

## ***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.

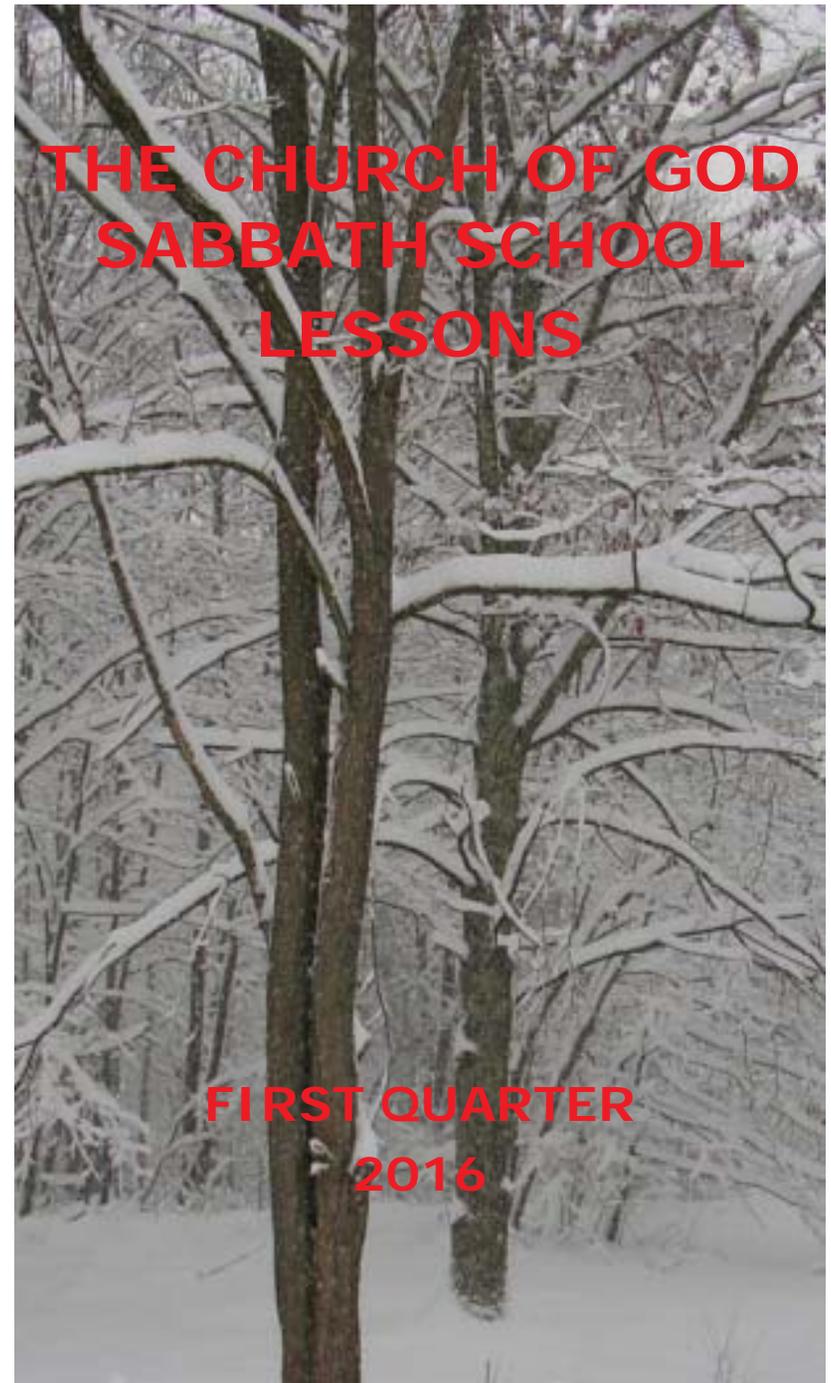
VI. Thou shalt not kill.

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  
2016**

The Church of God Sabbath School Lessons (USPS No. 560-980) is published quarterly, one month before the beginning of each new quarter: March 1, June 1, September 1, and December 1, by the Church of God Publishing House, P O Box 328, Salem, WV 26426-0328. Periodicals postage will be paid at Salem, WV 26426-0328.

POSTMASTER: Send address changes to The Church of God Sabbath School Lessons, PO Box 328, Salem, WV 26426-0328.

Your subscription is free. If you wish to contribute an offering, your contribution will be tax deductible.

### IN THIS QUARTERLY

Over the years, there have been those who hold that studying the New Testament is all that is necessary. The Old Testament is in the past and the latter part of the Bible emphasizes “New” beginning. However, we need to know the whole story and not just half of it. In these lessons we will connect the dots, as it were, to show how the Lord works with His called out ones.

Nothing has changed. “Jesus Christ the same yesterday, and to day, and for ever” (Hebrews 13:8). In addition, we study prayer and fasting, necessary tools to help us stay strong.

## *Lesson For Sabbath, January 2, 2016*

### CIRCUMCISION

**Scripture Reading: Genesis 12.**

**Golden Text: Genesis 15:6.**

1. When did Abram become Abraham? Genesis 17:1-5.
2. Did the Lord make an everlasting covenant with him? Genesis 17:6-8.
3. How was this covenant confirmed by Abraham? Genesis 17:9-12.

*NOTE: During that time, circumcision was the outward sign of accepting the covenant. Today, it is proper baptism for becoming a child of God.*

4. After Abraham, in whom is the covenant established? Genesis 17:19.
5. Was Isaac circumcised on the eighth day? Genesis 21:1-4.
6. Why did the Lord seek to kill Moses? Exodus 4:19-26.
7. What did Joshua have to tell the next generation of Israel? Joshua 5:2-5.

*NOTE: This act reconfirmed the covenant.*

8. How did Israel benefit from this act? Joshua 5:6-9.
9. Was Jesus circumcised? Luke 2:21. See also Luke 1:59-60 for John the Baptist.
10. Did Jesus also get baptized? Luke 3:21-22.

*NOTE: While Jesus is a son of Abraham (Matthew 1:1) and was circumcised on the eighth day, He also shows by His baptism how all mankind can come to the Lord.*

## *Lesson For Sabbath, January 9, 2016*

### **BAPTISM**

**Scripture Reading: Matthew 3.**

**Golden Text: Galatians 3:27.**

1. While Israel kept Abraham's covenant, what do we read in Corinthians? I Corinthians 10:1-2.

*NOTE: Israel leaves Egypt, a type of sin, and passes through this "water of baptism" the Red Sea. A child of God buries the old man of sin.*

2. How was Jesus baptized? Mark 1:9-11.

*NOTE: He was totally immersed.*

3. What did Peter tell the Israelites to do when his words "pricked them in their heart." Acts 2:37-38.

4. Was this promise only to Israel? Acts 2:39.

5. What else did he say to them that we could apply today. Acts 2:40.

6. Was the Apostle Paul circumcised? Philippians 3:4-5; Baptized? Acts 9:17-18.

7. Did Peter command that some Gentiles be baptized in the name of the Lord? Acts 10:44-48.

8. Did Philip baptize both men and women in Samaria? Acts 8:5-13.

9. After Peter and John arrived in Samaria, what did they do for the newly baptized? Acts 8:14-17.

10. What do we read about the Ephesians who were disciples of John? Acts 19:1-7.

## *Lesson For Sabbath, January 16, 2016*

### **THE COMMANDMENTS IN THE OLD TESTAMENT**

**Scripture Reading: Exodus 16:1-28.**

**Golden Text: Genesis 2:3.**

*NOTE: There are those who believe the commandments were not in effect until Sinai. However, the word sin is mentioned several times before the Exodus.*

1. Why was Cain's offering not respected by the Lord? Genesis 4:1-7.

2. What did God see before He brought the Flood? Genesis 6:5-7, 11-13.

3. What did the Lord know about Abraham? Genesis 18:19. See also Genesis 26:5.

4. How is the sin of Sodom and Gomorrah described? Genesis 18:20-22; 13:12-13.

5. When the angels hastened Lot out of the city, of what was he warned? Genesis 19:14-15.

6. Did Abimelech, a pagan king, realize he almost committed a great trespass? Genesis 20:1-9.

7. When the Lord ended communicating with Moses, what did the Lord give him? Exodus 31:18.

*NOTE: We have an expression that "when something is etched in stone" it is permanent.*

8. While Moses broke the first tablets, were they replaced? Exodus 34:1; Deuteronomy 10:1-2.

## *Lesson For Sabbath, January 23, 2016*

### **THE COMMANDMENTS IN THE NEW TESTAMENT**

**Scripture Reading: Matthew 19:16-26.**

**Golden Text: John 14:15.**

1. What is Christ's immediate response to the question of "what good thing shall I do, that I may have eternal life?" Matthew 19:16-17.
2. When He is asked which law, how does He respond? Matthew 19:18-19.
3. What will happen to the person who keeps the commandments? John 14:21; 15:10.
4. Is circumcision more important than keeping the commandments? I Corinthians 7:17-19.
5. How can one show that he knows the Lord? I John 2:1-4.
6. Of what are we warned in I John 3:18-24?
7. Are the commandments grievous? I John 5:1-3.
8. When asked, which is the great commandment in the law, how does Jesus answer? Matthew 22:36-40.
9. What does the Apostle Paul use to explain how to love our neighbor? Romans 13:8-10.
10. Are the words "saints" and "blessed" used for those who keep the Ten Commandments? Revelation 14:12; 22:14.

## *Lesson For Sabbath, January 30, 2016*

### **THE SABBATH, GOD'S DAY OF REST**

**Scripture Reading: Isaiah 56.**

**Golden Text: Hebrews 4:9.**

*NOTE: While part of the Ten Commandments, no other day was set apart and sanctified during Creation week.*

1. After the heavens and earth were finished, what do we read? Genesis 2:1-3.
2. When the Lord said he would rain bread from heaven, what instructions were given? Exodus 16:1-5.
3. How does Moses reemphasize these words? Exodus 16:23-25.

*NOTE: These instructions about the Sabbath occur before Sinai which was over a month later.*

4. What happened even after Moses repeated himself? Exodus 16:16-28.
5. Did the people finally rest? Exodus 16:29-30.
6. With what word does this commandment begin? Exodus 20:8.

*NOTE: Most of the world has forgotten.*

7. On Nehemiah's second visit to Jerusalem, what did he see? Nehemiah 13:15-22.
8. Did Jesus keep the Sabbath? Luke 4:16; I Peter 2:21; I Corinthians 10:9-11.
9. Was the Sabbath made for man? Mark 2:27.
10. What did He say about Himself? Matthew 12:8; Mark 2:28.
11. How blessed are those who keep the commandments, including the seventh day Sabbath? Matthew 25:34.

## *Lesson For Sabbath, February 6, 2016*

### **THE DIETARY LAWS**

**Scripture Reading: Leviticus 11:1-23.**  
**Golden Text: Leviticus 11:44.**

*NOTE: To sanctify oneself is to dedicate oneself to God, and separate himself from worldly things and live in a holy way.*

1. How was Noah instructed to load the ark? Genesis 7:1-8.
2. After the Flood, what do we learn? Genesis 8:14-20.

*NOTE: Only clean animals were used for the burnt offerings. Unclean animals would not be acceptable.*

3. What was Abram instructed to sacrifice to confirm the covenant? Genesis 15:7-11.
  4. What did the Lord provide when Abraham was stopped from sacrificing Isaac? Genesis 22:10-14.
  5. When Aaron and his sons were to be consecrated, what animals were used? Exodus 29:1, 10-12, 15-16, 19-22.
  6. How were the parents of Samson instructed and what were they told? Judges 13:1-5, 12-14.
  7. Ezekiel writes about the sins of the priests. What were they? Ezekiel 22:23-26.
  8. What was used to cleanse the sanctuary? Ezekiel 45:18-19.
- NOTE: It is the blood of a clean animal.*
9. Why did Daniel refuse to eat the king's daily provision? Daniel 1:3-8.
  10. Who will be among the consumed in the future, and why? Isaiah 66:15-17.

## *Lesson For Sabbath, February 13, 2016*

### **DO NOT BECOME AN ABOMINATION**

**Scripture Reading: Matthew 15:1-20.**  
**Golden Text: I Peter 2:9.**

*NOTE: Jesus was not permitting the eating of unclean food. He was explaining that what comes from the heart can defile a man.*

1. How did the prophet Jeremiah address this very thought? Jeremiah 17:9.
2. Job asks a very interesting question. Job 14:4.
3. When Jesus was circumcised, what was brought to Jerusalem to be sacrificed? Luke 2:21-24.
4. Are turtle doves and pigeons clean? Deuteronomy 14:11-19.

*NOTE: Turtle doves and pigeons are not listed as unclean; therefore they are clean.*

5. Does the Apostle Paul encourage holiness? Romans 6:19.

*NOTE: We cannot be holy if we eat anything unclean, since it also makes us abominable.*

6. What does Paul write to the Thessalonians? I Thessalonians 4:7.
7. What does the apostle say we have become? I Corinthians 3:16; 6:19.
8. What will happen if one defiles this temple? I Corinthians 3:17. See again Isaiah 66:15-17.
9. How is Babylon described after its fall? Revelation 18:2.
10. Will the abominable be thrown into the lake of fire? Revelation 21:7-8.

## *Lesson For Sabbath, February 20, 2016*

### **THE TENTH IS HOLY**

**Scripture Reading: Malachi 3.**

**Golden Text: Leviticus 27:30.**

1. What part of our income is holy? Leviticus 27:32.
2. What was counted as righteousness for Abraham? Genesis 15:6.
3. Since he believed God, did he pay tithes to the King of Salem? Genesis 14:18-20.
4. Did Jacob tithe? Genesis 28:20-22.
5. How much tithe should be brought to the storehouse? Malachi 3:10.

*NOTE: While we can find many uses for the tithes, all of it goes to the storehouse to put “spiritual” food out into the world.*

6. Who was to receive the tithes in the Old Testament? Numbers 18:20-21, 24.
7. Were the Levites excused from tithing? Numbers 18:25-26.
8. When Nehemiah returned to Jerusalem, what did he find? Nehemiah 13:7-10.
9. How did he correct the problem? Nehemiah 13:11-12.

*NOTE: The people were to support the Levites physically and the Levites were to attend to the Israelites' spiritual needs. Once support was not supplied, this much-needed relationship fell apart.*

10. Are we blessed if we do not tithe? Malachi 3:8-9.

## *Lesson For Sabbath, February 27, 2016*

### **TITHING IN THE NEW TESTAMENT**

**Scripture Reading: Matthew 23:13-23.**

**Golden Text: Galatians 3:7.**

1. Were the Pharisees tithing? Luke 11:42 (first part).
2. What were they overlooking or not doing? Luke 11:42 (middle part); Matthew 23:23 (middle part).
3. Did Jesus tell them to stop tithing? Matthew 23:23 (last part); Luke 11:42 (last part).
4. Did the Apostle Paul write that the Gentiles were grafted into the root and fatness of the olive tree? Romans 11:13-17.

*NOTE: The natural branches were broken off due to unbelief (Romans 11:20). The Gentiles were now able to hear the gospel and help the gospel by tithing.*

5. Are those who preach the gospel to be supported by the gospel? I Corinthians 9:13-14. Remember the Levites. Numbers 18:20-21.
6. To what is a minister likened? I Corinthians 9:9-10.
7. What should a spiritual sower reap? I Corinthians 9:11.
8. Of what does the writer of Hebrews remind us? Hebrews 7:1-5.
9. Did Levi also pay tithes to Melchisedec? Hebrews 7:6-10.
10. Whose seed are we in Christ Jesus? Galatians 3:29; Romans 4:9-12.

## ***Lesson For Sabbath, March 5, 2016***

### **PRAYER**

**Scripture Reading: Matthew 6:1-13.**

**Golden Text: I Thessalonians 5:17.**

1. How important was it that Abraham pray for Abimelech? Genesis 20:1-3, 7, 17-18.
2. Was Hannah sincere in her prayer? I Samuel 1:10-15, 24-27.
3. How does David end one of his prayers? II Samuel 7:25-29.
4. How does Hezekiah begin one of his prayers? II Kings 19:14-16.

*NOTE: Using sincerity and heartfelt words like these people can go a long way to having a close relationship with the Lord.*

5. What happened after Job repented and prayed for his friends? Job 42:6-10.
6. Many of the Psalms are prayer-like. See some of the opening verses. Psalm 4:1; 5:1-2; 9:1-2; 17:1.
7. Why should the upright and the righteous pray? Proverbs 15:8, 29.
8. What was Jesus doing in the Garden of Gethsemane before He was arrested? Matthew 26:36-39, 42, 44.
9. After finding the disciples sleeping, what did Jesus say to them? Matthew 26:40-41.
10. What does James write about prayer? James 5:13-20.

## ***Lesson for Sabbath, March 12, 2016***

### **FASTING**

**Scripture Reading: Isaiah 58:1-12.**

**Golden Text: Joel 2:15.**

1. Was Jesus weakened by his forty day fast? Luke 4:1-2, 13-14.
2. Did Moses fast? Exodus 34:28; Deuteronomy 9:9.
3. What else happened to Moses after the visit with the Lord? Exodus 34:29-33.
4. What does David say about his own fast? Psalm 35:13.
5. Was Elijah able to fast for a long time? I Kings 19:7-10.
6. Did the Apostle Paul fast often? II Corinthians 11:27; Acts 13:1-2; 14:23.
7. What instructions does he write to the ministry? II Corinthians 6:1-5.
8. How did Daniel prepare to pray and make confession to the Lord? Daniel 9:3-4.
9. What can accompany fasting? Joel 2:12.
10. Can fasting bring joy and gladness? Zechariah 8:19.

*NOTE: If we fast for the right reasons, we can benefit greatly. Matthew 6:33.*

## ***Lesson For Sabbath, March 19, 2016***

### **THE PASSOVER**

**Scripture Reading: Exodus 12:1-13.**

**Golden Text: Exodus 13:14.**

1. In what month and in what day of the month was the first Passover observed? Exodus 12:1, 6; Leviticus 23:5; Numbers 28:16.

2. When does a day begin? Genesis 1:5; Deuteronomy 16:6.

*NOTE: The Bible day is from even to even. Luke 24:29.*

3. After leaving Egypt, what instruction was given to Moses? Numbers 9:1-5.

4. How long were they told to celebrate this ordinance? Exodus 12:24.

5. What were they to tell their children? Exodus 12:25-27.

6. Was the lamb referred to as the Passover? Exodus 12:21.

*NOTE: While the Israelites did not know it, the lamb represented Jesus.*

7. Did the children of Israel keep the Passover in the plains of Jericho? Joshua 5:10.

8. After a spiritual lapse, was the book of the law found and read to King Josiah? II Kings 22:8-10; 23:21-23.

9. When the children of the captivity returned to Jerusalem, did they keep the Passover? Ezra 6:19-20.

10. Did Ezekiel remind the people to keep the Passover? Ezekiel 45:21 (first part).

## ***Lesson For Sabbath, March 26, 2016***

### **THE LORD'S SUPPER**

**Scripture Reading: Matthew 26:1-19.**

**Golden Text: John 1:29.**

1. What did Christ desire to do before He suffered? Luke 22:14-15.

2. After eating the Passover supper, what did Jesus do as an example? John 13:4-5, 12-15.

3. Using unleavened bread and fruit of the vine from the Passover meal, what does Jesus do next? Matthew 26:26-28.

4. Prior to this Passover what other examples are given by Jesus to make the connection and show the importance of the bread and cup? John 6:48-51, 53-58.

*NOTE: The bread and cup represent His body and blood. The Passover lamb is no longer necessary.*

5. What does Paul say about Christ? I Corinthians 5:7.

6. Will Jesus celebrate His supper in the future? Matthew 26:29; Luke 22:18.

7. What do we commemorate when we celebrate the Lord's Supper? I Corinthians 11:26.

8. How does the Apostle Paul write about this to the Corinthians? I Corinthians 11:23-25.

*NOTE: Since Jesus used an annual event to institute His supper, we're to celebrate it once a year on the 14<sup>th</sup> day of the 1<sup>st</sup> month at even.*

9. Were we redeemed with a corruptible thing? I Peter 1:18-19.

10. What is Jesus called many times in the book of Revelation? Revelation 5:6, 8, 12; 6:1, 16; 14:4, 10; 15:3.