

## Sabbath School Lesson #5 – How to Study the Bible – 25 April-1 May 2026

**C**hrist have us know how to study the Bible and also live by every word from God. To this we read: “So shall My word be that goeth forth out of My mouth: it shall not return unto Me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it” (Isaiah 55:11). When the angel Gabriel announced to Mary the coming birth of Jesus, and how it was to be brought about, he said, “No word from God shall be void of power” (Luke 1:37). Every word of God is living, and active; every word is life, so that man may live by every word that comes from the mouth of God. Therefore the Lord says: “As the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater; so shall my word be that goeth forth out of My mouth; it shall not return unto Me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it” (Isaiah 55:10-11). His word cannot return to Him void, because it is power and life; it will produce life, just as surely as the rain causes the earth to bring forth fruit. Therefore all that ministers and teachers of the Gospel have to do, is to let the word of God dwell in them, so that they can speak it, and God will see that it reaches those who need it. “He that hath My word, let him speak My word faithfully.” “Is not My word like as a fire? saith the Lord; and like a hammer that breaketh the rock in pieces?” (Jeremiah 23:28-29).

**Sunday: Time** – How much time should we devote to Bible study? We are told: “The mere reading of the Word will not accomplish the result designed of heaven; it must be studied and cherished in the heart. The knowledge of God is not gained without mental effort. We should diligently study the Bible, asking God for the aid of the Holy Spirit, that we may understand his Word. We should take one verse, and concentrate the mind on the task of ascertaining the thought which God has put in that verse for us. We should dwell on the thought till it becomes our own, and we know “what saith the Lord.” {RH June 11, 1908, par. 13}. “There is but little benefit derived from a hasty reading of the Scriptures. One may read the Bible through, and yet fail to see its beauty, or to comprehend its deep and hidden meaning. One passage studied until its significance is clear to the mind, and its relation to the plan of salvation is evident, is of more value than the perusal of many chapters with no definite purpose in view, and no positive instruction gained. Keep your Bible with you. As you have opportunity, read it; fix the texts in your memory. Even while you are walking the streets, you may read a passage, and meditate upon it, thus fixing it in mind” {ibid, 14}. “As our physical life is sustained by food, so our spiritual life is sustained by the Word of God. And every soul is to receive life from God’s Word for himself. As we must eat for ourselves in order to receive nourishment, so we must receive the Word for ourselves” {ibid, par. 16}.

**Monday: A Place** – Do you have a place with God? “Seek the Lord and his strength, seek his face continually” (1 Chronicles 16:11). We are told: “To live thus by the word of God means the surrender to Him of the whole life. There will be felt a continual sense of need and dependence, a drawing out of the heart after God. Prayer is a necessity; for it is the life of the soul. Family prayer, public prayer, have their place; but it is secret communion with God that sustains the soul life” {Ed 258.3}. “It was in the mount with God that Moses beheld the pattern of that wonderful building which was to be the abiding place of His glory. It is in the mount with God—in the secret place of communion—that we are to contemplate His glorious ideal for humanity. Thus we shall be enabled so to fashion our character building that to us may be fulfilled His promise, “I will dwell in them, and walk in them; and I will be their God, and they shall be My people.” 2 Corinthians 6:16” {Ed 258.4}. “It was in hours of solitary prayer that Jesus in His earth life received wisdom and power. Let the youth follow His example in finding at dawn and twilight a quiet season for communion with their Father in heaven. And throughout the day let them lift up their hearts to God. At every step of our way He says, “I the Lord thy God will hold thy right hand, ... Fear not; I will help thee.” Isaiah 41:13. Could our children learn these lessons in the morning of their years, what freshness and power, what joy and sweetness, would be brought into their lives!” {591.1}.

**Tuesday: Deep Bible Study** – Why should we have a deep Bible study? We are told: “Kings, governors, and great men will hear of you through the reports of those who are at

enmity with you, and your faith and character will be misrepresented before them. But those who are falsely accused will have an opportunity to appear in the presence of their accusers to answer for themselves. They will have the privilege of bringing the light before those who are called the great men of the earth, and if you have studied the Bible, if you are ready to give an answer to every man that asketh you of the hope that is in you with meekness and fear, your enemies will not be able to gainsay your wisdom. You now have an opportunity to attain to the greatest intellectual power through the study of the word of God. But if you are indolent, and fail to dig deep in the mines of truth, you will not be ready for the crisis that is soon to come upon us. O that you would realize that each moment is golden. If you will live by every word that proceedeth out of the mouth of God, you will not be found unprepared" {RH April 26, 1892, par. 8}. "The time is not far off when the people of God will be called upon to give their testimony before the rulers of the earth. Not one in twenty has a realization of what rapid strides we are making toward the great crisis in our history. The angels of God are holding the four winds, and this leads many to cry, Peace and safety; but there is no time for vanity, for trifling, for engaging the mind in unimportant matters" {ibid, 1892, par. 10}.

**Wednesday: A Double Blessing** – We receive a double blessing when we study the Bible and then share it with others. What about when we keep the Sabbath day of the Lord holy? But is it not true that we have the blessing of God and the presence of Christ on other days besides the Sabbath day? Most certainly it is. But there is a difference between the blessing of God upon man and the blessing of God upon the day. In the beginning, speaking of the creation of man, the word says, "And God blessed them." When it came to the seventh day, and God in Christ rested from his work, he then blessed the seventh day. Now, there is the blessing upon man, and that blessing has continued for every one who will receive it until the present time; there is the blessing upon the day, and that blessing has continued upon that day, and is there now. But God in Christ never blessed any other day. He blesses man upon every day, but he has blessed only one day, and that is the seventh day. So when man, upon whom the blessing of God already rests, comes to the seventh day, upon which a blessing rests, there are two blessings, and both of them for man; and so it is possible upon the seventh day of the week to enjoy a blessing which cannot be enjoyed upon any other day because it is not there. When the Sabbath goes by us, the Sabbath blessing goes along with it. God's blessing is still with us upon the first day of the week, his blessing remains upon us wherever we go, his blessing remains upon the Sabbath wherever it goes; and when it comes around to us again, the blessing is still upon it, and it has a blessing in addition to the blessing that God has given us. This is the blessing of the Sabbath; this is the blessing of Sabbath-keeping. But not only is it said that God in Christ blessed the Sabbath day and hallowed it, but he sanctified it. Notice what it is that sanctifies. "And there I will meet with the children of Israel, and the tabernacle shall be sanctified by my glory." Exodus 29:43. What is it that sanctifies? – It is the presence, the glory of God in Christ. And just as Christ dwelling in the tabernacle sanctified it, so Christ in the believer sanctifies him.

**Thursday: 'Tis So Sweet!** – Have you found the Bible so sweet? The mouth is not only the instrument by which we eat, but also that by which men do meditate. Thus Joshua 1:8, says, "This book of the law shall not depart out of thy mouth, but thou shalt meditate therein day and night;" where to meditate, is to consider seriously, and exercise one's self in the law of God, and implies to study, obey and practice it. Hence come those frequent expressions of the Psalmist about the meditation of God's law, Psalm 119:99, "Thy testimonies are my meditations;" and verse 103, "How sweet are thy words unto my taste: yea, sweeter than honey to my mouth!" Frequently in the word of God, we find spiritual things likened to some of the foods that grace our own tables. It is likened to "bread" (John 6:48, 58), "food" (Job 23:12), "honey" (Revelation 10:9), and the psalmist, referring to the delight which came to his own soul in partaking of the delectable things of the Divine Word, remarks: "How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!" (Psalm 119:103). "More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb" (Psalm 19:10). Of this so sweet Sacred Word we are to partake, and as it is received into the soul, we shall grow in spiritual strength and find victory over sin day by day.