



**METRO NEW YORK WORLD MINISTRY**  
ADULT SABBATH SCHOOL CONTRIBUTING NOTES  
For the week of December 28, 2014 – January 2, 2015  
Lesson #1: **Book of Proverbs, Lesson 1**

## Proverbs 1-3

The first seven verses of Proverbs is an introduction to the book providing us with the title (verse 1), the purpose of the book (verses 2-6), and the foundation of all wisdom (verse 7).

### Proverbs Chapter One

---

#### 1:1

##### “Proverbs”

The word “proverbs” comes from the Hebrew word “mashal,” which means “to be like.” As we go through the book of Proverbs we will acquire wisdom by comparing spiritual things with material things. We will consider the ant and learn valuable lessons about life. Wisdom is different than knowledge. Knowledge is a collection of facts and figures. But wisdom takes that knowledge and makes practical applications. We will in our study be able to contrast the “right way” from the “wrong way,” such as, it is wrong to drink alcohol.

Solomon is the author of these proverbs, and he was the son of David through Bathsheba.

#### 1:2

##### “wisdom”

To obtain wisdom we must have knowledge, but knowledge is not wisdom. Knowledge can turn into wisdom if we take the time to think about what we have learned.

If it is not wise to drink alcohol, to be idle, to be immoral, then wisdom cannot be separated from a life of righteousness. True wisdom will lead to a holy and healthy life, and these two cannot be separated.

##### “instruction”

When one is willing to be instructed, he is willing to be teachable. Wisdom comes to those who are teachable. The man who thinks he knows everything, knows very little.

#### 1:3

##### “wisdom”

This verse uses the word “wisdom” as pertaining to “common sense” and “prudence.” Perhaps you have heard someone say, “He is smart about a lot of things, but he has no common sense.” Wisdom allows a person to become well-rounded in his thoughts. We need this kind of wisdom to practice “justice, and judgment, and equity” in many situations of life.



## Sabbath School Lesson Notes – Jan 3, 2015

### 1:4

#### **“to give subtlety”**

One of the purpose of the book is to make the young man prudent in his ways. The word “subtlety” in this verse is not used in the sense of “guile,” but in the sense of being prudent. It is to give a young man “knowledge and discretion.”

### 1:5

#### **“increase learning”**

He who is wise will hear God’s Word [as in the book of Proverbs]. He will do so every day that he may acquire knowledge. Yet, he will think about what he has read to acquire wisdom and understanding.

### 1:6

#### **“dark sayings”**

As a man gathers wisdom from God’s Word he gains a greater capacity to interpret, even the more difficult sayings.

### 1:7

#### **“fear of the Lord**

The man who has a reverence for God and spiritual things will acquire spiritual understanding. But the man who has no reverence for God only acquires limited knowledge and falls to see the deeper things in life.

#### **“beginning of knowledge”**

When a man comes to accept Jesus as their Lord and Savior, he begins a wonderful journey in discovering what life is all about. Without Jesus, a man does not really know what life is. Jesus is not only the beginning of true knowledge, but He is the principal part of knowledge.

#### **“fools despise wisdom”**

A man that is foolish turns away from spiritual things and foolishly revolves his life around that which will perish. The foolish man may gain worldly knowledge, but without true knowledge, he is a lost soul.

**Sister White’s comment of Proverbs 1:7, reads, “The fear of the Lord is the beginning of knowledge.’ Proverbs 1:7. One sentence of Scripture is of more value than ten thousand of man’s ideas or arguments. Those who refuse to follow God’s way will finally receive the sentence, ‘Depart from Me.’” But when we submit to God’s way, the Lord Jesus guides our minds and fills our lips with assurance. We may be strong in the Lord and in the power of His might. Receiving Christ, we are clothed with power. An indwelling Saviour makes His power our property. The truth becomes our stock in trade. No unrighteousness is seen in the life. We are able to speak words in season to those who know not the truth. Christ’s presence in the heart is a vitalizing power, strengthening the entire being.”**

7T 71



## Sabbath School Lesson Notes – Jan 3, 2015

### 1:8

#### **“my son”**

We are presented with a parent/child relationship. It is in the home where wisdom should first be acquired. We are to train our children to fear the Lord and to seek wisdom from above. They are to be taught how to lift their thoughts heavenward.

#### **“forsake not the law of thy mother”**

Mothers play such a vital role in the formation of character in the children. Every home should have laws or rules that are in full agreement with God’s law. These protective borders will protect our children from unnecessary temptation.

### 1:9

#### **“an ornament of grace”**

It is beautiful to see a child who lovingly obeys his parents. We are to draw close to our children with much prayer, character-building activities, and a loving home. Daily we may teach them valuable lessons that will last a lifetime. We should find ways for them to practice what we have taught them.

### 1:10

#### **“consent thou not”**

Even though we may be tempted on every side, we do not need to consent. We have the freedom of choice while we have the inclination to sin. What is the solution? We are to be converted every day that we may live that victorious Christian life. Without the power of God we would fall prey to sin. But with the power of choice and the power of the Holy Spirit we may overcome every sin; we may say “No” to every temptation.

### 1:11

#### **“let us lay wait for blood”**

Even today, we hear gruesome stories about shootings, violence, and murder. Perhaps you have not been approached to do commit such violent acts, but if you are—You must not consent!

### 1:12

#### **“Let us swallow them up”**

This kind of thinking would be foreign to someone who is following Christ. But if you let down your guard and begin to watch violence on television—you will open a door for violence to take hold in your life.

### 1:13

#### **“fill our house with spoil”**

Money is not evil, but the love of money is. The love of money can lead to murder and violent acts. It can lead to theft and dishonesty. It would be better to have a love for service and missions. In this fallen world, it is not best to pursue wealth and fame. Both have their corrupting influences that lead to compromise and sin.



## Sabbath School Lesson Notes – Jan 3, 2015

### 1:14

#### “one purse”

Young men are often enticed to join a gang to become part of a group. They are told that they shall have a true brotherhood where everyone is equal. They point to the inequalities between rich and poor and justify their stolen goods. They praise themselves that they shall all divide the spoils equally as if they were some virtue in stealing from others.

### 1:15

#### “walk thou not”

This phrase possibly means more than refusing to join in their illegal activities. It may also refer to refraining from their association. If you hang around those who speak evil and do evil, then you may eventually find yourself following in their steps.

### 1:16

#### “make haste to shed blood”

It does not take long for someone to get into the wrong crowd and become corrupted. Consider how so many youth and young adults get into serious trouble. How can someone who is born a babe with no violent history become a murderer by age fifteen? What would they have seen and heard that would persuade them to “run to evil and make haste to shed blood”?

What we watch, read, and hear becomes very important. Our associations are very important. Do not take any of these things for granted. You must choose to hear that which draws you closer to Christ. Your associations should help you to become more Christlike.

### 1:17

Birds seem smart enough not to get tangled in the net, why do men get themselves tangled into crime?

### 1:18

The man who is tangled in the net of crime finds it hard to leave. He is in company with bad associations who will make it hard for him. A life of crime seldom lasts but a short time before one is caught. The ill-gotten gain does not last.

### 1:19

Whether a man steals from another by force or whether he takes advantage of someone’s ignorance, weakness, or misfortune—he is nonetheless a stealer, and his selfish behavior has its negative effects upon himself and the one he has taken advantage of. Anything we do that shortens life is sin. When people have their identity stolen, their possessions, or their reputations—someone has stolen life from them.



## Sabbath School Lesson Notes – Jan 3, 2015

### 1:20, 21

Here wisdom is personified, as such, wisdom cries out for justice, common sense, prudence, goodness, and righteousness.

### 1:22

Many do not take life seriously and throw it away. Some waste away life by watching worldly television, listen to worldly music, and focus on worldly things. Others scorn a life of righteousness. They make fun of those who seek to do what is right. Others spend no time searching for truth. They are content with worldly amusements.

### 1:23

However, if the simple, the worldly, and the scorners open their hearts to be taught of God, they will gain knowledge that leads to life. How much they learn is based upon the desire and faith they exercise to gain wisdom. If they desire only a little, they shall only receive a little. But if they give themselves unreservedly to God and desire to know life eternal, they shall not be disappointed. God is able to lead them and teach them all that they need to live a life that is pleasing to God.

### 1:24

The Holy Spirit opens up opportunities for all to gain wisdom. Many refuse to be taught for years. Some refuse to be taught throughout their whole life. If a man remains destitute of wisdom it is not the fault of God.

### 1:25

Those who have set aside the counsel of God are not the unchurched. They are those who have had access to truth but have not heeded the Word. They carelessly procrastinate and walk as if there is no judgment.

### 1:26

If a man laughs at wisdom and chooses not to be converted, what can wisdom do for him? When the day of judgment comes and the foolish man holds onto his foolish ways, he will certainly pay the penalty of his sins.

### 1:27

Wisdom does not cause the distress. Distress is the result of rejecting truth. Anguish comes as a result of laughing at salvation.

### 1:28

Many men call upon God when their life is threatened with death. They vow to make a change of life, but when peace, safety, and prosperity return, they soon forget their vows and go back to their wayward ways. The time will come when it will be too late. Probation will close, the seven last plagues will fall, and many will then call upon the Lord, but He cannot now save them.



## Sabbath School Lesson Notes – Jan 3, 2015

### 1:29

Those who choose sin over righteousness, do not fear God, rather they fear the consequences of their sins. They hated knowledge and did not seek truth. Their fall is twofold, they have loved wickedness and hated righteousness. But the Lord loves righteousness and hates iniquity. God does not hate sinners. But He hates what sin does to us. If we choose to be corrupted by sin, then we continue to make ourselves unfit for heaven.

### 1:30

By not choosing the ways of the Lord, they have rejected the Lord Himself. By despising His law and instruction, we despise Him.

### 1:31

God has not chosen some to be saved and some to be lost. He desires all to be saved. But the choice that a man makes determines his eternal destiny. If he chooses to be taught of the Lord, God will perform His perfect work in him. But if the man chooses to continue in sin, his sinful ways determine his final fate.

### 1:32

So many seek the riches of this old world. However, this old world will perish. If we give ourselves to store up treasure here, we shall perish with it.

### 1:33

But if we seek those things which are from above, we shall receive the gift of eternal life. Even in this life, we shall find peace in the storm. Though evil surrounds us, we have faith in all that God has promised.

## Proverbs Chapter Two

---

### 2:1

If we receive the Words of God, then we shall be guided by them. By hiding the commandments in our hearts we are equipped to face tests and trials now and in the future.

### 2:2

It is one thing to desire wisdom, it is another thing to hear it and apply it.

### 2:3

More than a desire for wisdom, we are to cry out for wisdom. We hunger and thirst for wisdom. We are tired of being ignorant about life. We want to make right decisions. We want to learn the principles of Christ's kingdom and apply them to our life today.



## Sabbath School Lesson Notes – Jan 3, 2015

### 2:4

We shall seek for wisdom more than the foolish man seeks for worldly wealth. No matter the cost we want to know and abide by God's standards.

### 2:5

It is when we truly hunger to know God that we truly fear God. And the more we know of God, the more we shall love Him and reverence Him.

### 2:6

If you turn to the Lord and seek for Him with all your heart, then you shall find Him. He will teach the earnest seeker of truth. He will never disappoint the man who searches after God. Wisdom comes from above, and God will give wisdom to all who look heavenward.

### 2:7

God gives more than wisdom. He guides, directs, and protects those who seek Him.

### 2:8

He gives wisdom to those who seek it. He gives power to those who choose to abide by it. The searcher of truth has the protective care of God.

### 2:9

As we gain wisdom we will better understand the ways of righteousness, judgment, and equity. We will learn about the good path where there is joy with every step.

### 2:10

It is one thing to acquire knowledge, it is another thing to love wisdom. When we seek wisdom to be pleasing to God, we enjoy each day in the school of Christ. There is much to learn, but loving to learn makes all the difference.

### 2:11

When we make up our mind to follow Christ no matter the costs, then our understanding is truly a power for good. Like Daniel, we shall not only know the truth, but we shall love the truth as to always glorify God.

### 2:12

The world is full of foolish men who speak foolish things. But if you know the truth, then you shall save yourself from wrong teachings.



## Sabbath School Lesson Notes – Jan 3, 2015

### 2:13

Many have left the truth to walk in the ways of darkness. Our safety is to holdfast to the truth and to gain understanding every day.

### 2:14

Many not only sin, but they love to sin. Millions love to drink alcohol, commit adultery, and use perverse language. They simply enjoy it, and desire to be around those who also enjoy it.

### 2:15

But the path they are walking down is crooked and it leads to destruction.

### 2:16

The “strange woman” is not your wife, but she will entice you to commit adultery. But wisdom tells you to stay far away. Do not open the door to immorality. Keep yourself far away from pornography and the appearance of evil.

### 2:17

When someone goes down the path of immorality, they soon forget the solemn vow they made with their spouse, and they forget the solemn oath they made with God.

### 2:18

The path of immorality is one that leads to eternal death. In this life, it destroys families and homes. It destroys marriages and compromises the life of the children. There is no good thing concerning immorality.

### 2:19

Many who turn to the path of immorality, never return to a life of purity. They can be forgiven and cleansed, but few find their way back to the Lord.

### 2:20

Deny yourself of these immoral acts and you will find the path of righteousness. Choose to be in association with good men who have chosen purity of life. Encourage one another to be faithful to God in all things.

### 2:21

Disobedience left the Israelites in the wilderness. A life of disobedience will keep someone wandering in this old world. But those who follow the Lord shall wander no more. They shall be led of the Lord in this life—preparatory for the life to come.

### 2:22

But the wicked shall be no more.



### Proverbs Chapter Three

---

#### 3:1

If we did not have God's law, where would we go? How would we chose to live? If we have God's law, but we do not read them nor keep them, then are still blind to the way of life.

#### 3:2

But if we do read and keep God's law, we shall add joyous years to our life. We shall not only live longer, we shall be happier and healthier.

#### 3:3

Do not lose mercy and truth. You need them both to be a blessing to others and pleasing to God.

#### 3:4

If we are true to our words and our life is filled with good deeds, we shall be a positive influence upon others.

#### 3:5

But with our selfish natures we are inclined exalt self and to place more trust in man than in God. But the man that has truly been converted will see no value in following his own limited understanding of life. Rather, he chooses to follow an all-knowing, all-merciful, all-loving, and all-powerful God. We lean upon the Lord because we have learned to trust Him. God is perfect and His ways are perfect.

#### 3:6

Here is a wonderful promise. If we acknowledge God as He is, He will direct us as He is. And who is the Lord? He is perfect. He will perfectly direct us in the paths of righteousness, if we acknowledge that He is just and good.

#### 3:7

To fear God is to know God. To know God is to know that He is just and true. Therefore, to fear the Lord is to choose to depart from evil. When our highest thoughts are of ourselves, then we have no true estimate of what constitutes love, mercy, righteousness, and holiness. But if we know God we shall know these things. Therefore, do not exalt yourself and know nothing, rather, exalt the Lord and come to fear and reverence Him for who He truly is.

#### 3:8

So many experience physical ailments because of stress and worry. But if we know God as He is, then we have the confidence that He will take care of us. Trust and confidence in God's loving care brings joy and health.



## Sabbath School Lesson Notes – Jan 3, 2015

### 3:9

We pay tithe and give of our firstfruits because we recognize that all belongs to God. Our very is but a trust from God. We belong to Him and we should honor Him with our firstfruits.

### 3:10

God takes care of those who put Him first in their life. God has not promised us all that we want, but all that we need. While we should be content with what we have, we should never be content with our spiritual growth. We should want to become rich in faith, full of the Spirit, and transformed by His Word.

### 3:11

Do not allow the chastening of the Lord to drive you further from God. Rather, let every test and trial teach you to trust in the Lord and to lean upon Him.

### 3:12

While God would never tempt us to sin, He is able to bring good out of bad. Through each trial we can become more beautiful in Christ. God permits these tests and trials because He loves us.

### 3:13

If you become more beautiful in tests and trials, you have gain wisdom and knowledge experientially. This is of untold value. The man who shrinks under every trial may have knowledge, but he does not have wisdom.

### 3:14

If you had to choose between great wisdom and great earthly wealth, you will always be better off with wisdom. The things of this world will pass away, so why spend your whole life seeking that which will perish. Wisdom is eternal, and those that possess it know Him who only hath immortality.

### 3:15

Wisdom and worldly wealth cannot be compared, they can only be contrasted. Wisdom is of much greater value. While worldly wealth is not attainable for all, wisdom is for all that seek for her.

### 3:16

Wise living will add length of days. Foolish living shortens life. But wisdom will do more than add healthy days in this life, but prepares us for life eternal.



## Sabbath School Lesson Notes – Jan 3, 2015

### 3:17

Wisdom enjoys the path of righteousness. The foolish man may seem to enjoy his wayward and sinful way, but there is a difference between being entertained and having joy. Life is so precious that we should not waste it away in the foolish entertainments of worldly amusements. The greatest joy in life is to know Him who has given us life. It is to know His ways and to experience His power.

### 3:18

It was by partaking of the tree of good and evil that man compromised his thinking processes. But the Holy Spirit is able to instill in us the mind of Christ. Happy is the man who finds wisdom and begins to think as Jesus thinks.

### 3:19

Our all wise God made the heavens and the earth perfectly. Through the wonder book of nature we may come to know Him who created all things. The man who combines Bible truths and lessons from nature has great understanding.

### 3:20

When God created the earth, it was perfect. Everything was in a perfect balance. The canopy of water above allowed there to be an even temperature around the earth. The Flood had to happen in such a way that life could still be sustained on earth while it destroyed the antediluvian world. Today we enjoy the perfect balance between the rivers that flow into the oceans and the rain that waters the earth. This perfect system concerning the waters on the earth and in the clouds of a Wonderful Designer.

### 3:21

When you have been convinced of truth hold to it. The lessons you have learned from the Word and the book of nature hold fast. There are many errors that would shake our faith in the Word, but we must not receive them.

### 3:22

Truth is a blessing. It brings happiness and assurance.

### 3:23

The wise way is safe. The foolish way finds troubles along the way. The way of the wise will face tests and trials, but they are not unnecessary trials due to foolishness.

### 3:24

When we are in agreement with God we have nothing to fear. Standing on the truth brings peace and joy, which allows us to have pleasant sleep.



## Sabbath School Lesson Notes – Jan 3, 2015

### 3:25

Be not afraid of sudden fear for God cannot be surprised. Remember, He has already prepared things for each trying circumstance of those who love Him.

### 3:26

True wisdom leads to confidence in God. If God is all-wise, then He will keep those who seek wisdom. He can keep you from stumbling. Wisdom is a sure foundation.

### 3:27

Withhold no good thing from when it is when your power to make a positive difference. If you do withhold from doing good, you rob God, the other person, and yourself. God is honor when we do good unto others. The world is a better place and the person who received the kindness is more likely to receive precious truth and to be kind to another. You benefit yourself. By filling your life with kindnesses you become changed.

Do not hesitate in doing good. The opportunity to bless a certain person may not come again.

### 3:28

Procrastination in giving shows a lack of love towards others. What possible good can come from delaying a blessing? Perhaps we feel the investment is too costly. Perhaps we would rather not be bothered. But if you were in their shoes, you would want the person to help you right away?

### 3:29

It is a blessing to have good neighbors, so why would you jeopardize that by devising some unfair dealing with your neighbor? It is better to have good name than many riches, and it is better to have a good neighbor and to get the best end of the stick.

### 3:30

Civil laws are to protect us from incivility. If someone tries to do us harm we may appeal to the protection provided by the law. When it comes to a fellow believer, it is better to suffer a loss than to broadcast the sins of members before the world.

### 3:31

Do not envy the wealth of an evil man who has obtain wealth by cheating others. In reality the evil man has nothing. After all, what shall a man gain if he becomes rich but loses out on eternal life?

### 3:32

The foolish man can have no true certainty of the future. The man of God can maintain peace of soul whether times are good or bad, whether in wealth or poverty. The secret is one's relationship with God.



## Sabbath School Lesson Notes – Jan 3, 2015

### 3:33

The curses of God toward the wicked are generally in the form of the inevitable results of sin. The rebellion of the Jews towards Rome led to the siege on Jerusalem and millions perished.

It is also true that obeying God's law brings with it inevitable blessings of peace and health.

### 3:34

We shall reap what we sow. The foolish man will receive the inevitable results of his rebellion against God's will. But God giveth grace to the honest at heart, the searchers of truth, and for those who hunger and thirst for righteousness.

### 3:35

The wise become the children of God, while the foolish will face shame in the judgment. The wise will live for ever in the glory of the Lord. The foolish shall face the certainty of eternal death.

---

Metro New York Sabbath School Notes prepared by Pastor Jeff Wehr