

Study Questions

1. As a representative of Christ, what should our life show? (Paragraph 1).
2. Christians who gather up gloom and sadness give what? (3).
3. What makes Satan happy? (4).
4. What is Satan's work? (4).
5. How does Satan seek to make the Christian life appear? (4).
6. List one of the five questions asked about joy in our life. (6).
7. List one of the blessed assurances we should group together and look upon continually. (9).
8. What happens when we talk out our feelings of doubt? (11).
9. What should we do when we take the hand of a friend? (12).
10. To whom should we relate our troubles? (13).
11. What rule should we follow regarding doubt? (13).

12. Describe what the life of Jesus was like. (16, 17).
13. What happens if we keep uppermost in our minds the unkind and unjust acts of others? (18).
14. How should we be towards others? (18).
15. What are some always doing? (20).
16. What happens to some who encounter difficulties? (20).
17. How should we handle business problems? (22).
18. What is happiness like that is sought from selfish motives? (27).
19. What mercies should we keep fresh in our memory? (28).
20. What is of surpassing worth? (32).

Thought Questions

1. Why should I be happy? My son is on drugs, I have a credit card debt of \$50,000, and I just lost my job. My spouse and I are always arguing, and I'm so stressed that I can hardly breathe. What is there to be happy about?
2. If I am unhappy, should I fake being happy?
3. Why do some people live to have success and others live to avoid failure? What should be the Christian's approach?
4. Isn't looking away from your problems just denying reality, and procrastinating getting something done about them?
5. Be happy? I have no close friends in the church. I'm never asked to participate in anything. I just don't fit in.
6. The only one who understands my problems is another person's husband/wife. I need someone to talk to.
7. How can I represent God after what I have done?
8. Why do those who seem most sincere and spiritual seem to have so much trouble?
9. Should I laugh? What is appropriate when something is funny?
10. How much tolerance should I have toward the irritating faults of others?
11. How can anyone be cheerful and happy after studying about the time of trouble and the seven last plagues?
12. It's not the world, but the church that has treated me so bad. How can I get rid of this bitterness?
13. I should be happy, but it's really difficult when God makes me suffer the results of my sin.
14. God never seems to be happy with anything I do. How can I get His approval?
15. [Add your questions].

Problem Solving

This man has been the Head Elder in a small church for many years. The church has gone through tremendous growth, and there are many new members who are active for the Lord. This year he declared to the Nominating Committee, "If I can't be the Head Elder, and sit in my chair on the platform, I don't want to be an elder at all." The committee decided not to have him serve at all, and selected many new people to serve as elders. Some unkind things were said behind his back, and he found out about them. He is not speaking to those who hurt him, and he is growing more resentful each week. Sometimes he even stays away from church, thinking others are taking sides against him. More and more of the church members are being drawn into this unfortunate situation, some saying that he should have had the Head Elder position, because of his many years of service to the church. Division is growing. How would you turn this situation around spiritually using principles found in the plan of salvation?

Note: You might work with the following information: causes, options, solutions, decisions, scriptures that apply.

Ellen G. White Quotations

“The world will be convinced not so much by what the pulpit teaches as by what the church lives. The preacher announces the theory of the gospel, but the practical piety of the church demonstrates its power.” (*Testimonies for the Church*, vol. 6, p. 260).

“It is a law of nature that our thoughts and feelings are encouraged and strengthened as we give them utterance. While words express thoughts, it is also true that thoughts follow words. If we would give more expression to our faith, rejoice more in the blessings that we know we have,—the great mercy and love of God,—we should have more faith and greater joy. No tongue can express, no finite mind can conceive, the blessing that results from appreciating the goodness and love of God. Even on earth we may have joy as a wellspring, never failing, because fed by the streams that flow from the throne of God.” (*The Ministry of Healing*, pp. 251-253).

“It is the love of self that destroys our peace. While self is all alive, we stand ready continually to guard it from mortification and insult; but when we are dead, and our life is hid with Christ in God, we shall not take neglects or slights to heart. We shall be deaf to reproach and blind to scorn and insult. “Happiness drawn from earthly sources is as changeable as varying circumstances can make it; but the peace of Christ is a constant and abiding peace. It does not depend upon any circumstances in life, on the amount of worldly goods or the number of earthly friends. Christ is the fountain of living water, and happiness drawn from Him can never fail.” (*Thoughts from the Mount of Blessing*, p. 16).

“Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.

“Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary.

“Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul.” (*The Ministry of Healing*, p. 241).

“The true happiness of the people of God depends upon righteousness of life and purity of character and true benevolence of heart. When their will harmonizes with the will of God; when they act as they know is right toward God and their fellow men, then they may claim peace and rest in Jesus Christ—peace, the peace of Christ, not the peace the world gives, that peace which is the happiness which comes as the result of obedience to God, and righteousness or right acting in this life. The heart is in harmony with God, they have the love of God in their heart and the love for their fellow men; perfect love united to a perfect life constitutes true happiness.” (*Manuscript Releases*, vol. 21, [No. 1533], p. 164).

“I do not look to the end for all the happiness; I get happiness as I go along. Notwithstanding I have trials and afflictions, I look away to Jesus. It is in the strait, hard places that He is right by our side, and we can commune

with Him, and lay all our burdens upon the Burden Bearer, and say, ‘Here, Lord, I cannot carry these burdens longer.’ Then He says to us, ‘My yoke is easy, and My burden is light.’ Matthew 11:30. Do you believe it? I have tested it. I love Him; I love Him. I see in Him matchless charms. And I want to praise Him in the kingdom of God.” (*Life Sketches*, p. 292).

“Those who take Christ at His word, and surrender their souls to His keeping, their lives to His ordering, will find peace and quietude. Nothing of the world can make them sad when Jesus makes them glad by His presence. In perfect acquiescence there is perfect rest.

“As through Jesus we enter into rest, heaven begins here. We respond to His invitation, Come, learn of Me, and in thus coming we begin the life eternal. Heaven is a ceaseless approaching to God through Christ. The longer we are in the heaven of bliss, the more and still more of glory will be opened to us; and the more we know of God, the more intense will be our happiness. As we walk with Jesus in this life, we may be filled with His love, satisfied with His presence. All that human nature can bear, we may receive here. But what is this compared with the hereafter?” (*The Desire of Ages*, pp. 331, 332).

“It is the neglect of the littles, the trifles, that poisons life’s happiness. A faithful performance of the littles composes the sum of happiness to be realized in this life. He that is faithful in little is faithful also in much. He that is unfaithful or unjust in small matters will be in greater matters.” (*Testimonies for the Church*, vol. 2, p. 700).

“And the years of eternity, as they roll, will bring richer and still more glorious revelations of God and of Christ. As knowledge is progressive, so will love, reverence, and happiness increase. The more men learn of God, the greater will be their admiration of His character. As Jesus opens before them the riches of redemption and the amazing achievements in the great controversy with Satan, the hearts of the ransomed thrill with more fervent devotion, and with more rapturous joy they sweep the harps of gold; and ten thousand times ten thousand and thousands of thousands of voices unite to swell the mighty chorus of praise.

“‘And every creature which is in heaven, and on the earth, and under the earth, and such as are in the sea, and all that are in them, heard I saying, Blessing, and honor, and glory, and power, be unto Him that sitteth upon the throne, and unto the Lamb for ever and ever.’ Revelation 5:13.

“The great controversy is ended. Sin and sinners are no more. The entire universe is clean. One pulse of harmony and gladness beats through the vast creation. From Him who created all, flow life and light and gladness, throughout the realms of illimitable space. From the minutest atom to the greatest world, all things, animate and inanimate, in their unshadowed beauty and perfect joy, declare that God is love.” (*The Great Controversy*, p. 678).

QUIZ 13

Circle T for True or F for False according to the reference:

1. T F We should cultivate a patient tenderness with the faults of others. (SC 13.18).
2. T F Your spoken doubts will react only upon yourself. (SC 13.11).
3. T F We should give thanks in most things. (I Thessalonians 5:18).
4. T F Wherever Jesus went he carried rest and peace, joy and gladness. (SC 13.16).
5. T F Satan ever seeks to make the religious life one of gloom. (SC 13.4).

Use one or more words to answer the following:

6. List what we should not cast away. (Hebrews 10:35).

7. List one thing we should do to handle business problems. (SC 13.22)

8. List one thing we should keep fresh in our memory. (SC 13.28).

9. What rule should we follow regarding doubt or discouragement? (SC 13.13).

10. What will take place in the last days? (1 Timothy 4:1).

Circle the letter of the best answer according to the reference.

11. To whom should we relate our troubles? (SC 13.13).
 - A. To God
 - B. To the pastor
 - C. To our close friends
 - D. To the church leaders
12. How is the second coming of Christ referred to? (Titus 2:13).
 - A. The wonderful hope
 - B. The blessed hope
 - C. The great hope
 - D. The glorious hope
13. When God has tried us, how do we come forth? (Job 23:10).
 - A. As silver
 - B. As iron
 - C. As a diamond
 - D. As gold
14. What will keep us in perfect peace? (Isaiah 26:3).
 - A. Learning how to avoid Satan's traps
 - B. Keeping the mind stayed on God
 - C. Looking to self and exercising self-control
 - D. Exercising our spiritual gifts

15. Complete the following quotation:

"The children of God are called to be _____ of _____ showing forth the _____ and _____ of the Lord." (SC 13.1).