

Sabbath School Lesson #9 – Living the Law – 23-29 August 2025

Christ kept His Father's commandments – all of them – without any exception, and has told us to keep them without any exception, as we find in John 15:10. God spoken to the children of Israel by His Son: "And the Lord said unto Moses, Thus thou shalt say unto the children of Israel, Ye have seen that I have talked with you from heaven. Ye shall not make with me gods of silver, neither shall ye make unto you gods of gold" (Exodus 20:22-23). As were the Israelites, we are to worship the true God, but corporate Adventism in 1980 formally adopted the trinity gods and this prophecy was fulfilled: "The enemy of souls has sought to bring in the supposition that a great reformation was to take place among Seventh-day Adventists, and that this reformation would consist in giving up the doctrines which stand as the pillars of our faith The Sabbath, of course, would be lightly regarded, as also the God who created it. the leaders would teach that virtue is better than vice; but God being removed, they would place their dependence on human power, which, without God, is worthless. Their foundation would be built on the sand, and storm and tempest would sweep away the structure" — Ellen White {18LtMs, Lt 242, 1903, par. 13}. Let all the faithful among us, the Adventists who worship the true God, adopt the Psalmist's expression, "It is time for Thee, LORD, to work: for they have made void Thy law" (Psalm 119:126).

Sunday: The Code of the Covenant – The terminology here (code of the covenant) was not used in ancient Israel, but relates to the principles given through Moses to help Israelites "to appreciate fully the far-reaching principles of God's ten precepts. That the obligations of the Decalogue might be more fully understood and enforced, additional precepts were given, illustrating and applying the principles of the Ten Commandments" {PP 310.1}. How has the Lord given Adventists a similar code of the covenant? Through the 'Spirit of prophecy'. But many Adventists have long despised and given up the Spirit of Prophecy (writings of Ellen White). For those still interested in the code of covenant, we are counselled: "Perilous times are before us. Everyone who has a knowledge of the truth should awake and place himself, body, soul, and spirit, under the discipline of God. The enemy is on our track. We must be wide awake, on our guard against him. We must put on the whole armor of God. We must follow the directions given through the spirit of prophecy. We must love and obey the truth for this time. This will save us from accepting strong delusions. God has spoken to us through His word. He has spoken to us through the testimonies to the church and through the books that have helped to make plain our present duty and the position that we should now occupy. The warnings that have been given, line upon line, precept upon precept, should be heeded. If we disregard them, what excuse can we offer?" {8T 298.1}. Here is one example of activities condemned in the Spirit of Prophecy to help us: "What force of powers is put into your games of football and your other inventions after the way of the Gentiles – exercises which bless no one! Just put the same powers into exercise in doing useful labor, and would not your record be more pleasing to meet in the great day of God?" {FE 229.1}. "I have not been able to find one instance where He educated His disciples to engage in amusement of football or pugilistic games, to obtain physical exercise, or in theatrical performances; and yet Christ was our pattern in all things" {FE 229.2}.

Monday: More Laws – The Israelites were given more laws to help them remain holy before God. The Lesson writer rightly says: "The Sabbath was established at Creation (Gen. 2:2, 3; Exod. 20:8–11), was connected to Israel's deliverance and redemption (Deut. 5:12–15), and, in a powerful way, points to worshiping God as our Creator, Redeemer, and Lord (Mark 2:27, 28)." What more laws has God given Adventists to keep the Sabbath? Here are few examples: "When the Sabbath commences, we should place a guard upon ourselves, upon our acts and our words, lest we rob God by appropriating to our own use that time which is strictly the Lord's. We should not do ourselves, nor suffer our children to do, any manner of our own work for a livelihood, or anything which could have been done on the six working days. Friday is the day of preparation. Time can then be devoted to making the necessary preparation for the Sabbath and to thinking and conversing about it" {2T 702.1}. "On Friday let the preparation for the Sabbath be completed. See that all the clothing is in readiness and that all the cooking is done. Let the boots be blacked and the baths be taken.

It is possible to do this. If you make it a rule you can do it. The Sabbath is not to be given to the repairing of garments, to the cooking of food, to pleasure seeking, or to any other worldly employment. Before the setting of the sun let all secular work be laid aside and all secular papers be put out of sight. Parents, explain your work and its purpose to your children, and let them share in your preparation to keep the Sabbath according to the commandment" {6T 355.3}. "There is another work that should receive attention on the preparation day. On this day all differences between brethren, whether in the family or in the church, should be put away. Let all bitterness and wrath and malice be expelled from the soul. In a humble spirit, "confess your faults one to another, and pray one for another, that ye may be healed." James 5:16" {6T 356.2}. "Let not the precious hours of the Sabbath be wasted in bed. On Sabbath morning the family should be astir early. If they rise late, there is confusion and bustle in preparing for breakfast and Sabbath school. There is hurrying, jostling, and impatience. Thus unholy feelings come into the home. The Sabbath, thus desecrated, becomes a weariness, and its coming is dreaded rather than loved" {6T 357.1}. "We should not provide for the Sabbath a more liberal supply or a greater variety of food than for other days. Instead of this the food should be more simple, and less should be eaten, in order that the mind may be clear and vigorous to comprehend spiritual things. Overeating befogs the brain. The most precious words may be heard and not appreciated, because the mind is confused by an improper diet. By overeating on the Sabbath, many have done more than they think to dishonor God" {6T 357.2}. "While cooking upon the Sabbath should be avoided, it is not necessary to eat cold food. In cold weather let the food prepared the day before be heated. And let the meals, though simple, be palatable and attractive. Provide something that will be regarded as a treat, something the family do not have every day" {6T 357.3}.

Tuesday: God's Original Plan – What was God's plan for conquering the enemies of the children of Israel leading up to the promised land? Notice in Exodus 14, God did not design that the people should do any fighting. He led them through the wilderness, in order that they might not see war. Yet He knew that if they went the way that they did, the Egyptians would surely pursue them. The children of Israel never had any greater need of fighting than they did when the Egyptians closed in on them by the Red Sea; yet the word then was, "The Lord shall fight for you, and ye shall hold your peace." It was not according to the plan of God that they should do any fighting, even in self-defence. One lesson for us is the protection God gives His people. "The angel of the Lord encampeth round about them that fear Him, and delivereth them" (Psalm 34:7). When Peter offered to defend Christ, the Lord bade him put up his sword, and said, "Thinkest thou that I cannot now pray to My Father, and He shall presently give Me more than twelve legions of angels" (Matthew 26:53). We are assured that "as He is, so are we in this world" (1 John 5:17); the Father's love for us is equal to His love for Him (John 17:23). Therefore, we know that in any time of need we could pray to the Father, and He would send to our aid "more than twelve legions of angels," if so many were necessary. There are "ten thousand times ten thousand, and thousands of thousands" of them (Revelation 5:11), even "an innumerable company of angels" (Hebrews 12:22), they are all "ministering spirits, sent forth to do service for them who shall be heirs of salvation."

Wednesday: An Eye for an Eye – Read Matthew 5:38-48; how did Jesus demonstrate the law of an eye for an eye? Retaliation was never intended by that law. "The manifestation of hatred never breaks down the malice of our enemies. But love and kindness beget love and kindness in return. Although God faithfully rewards virtue and punishes guilt, yet he does not withhold his blessings from the wicked, although they daily dishonor his name. He allows the sunshine and the showers to fall upon the just and the unjust...." {2SP 224.1}.

Thursday: Vengeance – James speaks to rich who oppress the poor: "Ye have lived in pleasure on the earth, and been wanton; ye have nourished your hearts, as in a day of slaughter. Ye have condemned and killed the just; and he doth not resist you" (James 5:5-6). Notice, the just do not resist. Why? "If it be possible, as much as lieth in you, live peaceably with all men. Dearly beloved, avenge not yourselves, but rather give place unto wrath; for it is written, Vengeance is mine; I will repay, saith the Lord" (Romans 12:18-19). As subjects of the King of peace, citizens of His kingdom, we are bound to live peaceably with all men. So, we cannot fight even in self-defence. In this, Christ the Prince of peace is our example.