



**METRO NEW YORK WORLD MINISTRY**  
ADULT SABBATH SCHOOL CONTRIBUTING NOTES  
For the week of June 28-July 4, 2014  
Lesson #1: **Our Loving Heavenly Father**

## **Sabbath Afternoon: Our Memory Text**

“Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.” 1 John 3:1

As we read these words of John, we can see that John was in complete amazement of God’s love toward us. Consider the fact that we were the enemy of God, yet He loved us and redeemed, and now calls us His children. What wonderful love!

This wonderful love is something that God has already “bestowed upon us.” We see this love in the gift of His Son, and in all the ways He takes care of our needs every day.

Because the world does not know Him, they do not truly know us. In fact, in the end of time, our words and actions will be misrepresented to cause us harm. Imagine that! The closer we come to Christ, the more the world works against us.

Yet, it is not the world’s approval that we should seek. What we should seek is the approval of God.

Sister White wrote, “Satan is determined that men shall not see the love of God which led Him to give His only-begotten Son to save a lost race; for it is the goodness of God that leads men to repentance. O how shall we succeed in setting forth before the world the deep, precious love of God? In no other way we can compass it except by exclaiming, ‘Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God’ (1 John 3:1). Let us say to sinners, ‘Behold the Lamb of God, which taketh away the sin of the world’ (John 1:29). By presenting Jesus as the representative of the Father, we shall be able to dispel the shadow that Satan has cast upon our pathway, in order that we shall not see the mercy and inexpressible love of God as manifested in Jesus Christ. Look at the cross of Calvary. It is a standing pledge of the boundless love, the measureless mercy of the heavenly Father.”--Manuscript 154, 1897.

## **Sunday’s Lesson: Our Father in Heaven**

“Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?” Matthew 7:9-11



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In these words of Jesus, we learn that an earthly father would not give his son a stone if he had asked for bread. Even so, “how much more” will our heavenly Father give the things we need if we ask Him?

We believe that our heavenly Father is far more loving, giving, and caring. While we may believe this, why do we still fall short in asking our heavenly Father for the things we need? Are we trusting too much in ourselves? Consider these inspired words:

“We have rich promises in the Word of God, if we only believe and trust in Him. We are in danger of trusting to our own poor human efforts, and not putting our trust in God. Everyone who has any part to act in this great preparation of the work of God for these last days should come close to God. When God sends out His workers to do a special errand for Him, He has pledged Himself to be one with them, if they will be one with God. But if they draw apart from God, and try to do this work in their own strength, they will find difficulties and discouragements at every step. Here we have the promise that in working for the Lord He is by our right hand to help us and work with us.

“It would be the greatest folly in the world for any of us to take any of the credit to ourselves for any success we may have. The more humbly we walk with God, the more will He manifest Himself to us to help us. The Lord never designed to send out His servants to do a work for Him with all the opposition of Satan and evil angels against them unless He gives them divine help. The reason that we do not have greater success in the work is because we depend on our own efforts rather than upon the help God will give us. It is our privilege to feel our weakness, our unworthiness, and then claim the help that God has provided for us. We can take the Word in our distress, and while we feel the burden of souls upon us, and say, ‘Here, Lord, Thou hast promised, and I believe Thy word.’

“We must learn to go to our heavenly Father just as a child goes to its earthly parents. He says, ‘Or what man is there of you, whom if his son ask bread, will he give him a stone? Or if he ask a fish, will he give him a serpent? If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father which is in heaven give good things to them that ask him?’ (Matthew 7:9-11). . . .

“While every one of God's workmen should cultivate his powers to the best of his ability, yet he should not trust in these powers. Make of yourselves everything that it is possible for you to make and then trust the rest to God.” *This Day With God*, page 209.

What is the greatest gift that God wants to bestow upon us? It is the gift of the Holy Spirit. Consider these words of Peter, “Then Peter said unto them, Repent, and be baptized every one of you in the



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name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.” When we give us sins to Christ, we are more than forgiven. We receive the Holy Spirit to live the new life.

Consider this Spirit of Prophecy statement: “Christ, the Great Teacher, had an infinite variety of subjects from which to choose, but the one upon which He dwelt most largely was the endowment of the Holy Spirit.” *Selected Messages*, volume 1, page 156. If Jesus spent the most time dwelling upon the endowment of the Holy Spirit, shall we not daily ask for it?

### Monday’s Lesson: Revealed by the Son

“Thus saith the LORD, Let not the wise man glory in his wisdom, neither let the mighty man glory in his might, let not the rich man glory in his riches: But let him that glorieth glory in this, that he understandeth and knoweth me, that I am the LORD which exercise lovingkindness, judgment, and righteousness, in the earth: for in these things I delight, saith the LORD.” Jeremiah 9:23, 24

The beginning of this verse warns us against boasting in our own wisdom, might, and possessions. Yet this is what the world does. Men take pride in their opinions, nations take pride in their military prowess, and the wealthy of the world take pride in their possessions. But what are these in relationship to knowing God? They are nothing.

What is eternal life? “And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.” John 17:3

What are we to do with this wonderful gift of the human mind? Jesus said, “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment.” Matthew 22:37, 38

In Jeremiah 9:24, we find that God wants us to become especially acquainted with His “lovingkindness, judgment, and righteousness.”

Consider these inspired words from the Lord’s servant:

“If we ever reach heaven, it will be by linking our souls to Christ, leaning upon Him, and cutting loose from the world, its follies and enchantments. There must be on our part a spiritual co-operation with the heavenly intelligences. We must believe and work and pray and watch and wait. As the purchase of the Son of God, we are His property, and everyone should have an education in the school of



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Christ. Both teachers and pupils are to make diligent work for eternity. The end of all things is at hand. There is need now of men armed and equipped to battle for God.

“It is not men whom we are to exalt, but God, the only true and living God. The unselfish life, the generous, self-sacrificing spirit, the sympathy and love of those who hold positions of trust in our institutions, should have a purifying, ennobling influence which would be eloquent for good. Their words in counsel would not then come from a self-sufficient, self-exalted spirit; but their unobtrusive virtues would be of more value than gold. If man lays hold of the divine nature, working upon the plan of addition, adding grace to grace in perfecting a Christian character, God will work upon the plan of multiplication. He says in His word: ‘Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord.’” 2 Peter 1:2. *Testimonies*, volume 6, pages 148

### Jesus Reveals the Father

“Philip saith unto him, Lord, show us the Father, and it sufficeth us. Jesus saith unto him, Have I been so long time with you, and yet hast thou not known me, Philip? he that hath seen me hath seen the Father; and how sayest thou then, Show us the Father? Believest thou not that I am in the Father, and the Father in me? the words that I speak unto you I speak not of myself: but the Father that dwelleth in me, he doeth the works.” John 14:8-10

Sister White wrote, “Philip's doubt was answered with words of reproof. He wished Christ to reveal the Father in bodily form; but in Christ God had already revealed Himself. Is it possible, Christ said, that after walking with Me, hearing My words, seeing the miracle of feeding the five thousand, of healing the sick of the dread disease leprosy, of bringing the dead to life, of raising Lazarus, who was a prey to death, whose body had indeed seen corruption, you do not know Me? Is it possible that you do not discern the Father in the works that He does by Me? . . . Christ emphatically impressed upon them the fact that they could see the Father by faith alone. God cannot be seen in external form by any human being. Christ alone can represent the Father to humanity. This representation the disciples had been privileged to behold for over three years.” 5BC 1141.13

“As Christ was speaking these words, the glory of God was shining in His countenance, and all present felt a sacred awe as they listened with rapt attention to His words. They felt their hearts more decidedly drawn to Him, and as they were drawn to Christ in greater love, they were drawn to one another. They felt that heaven was very near them, that the words to which they listened were a message to them from the heavenly Father” MS 41, 1897



### Tuesday Lesson: The Love of Our Heavenly Father

“For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved.” John 3:16, 17

No greater expression of love could the Father shower upon us that He would give to the human race His only begotten Son. This love is for all, yet it must be received to gain everlasting life. It is not God’s plan to condemn the world, but to save it. But salvation is a two way street. God is faithful in doing His part in saving man, but each man must cooperate with divine agencies to be saved.

Sister White wrote, “It is the glory of the gospel that it is founded upon the principle of restoring in the fallen race the divine image by a constant manifestation of benevolence. This work began in the heavenly courts. There God decided to give human beings unmistakable evidence of the love with which He regarded them. He ‘so loved the world, that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.’ John 3:16.

“The Godhead was stirred with pity for the race, and the Father, the Son, and the Holy Spirit gave Themselves to the working out of the plan of redemption. In order fully to carry out this plan, it was decided that Christ, the only-begotten Son of God, should give Himself an offering for sin. What line can measure the depth of this love? God would make it impossible for man to say that He could have done more. With Christ He gave all the resources of heaven, that nothing might be wanting in the plan for man's uplifting. Here is love--the contemplation of which should fill the soul with inexpressible gratitude! Oh, what love, what matchless love! The contemplation of this love will cleanse the soul from all selfishness. It will lead the disciple to deny self, take up the cross, and follow the Redeemer.” *Counsels on Health*, pages 222, 223

### The Prodigal Son

“And he (the prodigal son) arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him....For this my son was dead, and is alive again; he was lost, and is found. And they began to be merry.” Luke 15:20, 24

“The parables of the lost sheep, the lost coin, and the prodigal son, bring out in distinct lines God's pitying love for those who are straying from Him. Although they have turned away from God, He does not leave them in their misery. He is full of kindness and tender pity toward all who are exposed to the temptations of the artful foe.



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“In the parable of the prodigal son is presented the Lord's dealing with those who have once known the Father's love, but who have allowed the tempter to lead them captive at his will. ....The love of God still yearns over the one who has chosen to separate from Him, and He sets in operation influences to bring him back to the Father's house.... In the parable there is no taunting, no casting up to the prodigal of his evil course. The son feels that the past is forgiven and forgotten, blotted out forever. And so God says to the sinner, ‘I have blotted out, as a thick cloud, thy transgressions, and, as a cloud, thy sins,’ Isaiah 44:22. ‘I will forgive their iniquity, and I will remember their sin no more.’ Jeremiah 31:34. ‘Let the wicked forsake his way, and the unrighteous man his thoughts; and let him return unto the Lord, and He will have mercy upon him; and to our God, for He will abundantly pardon.’ Isaiah 55:7. ‘In those days, and in that time, saith the Lord, the iniquity of Israel shall be sought for, and there shall be none; and the sins of Judah, and they shall not be found.’ Jeremiah 50:20.

“What assurance here, of God's willingness to receive the repenting sinner! Have you, reader, chosen your own way? Have you wandered far from God? Have you sought to feast upon the fruits of transgression, only to find them turn to ashes upon your lips? And now, your substance spent, your life-plans thwarted, and your hopes dead, do you sit alone and desolate? Now that voice which has long been speaking to your heart but to which you would not listen comes to you distinct and clear, ‘Arise ye, and depart; for this is not your rest; because it is polluted, it shall destroy you, even with a sore destruction.’ Micah 2:10. Return to your Father's house. He invites you, saying, ‘Return unto Me; for I have redeemed thee.’” Isaiah 44:22. *Christ's Object Lesson*, pages 198, 202, 204-205

### **Wednesday's Lesson: The Compassionate Care of Our Heavenly Father**

“Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith? Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the



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morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.”Matthew 6:25-34

We are to live productive lives, but we are not to be focused on worrying about the material things of life. We need to eat, but life is more than food. We need clothing, but we should not be extravagant. While we live and work here on earth, we are to put spiritual things first. Life is more than things. Life is to be like Jesus. As John wrote, “And this is the record, that God hath given to us eternal life, and this life is in his Son. He that hath the Son hath life; and he that hath not the Son of God hath not life.” 1 John 5:11, 12

To assure us of God’s watch care, Jesus gives us three examples to consider, namely, the wild birds, human stature, and the lilies of the field. The birds neither sow nor reap, but God takes care of them. Will not God care even more for us who have been redeemed by the precious blood of His own Son? We cannot add an inch to our height by worrying. But in the hands of God we may grow spiritually every day. And what about the lilies? Are they not beautifully arrayed? They cannot clothe themselves, but God has made them beautiful. Is He not more interested in making each one of us more beautiful in Christ every day? We are not free from work, but we can be free from anxiety. Learn to trust God by putting Him first, and most, and best in your thoughts.

Sister White comments, “You, my dear sister, need a thorough conversion to the truth, which shall slay self. Cannot you trust in God? Please read Matthew 10:25-40. Please read also, with a prayerful heart, Matthew 6:24-34. Let these words impress your heart: ‘Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?’ The better life is here referred to. By the body is meant the inward adorning, which makes sinful mortals, possessing the meekness and righteousness of Christ, valuable in His sight, as was Enoch, and entitles them to receive the finishing touch of immortality. Our Saviour refers us to the fowls of the air, which sow not, neither reap, nor gather into barns, yet their heavenly Father feedeth them. Then He says: ‘Are ye not much better than they?....And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: and yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.’ These lilies, in their simplicity and innocence, meet the mind of God better than Solomon in his costly decorations yet destitute of the heavenly adorning. ‘Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall He not much more clothe you, O ye of little faith?’ Can you not trust in your heavenly Father? Can you not rest upon His gracious promise? ‘Seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you.’ Precious promise! Can we not rely upon it? Can we not have implicit trust, knowing that He is faithful who hath promised? I entreat you to let your trembling faith again grasp the promises of



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God. Bear your whole weight upon them with unwavering faith; for they will not, they cannot, fail.”  
*Testimonies*, volume 2, pages 496, 497

### **Thursday’s Lesson: The Father, the Son, and the Holy Spirit**

“And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen.” Matthew 28:18-20