son.*
8. Since Abraham passed this test what was provided? Genesis 22:8, 13-14.
9. What was confirmed because of His obedience? Genesis 22:15-18.
10. How did Abraham instruct his eldest servant concerning Isaac? Genesis 24:1-4.

## ***Lesson For Sabbath, February 6, 2010***

### **ISAAC**

**Scripture Reading: Genesis 24:1-27.**

**Golden Text: II Corinthians 6:14.**

1. What did Abraham do before he died? Genesis 25:5-6.
2. What happened after his death? Genesis 25:11.
3. When there was famine in the land, what did the Lord tell Isaac? Genesis 26:1-5.  
*NOTE: For some reason, like his father, he wanted to go to Egypt. The grass looked greener, we suppose, but what about trusting in the Lord? Man cannot seem to grasp the ability of God.*
4. Where do we find a lapse of faith similar to Abraham's? Genesis 26:6-7. See Genesis 20:1-2; 12:10-13.
5. After the Lord appeared to Isaac, what did Isaac build? Genesis 26:24-25.
6. What did others see about Isaac? Genesis 26:27-28; 12:3.
7. What was part of Isaac's blessing for Jacob? Genesis 27:29.
8. How did Isaac instruct Jacob concerning a wife? Genesis 28:1. What had Esau done? Genesis 26:34-35.
9. What else did he tell Jacob? Genesis 28:2-4; 17:18-19.
10. What did Jacob do with the stone he had used for a pillow? Genesis 28:18-22.
11. When Esau realized what had happened to him and saw his father bless Jacob, what did he do? Genesis 27:41; 28:6-9.  
*NOTE: Jesus came from the line of Jacob. Matthew 1:1-2.*

## ***Lesson For Sabbath, February 13, 2010***

### **JACOB**

**Scripture Reading: Genesis 29:1-29.**

**Golden Text: Matthew 5:37.**

1. What did Laban recognize about Jacob? Genesis 30:27.
2. Even though Laban considered Jacob as blessed by God, he did not feel good about Jacob. Genesis 31:1-2, 4-7.
3. Of what are we reminded? Genesis 31:11-13; 28:18.  
*NOTE: God will not forget faithfulness. All too often we give up much too soon on the Lord.*
4. What did Jacob do after he and Laban made a covenant? Genesis 31:44-54.
5. When Jacob meets up with Esau, what happens? Genesis 32:1-3, 6-7.
6. How did Jacob pray? Genesis 32:9-12. See Genesis 31:3.
7. To what was Jacob's name changed? Genesis 32:24-28.
8. To whom does Israel give credit for his blessings? Genesis 33:1-5.
9. After he arrived in Shechem, what did Israel build? Genesis 33:18-20.  
*NOTE: The Lord told him to go back to the land of his fathers.*
10. What happens next? Genesis 35:1-5,7,14.

## ***Lesson For Sabbath, February 20, 2010***

### **JOSEPH**

**Scripture Reading: Genesis 37:1-19.**

**Golden Text: Proverbs 6:34.**

1. What did Joseph's brothers do to him? Genesis 37:24.
2. What happened next? Genesis 37:28.  
*NOTE: This is an example of death and resurrection. He is rejected by his own, like Jesus, and will be accepted by others later. He was sold for 20 pieces of silver.*
3. What happened to Potiphar's possessions while Joseph served in his house? Genesis 39:1-5.
4. How did Joseph respond to Potiphar's wife? Genesis 39:7-9.
5. What happened in prison? Genesis 39:19-23.  
*NOTE: This is another example of someone being blessed for faithfulness. Even though he was in prison, Joseph was blessed by God.*
6. What incident got Joseph out of prison? Genesis 41:1,5,8,14.
7. Did Joseph take credit for interpreting the dream? Genesis 41:16,25,28.
8. What happened to Joseph as a result of this dream and interpretation? Genesis 41:33, 38-40.
9. Whom does Joseph marry? Genesis 41:45.  
*NOTE: Rejected by his own, he finds a Gentile bride.*
10. In the final analysis, what does Joseph say about his experiences? Genesis 45:5-7.

## ***Lesson For Sabbath, February 27, 2010***

### **ISRAEL**

**Scripture Reading: Genesis 45.**

**Golden Text: Genesis 50:20.**

1. What did Israel do after he started his journey to Egypt? Genesis 46:1-4.
2. While Israel (Jacob) had 12 sons, how many souls were in the house of Jacob? Genesis 46:27.
3. How did Israel regard Joseph's two sons, Ephraim and Manasseh? Genesis 48:5-6.
4. When he blessed Ephraim and Manasseh, what did Israel do? Genesis 48:14-20.
5. What do we learn about Joseph's portion? Genesis 48:21-22.
6. Discuss Israel's prophecies concerning his sons:
  - a. Reuben - Genesis 49:3-4.
  - b. Simeon and Levi - Genesis 49:5-7.
  - c. Judah - Genesis 49:8-12.
  - d. Zebulun - Genesis 49:13.
  - e. Issachar - Genesis 49:14-15.
  - f. Dan - Genesis 49:16-18.
  - g. Gad - Genesis 49:19.
  - h. Asher - Genesis 49:20.
  - i. Naphtali - Genesis 49:21.
  - j. Joseph - Genesis 49:22-26.
  - k. Benjamin - Genesis 49:27.
7. What was his last charge? Genesis 49:28-29.
8. How long did the Egyptians mourn Israel? Genesis 50:1-3.

## ***Lesson For Sabbath, March 6, 2010***

### ***MOSES AND AARON***

**Scripture Reading: Exodus 3.**

**Golden Text: Exodus 4:11.**

1. When the people said, "All the words which the LORD hath said will we do", what did Moses build? Exodus 24:1-4.
2. What did he do after building the altar? Exodus 24:5-8; Hebrews 9:16-20.  
*NOTE: Men of God, like Moses, sacrificed and worshipped the Lord continually. By doing this with people, He conveys to them the seriousness of what they say and do.*
3. In the order of sacrifices, how did they use and prepare the bullock? Exodus 29:10-14.
4. What was done with the first ram, and what was it called? Exodus 29:15-18.
5. What was the second ram used for? Exodus 29:19-22.  
*NOTE: Remember, shedding blood was necessary in this priestly system, and here we learn it is used for offerings and consecration.*
6. What did these sacrifices accomplish? Hebrews 9:11-14.  
*NOTE: The Levitical priesthood foreshadowed Jesus, Who is now our High Priest.*
7. What was used as a wave offering? Exodus 29:23-25.
8. What else is called a wave offering? Exodus 29:26-28.
9. May anyone partake of this food? Exodus 29:32-33.
10. How long was Aaron and his sons to be consecrated? Exodus 29:35-37.

## ***Lesson for Sabbath, March 13, 2010***

### **INSTRUCTIONS**

**Scripture Reading: Exodus 28:4-38.**

**Golden Text: I Peter 2:9.**

1. What was to be made so that the priests could burn incense? Exodus 30:1, 7-8.
2. What material was to be used to overlay the shittim wood? Exodus 30:3.
3. Could anything be burned on this altar? Exodus 30:9.
4. What was to be everyone's offering, rich or poor alike? Exodus 30:11-15.
5. How was this money used? Exodus 30:16.
6. What did the Lord do so Bezaleel could devise "cunning works"? Exodus 31:1-6.
7. What does the Sabbath signify? Exodus 31:12-18.
8. While Moses is receiving instructions to do "good," what is happening with the people? Exodus 32:1. They must have forgot. See Exodus 20:23; 32:8.
9. Did Aaron try to stop what was happening? Exodus 32:2-6.
10. In the final analysis, what happens to Judah and why? Jeremiah 22:8-9.  
*NOTE: Both Israel and Judah went after strange gods. Dispersion was the result.*

## *Lesson For Sabbath, March 20, 2010*

### **WE ARE A LIVING SACRIFICE**

**Scripture Reading: Romans 7.**

**Golden Text: Romans 6:16.**

1. What leads us to repentance? Romans 2:4; Philippians 2:13.
2. Why do we need God to lead us to repentance? Romans 8:7; Genesis 6:5.
3. How does Paul tell us our reasonable service? Romans 12:1.  
*NOTE: "Present" could also be read "yield".*
4. Once we are led to repent, what else must we do? Romans 12:2, Philippians 2:1-5.  
*NOTE: We must separate ourselves and think differently.*
5. How does Peter describe the growth process? II Peter 1:1-7.
6. Why is this walk so hard at times? Ephesians 6:12.
7. What will help us in this fight? Romans 8:9-10,14.  
*NOTE: By yielding our bodies to the Holy Spirit, we allow ourselves to be led the right way. Remember Proverbs 14:12.*
8. What can happen if we do not yield and give in to our lusts? James 4:1-8.
9. What else can help us? Ephesians 6:11, 13-18.
10. How can one measure growth? Galatians 5:22-25.

## *Lesson For Sabbath, March 27, 2010*

### **THE ULTIMATE SACRIFICE**

**Scripture Reading: Isaiah 53.**

**Golden Text: II Corinthians 5:21.**

1. What does John the Baptist call Jesus? John 1:29.  
*NOTE: Calling Jesus the Lamb of God means He was God's sacrifice. All the sacrifices before Him were man's sacrifice. They did not accomplish anything but pointed to Jesus' sacrifice.*
2. Why did Jesus' blood satisfy His Father when the blood of bulls and goats did not? I Peter 1:18-19.
3. How long was this plan of redemption in the works? I Peter 1:20; Revelation 13:8; Acts 2:23.
4. When Jesus took the cup of the fruit of the vine, what did He say it represented? Mark 14:23-25; Luke 22:20; I Corinthians 11:25.
5. How important is it that we partake of the emblems? Example: unleavened bread and fruit of the vine. John 6:54-56; I Corinthians 10:16.
6. What does Jesus say to those who do not partake of these emblems? John 6:53.
7. Did everyone understand what He was trying to tell them? John 6:60-66.
8. How did Peter react to Jesus' next question? John 6:67-69.
9. Since we have been justified by His blood, what will we be saved from through Him? Romans 5:9,11.
10. What else does the blood of Jesus do for us? Revelation 7:13-14; 12:9-11.