

# Praise God From Whom All Blessings Flow!



## SABBATH AFTERNOON

**Read for This Week's Study:** *Matt. 22:37, 38; Rom. 12:1; Eph. 2:8, 9; 5:2; Col. 3:13; 2 Tim. 1:9; 1 John 4:10.*

**Memory Text:** “Bless the Lord, O my soul; And all that is within me, bless His holy name!” (*Psalms 103:1, NKJV*).

As the Hubble telescope has probed ever deeper into the universe, the mysteries of creation have become ever grander. If such limitlessness is incomprehensible to our finite minds, how much more so must be its Creator, who—by necessity—must be more complex than what He has created. If we cannot understand the universe itself, how could we fully comprehend the One who made it?

Zophar the Naamathite asks Job, “‘Can you search out the deep things of God? Can you find out the limits of the Almighty?’” (*Job 11:7, NKJV*).

The answer, of course, is that he can't.

As if all this were not enough, this same God who created the universe is the One who in the person of Jesus bore not only our humanity but our sins, as well. The God who created the universe faced in Himself the punishment for our iniquities, in order that we could have eternal life.

With a truth like this ever before us, how could we not love this God and offer Him our very best praise and worship?

*\*Study this week's lesson to prepare for Sabbath, April 3.*

**To view and/or download a Hope Channel program on this week's lesson, visit [www.lifesbeat.org](http://www.lifesbeat.org).**

## Our God of Love

By creating humanity with a free moral will, that is, by giving humans the capacity to choose to obey or disobey Him, God also had made provision for the potential consequences should humanity make the wrong choice with the freedom given it. That provision is what's known as the gospel, the good news of what Jesus has done for us to restore us to the eternal life that we originally were created to have.

**Read** 2 Timothy 1:9. Dwell on the implications of the idea that God had prepared the plan of salvation even before the world began. What does it tell us about God's unconditional love for us that He would do this even before we existed? How does this text help us understand what grace is all about?

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God's great love and grace were in operation for us even before our existence. The gospel was, in a sense, a warranty on our souls. God knew what was going to happen, and in His love and wisdom, He had the plan of salvation in place to meet the crisis when it arrived. And, of course, at the center of that plan was the sacrificial death of Jesus in our stead. The only way we could be redeemed from our fallen condition was through the Cross, the place where God Himself, in our humanity, bore the punishment for our sins. Nothing else would have sufficed; nothing else could have. No matter how steep the price, Jesus was willing to pay it in our behalf.

**How** then are we to respond in the face of such love for us? *Eph. 4:32, 5:2, Phil. 2:5–8, Col. 3:13*. What is the basic message that all these texts have in common?

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To love unconditionally is an alien concept to the human heart. There is almost always an ulterior motive, one usually tainted with self. Yet, at the same time, if we had to wait until our motives were absolutely pure, we might not get anything done, would we? How much time should you spend, then, dwelling on the character of Christ? How could that help you learn to act more and more out of the kind of unconditional love that has been shown to us in Jesus?

## The Lesson in Brief

▶ **Key Text:** *Psalm 103:1*

▶ **The Student Will:**

**Know:** Contemplate the goodness of God and the magnitude of gifts given in the Person of His Son.

**Feel:** Acknowledge our need, indebtedness, joy, and gratitude for what God has done.

**Do:** Respond as a living sacrifice to God with praise.

▶ **Learning Outline:**

**I. Know: The Magnitude of God’s Goodness**

**A** Before time began, Heaven made provisions for the health and happiness of the universe. Those provisions included the priceless offering of God’s very best gift—His Son. Why is it so important to attempt to comprehend the length and depth and height of the love of God, though it is beyond knowledge?

**B** Review and meditate upon the Bible texts that describe your favorite depictions of God’s great glory.

**II. Feel: Awake, O Sleeper**

**A** Why is it true that the more we comprehend the wideness of God’s generosity, His selfless and unconditional love, the more completely we can respond emotionally to Him and to others?

**B** What emotions and attitudes are awakened by meditation on what God has done for us throughout history and in our personal lives?

**III. Do: Praise as Sacrifice**

**A** David, the psalmist, wrote that “praise is awaiting You, O God, in Zion” (*Ps. 65:1, NKJV*). How can our whole existence—what we do and don’t do—physically, mentally, and spiritually praise God?

**B** How is this praise of God also, paradoxically, a sacrifice to Him?

▶ **Summary:** Praise to God evolves out of an appreciation of His goodness to us. It includes the expression of our adoration and gratitude through everything we think, say, and do.

## God of Grace

**“For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast” (Eph. 2:8, 9, NKJV). Summarize in your own words the meaning of this text. Ask yourself this question too: Why must salvation be by faith and not by works? Why can works not save us? See Gal. 3:21.**

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An epileptic youth fell, convulsing, onto the New York City subway tracks as an oncoming train entered the station. Without hesitation, a stranger flung himself on top of the writhing youngster. Holding the boy flat, the man lay until the train screeched to a halt above him. Then he called out, “We are OK!” His risky act of self-denial was the only thing that saved the boy from certain death. What a powerful illustration of grace, of unmerited favor, of what Jesus has accomplished for us. Imagine how grateful that boy must have been to that man. How much more so should we, then, be grateful to Jesus for what He has done in our behalf?

The crucial question for all of us is, How do we manifest that gratitude in our lives? It’s one thing to talk about how grateful we are for Jesus or how much we love God because of what Jesus has done. But the real issue for us, the true test of the reality of our faith, is our works—works that arise not from trying to earn salvation (we can’t) but from a heart filled with gratitude and praise for what we have been given and promised in Jesus.

Sometimes, though, it’s not easy for us to appreciate fully what Christ has done for us. In a youth class where the plan of salvation was being explained, a boy raised his hand and said, “I have not done anything to deserve dying.” Well, the fact of the matter is we all deserve death. Or, perhaps, one could phrase this question another way. What have we done that we deserve living? What have we done that we deserve eternal life? What is it about us that God would go through so much to save us?

**Dwell on the paragraph above. What answer do you have to those questions? After all, what have any of us done to deserve eternal life? Who among us is so worthy that it would make sense as to why Jesus would die for us? How does your answer help you better understand just how grateful we should be for salvation? More important, how well do your works reveal that gratitude?**

## Learning Cycle

### ► **STEP 1—Motivate**

**Key Concept for Spiritual Growth:** **The deeper our appreciation for the love and character of God, the more complete our praise and submission will be.**

A couple who shopped for carpet learned there are two methods for coloring carpet: the “radish” and the “beet” methods. In the radish method, carpet is made by weaving a neutral color that is then dyed. The end result produces a carpet that looks like a radish—red on the surface, white at the core. Carpet woven according to the beet method is created from fibers saturated in a particular color. It needs no dye and looks just like its name, the beet: red inside and out. The radish method works, but the carpet wears out faster than the beet-method carpet, in which the color is embedded throughout the fibers, as opposed to just being superficially applied. The couple chose the “beet” carpet and years later are pleased with the carpet’s durability.

If our appreciation for God’s love is superficial, creating only a surface relationship, then the temptations, disappointments, and challenges of life will wear out our apparent devotion and expose our core character. If we are the same inside and out, our praise and submission will remain constant regardless of our trials.

**Just for Teachers:** **Create a flip chart for the following exercise. Or, alternatively, use a blackboard or whiteboard, if either is available.**

**Opening Activity:** Compose a God appreciation list. Let members name things from their Bible study or personal experience that enhance their appreciation of God. Use a flip chart, if possible, to list the categories: *God of Wonder, God of Truth, God Who Loves, and God Who Secures Our Future.*

**Discuss:** Let class members suggest which category their responses match best. How has thankfulness to God in these areas enhanced their appreciation of Him?

### ► **STEP 2—Explore**

#### **Bible Commentary**

**I. Praising and Loving a God of Love and Grace** (*Review 1 John 4:7–12, 18 with the class.*)

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## A Love Relationship

**When** asked what was the most important of all commandments, Jesus responded, “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” (*Matt. 22:37, 38*). **What does that text mean? How are we to do what Jesus commands here?**

Think of the incredible implications of these words. According to Jesus, the most important of all commandments isn't to keep the Sabbath, nor is it any of the prohibitions against killing, stealing, and adultery. On the contrary, the most important of all the commandments deals with what is in our hearts, in our souls; it deals with what is inside of us and not with our outward actions, however important they might be.

Indeed, if the most important commandment deals with our love to God, then the foundation of all the commandments deals with a relationship. After all, what is love if not a relationship—one in which we love God above and beyond everyone and everything else?

**Why** would love for God be the most important of all relationships? **Why** would that be so fundamental? **What** spiritual dangers arise if we love something, anything, more than God?

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God, in fact, had purposed from the start that humanity would be capable of enjoying a special relationship with Him. It was His purpose to provide a higher plane of experience for humans than for the rest of the creatures He had made on earth. This truth is reflected in Genesis 1:26: “And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth.” None of the other creatures was made in His image; none of the other creatures was given the responsibility given to humanity. Hence, humans are not just highly developed apes; there's a vast qualitative gap between humanity and the rest of God's creation on earth. We are special, and part of that specialness is revealed in the love relationship that we are called to have with God, something that the animals and plants are not capable of experiencing.

**What is your own experience in loving God? How do you know that you love God? Write out a paragraph expressing what that means and how that love has changed your life. Bring it to class on Sabbath.**


Learning Cycle CONTINUED

Appreciation for God is traced to God’s two major actions—Creation and Redemption. Through Creation we received life—the pleasure of interacting with God and His created wonders. Sin interrupted that relationship, damaging our capacity to know God. Rebellion should have resulted in human extermination. Instead, God sacrificed His Son for our Redemption. Satan obscures that truth, for he knows that appreciation for God’s mercy is the root of a transformed life. He wants us to fear God. Often his instrument of fear is religion itself. If the thing to which people turn when they want to find God can make them fear Him, Satan emerges victorious. “There is no fear in love; but perfect love casts out fear” (1 John 4:18, NKJV). Equally true: “fear casts out love.” Satan knows that if our God-relationship is fear-filled, we never will enjoy His love. So, Satan plants fear factors in our faith! The heavenly reunion at Christ’s return is overshadowed by a time of trouble, economic crashes, and doomsday scenarios. The joy of Redemption is cheapened to become “fire insurance.” Escaping hellfire is emphasized above fellowship with God. Christian lifestyle privileges are reduced to obligations met to escape God’s anger. What a joyless view of salvation! But God offers us exuberant joy. We are free to sail the universe with God, licensed to fly first class with Royalty. Praise God from whom all blessings flow!

**Consider This:** How does a God-relationship built on fear influence our view of health? What might result from a loving relationship? How does loving God affect our outlook physically? Mentally? Spiritually? (See Eph. 2:8, 9; 4:32; 5:2; Phil. 2:5–8; Col. 3:13.)

## II. A “Reasonable Service” (Review Romans 12:1 with the class.)

The concepts of life (living) and sacrifice do not fit easily together. We must remember that anciently the idea of sacrifice was not limited to the more modern sense of merely giving up something. Sacrifice inextricably was tied to the reality of death. In the Hebrew economy, a sinner would take an unblemished animal to the sanctuary and end its life as a means of expiation for sin. The sacrificial animal never got up and walked away from the altar! Sacrifice equaled death. Now Paul introduces a stunning metaphor: living sacrifice. Who could have been qualified more to introduce this concept than he? Earlier in Romans he spoke eloquently about death to sin (Romans 6) and also about the life-giving Spirit who brings no condemnation (Romans 8). Now he calls us both to die and to live. How ironic that he refers to this as our “reasonable” or rational or logical service. Yet, what a fitting metaphor this notion is to describe complete

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## Praising the Lord

**“Be joyful in God. Christ is light, and in him is no darkness at all. Look toward the light. Accustom yourselves to speak the praise of God. Make others happy. This is your first work. It will strengthen the best traits of character. Throw the windows of the soul wide open heavenward, and let the sunshine of Christ’s righteousness in. Morning, noon, and night your hearts may be filled with the bright rays of heaven’s light.”—*Advent Review and Sabbath Herald*, April 7, 1904. How can you take these words and make them a reality in your own life?**

No question, as Christians we have much to praise God for; that is, whatever our struggles, whatever our fears, whatever our pains, whatever our losses and disappointments, we all have much to be thankful to God for, do we not? After all, in the end, no matter what our immediate situation is, we still have the hope and promise of eternal life in Jesus, the hope and promise that “there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away” (*Rev. 21:4*). That alone, if nothing else, gives us reasons to praise.

**Whatever** your struggles right now, what are things that you have to praise God for? Write down a list of these things and why you are thankful to God for them.

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Before we can praise in sincerity, we need to personally have experienced the goodness of the Lord. We need to know for ourselves the reality of God and the reality of God’s love for us as individuals. This is something the Lord will do for anyone and everyone who is open to His leading. It is only our stubborn hearts and carnal natures that keep us from knowing for ourselves the goodness and love of God. And once we come to know that goodness and that love, how could we help but praise the Lord?

**How can you learn to live more and more in an attitude of praise and thanksgiving to the Lord, despite whatever trials and sufferings you face?**

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Learning Cycle CONTINUED

submission to God. Perhaps we have here just a slight taste of how Abraham and Isaac felt when they climbed the mountain in submission to God's call for sacrifice. (For additional commentary on this passage, see lesson 10, Bible Commentary, section II, "Acting on Belief.")

**Consider This:** As I consider my own spiritual experience, what evidence is there that I am dying to my natural selfish tendencies but living in the purposes of God? If I cannot consider my life to be a "living sacrifice" at this time, what changes can I allow God to make that will transform my life into one?

▶ **STEP 3—Apply**

**Just for Teachers:** Narrowing our focus, we ask, "How do we apply the attitude of gratitude to our management of the physical side of life?" Assign to class members the roles in the dialogue between Denial and the three Hebrew unworthies: Hat-Rack, Me-Hack, and To-Bed-We-Go (not to be confused with Daniel and friends!), set in the modern-day Jail Cell of False Theories.

**DENIAL.** OK, guys, how are we dealing with this food issue?

**HAT-RACK.** Well, you know, "When in Babylon, do as the Babylonians do."

**ME-HACK,** *coughing.* How can you say that? Even think that? The Sacred Writings are clear, and that attitude's nowhere near kosher. What do you think, To-Bed-We-Go? Wake up!

**TO-BED-WE-GO,** *snoring.* What? Oh. Food again. Look, what difference does it make? We're just collections of molecules that have evolved over the last four billion years. We expire in less than a hundred, which means our significance is equal to what? About . . . nothing, nada, zip?

**DENIAL.** Heresy! The laws of health are, like, right up there with the Ten Commandments, and you know what Charlton Heston had to go through to get them!

**ME-HACK.** I think you mean Moses.

**DENIAL.** Uh, right, Moses. Anyway, you're going to get cancer, heart disease, clogged arteries, gout, arthritis, Alzheimer's, and alphabet disease.

**HAT-RACK.** Alphabet disease? What? What's that?

**DENIAL.** I'm not sure, but with that many letters, it's got to be bad. Besides that, you'll never be allowed back to a church potluck again. You'll be snubbed for eternity.

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## A “Reasonable Service”

**“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service” (Rom. 12:1).**

So far, we have seen that God is a God of love and grace, and He desires to have a special relationship with us, one that none of the other creatures here on earth can enjoy. At the center of that relationship stand the Cross and the plan of salvation, because—of all the reasons we have to love God—the Cross remains by far the best one.

**How** does 1 John 4:10—“Herein is love, not that we loved God, but that he loved us, and sent his Son to be the propitiation for our sins”—capture the essence of what it means to love God?

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When you love someone, words of praise and appreciation are natural. When we, as Christians, give our hearts to the Lord, we get the gift of the Holy Spirit, and He fills the Christian with a deep sense of gratitude or appreciation. From such appreciation there will arise a heart filled with praise and adoration of God.

Yet, there is an important point that many folk forget. True praise for God involves the whole being. That is, we praise God not only on spiritual, emotional, and mental levels but with our physical bodies too. Application of healthful habits in life gives us clarity of mind, the balance to the whole.

Scientists have uncovered fascinating physical changes in the brain that follow habitual practices. For instance, drugs induce changes in the brain that become firmly entrenched and make for powerful addictions. Degeneration in our blood vessels likewise results in impaired brain functioning. A disease such as Alzheimer’s is a result of destruction of brain cells. Clearly, we are dependent on our physical state to enjoy clear mental, emotional, and spiritual relationships. Many foods and drinks, included as a very occasional item in the diet, will have no measurable effect. But they become problems when incorporated as habitual practices. We give our God praise from the whole of our being by offering our whole life as a living sacrifice.

**Dwell more on the idea of praising God with our bodies. What might that mean? How might lifestyle choices be a means of praising God? At the same time, how might wrong lifestyle choices be a way of denying God?**

Learning Cycle CONTINUED

**ME-HACK.** Is that a threat?

**HAT-RACK.** Look, Denial, if fear as a motivator is what you want to hang your hopes on—great. I appreciate your conservatism, and if it works for you, wonderful; but, fella, maybe it's time to live and let live.

**TO-BED-WE-GO.** Yeah, if you want to starve your way to Holiness, give Slim-Fast<sup>1</sup> or Jenny<sup>2</sup> a call, but I'm sick and tired of dieting; and my body is mine. Where's the chops?

**DENIAL.** I'm not sure I buy your evolved-molecule theory, To-Bed-We-Go, but I guess as long as we take care of our spirits, the body isn't that important anyway.

**ME-HACK,** *raising his voice.* God'll nail you for that!

**JAILER.** Dinner, anyone?

**Consider This:** Unlike Daniel and company, our four misfits poorly represent spirituality. But the humor and the absurdity of their dialogue captures, with sobering precision, several skewed trends in thinking toward health. Analyze the statements of the four unworthies. What is the true Christian perspective in contrast to theirs? How does the biblical truth affect the way we manage our physical health? In what way does our personal health management contribute to our submission to God?

## ► **STEP 4—Create**

**Just for Teachers:** We use music to praise God. Distribute hymnals or praise-song lyrics for the following activities. (Please observe copyright laws.)

### Closing Activities:

- 1 Select one or more songs to read. Invite members to express how the lyrics impact their spiritual walk.
- 2 Create a composite hymn, taking lines from various songs to form a new one. Sing the new song as a class.

**Discuss:** How does gratitude affect our attitude toward our Creator and our bodies?

1. Slim-Fast—a weight-loss supplement or beverage.

2. Jenny—short for Jenny Craig, a popular weight-loss program.

**Further Study:** Read Ellen G. White, “The Anointing of David,” pp. 637–642, in *Patriarchs and Prophets*.

“David, in the beauty and vigor of his young manhood, was preparing to take a high position with the noblest of the earth. His talents, as precious gifts from God, were employed to extol the glory of the divine Giver. His opportunities of contemplation and meditation served to enrich him with that wisdom and piety that made him beloved of God and angels. As he contemplated the perfections of his Creator, clearer conceptions of God opened before his soul. Obscure themes were illuminated, difficulties were made plain, perplexities were harmonized, and each ray of new light called forth fresh bursts of rapture, and sweeter anthems of devotion, to the glory of God and the Redeemer. The love that moved him, the sorrows that beset him, the triumphs that attended him, were all themes for his active thought; and as he beheld the love of God in all the providences of his life, his heart throbbed with more fervent adoration and gratitude, his voice rang out in a richer melody, his harp was swept with more exultant joy; and the shepherd boy proceeded from strength to strength, from knowledge to knowledge; for the Spirit of the Lord was upon him.”—Ellen G. White, *Patriarchs and Prophets*, p. 642.

### Discussion Questions:

- ① In class, discuss your answer to the question of what it means to love God. How do we as fallen beings love God? What does that mean? How does love for God differ from love for other people or other things, whatever they are?
- ② Why is praise to God so important to us? How do praise and worship draw us closer to God? How do praise and worship help us to better know and love God? Also, why is praise to God especially important during times of crises? After all, anyone can praise God in good times, right? What does it take to be able to praise Him during bad ones?
- ③ As we have been stressing all week, salvation is by faith alone. None of us is good enough to deserve salvation; more so, none of us ever could be made good enough to deserve it either. Salvation has to be a gift, a gift from a loving and benevolent God to a fallen race of beings who, at their core, are corrupted by sin and who in and of themselves have nothing to offer the Lord. And yet, at the same time, we have been called, again and again in the Bible, to obey God. In other words, though we are not saved by works, works are a part of what it means to be saved and to have salvation. How do we understand the relationship between faith and works? How can we learn to praise God and reveal our love to Him through our works, while at the same time not get caught in the trap of believing that these works save us?