



Antonio Ciseri "Ecce Homo" (John 19:5)



Steps to Christ

Ellen G. White

Chapter 13 Rejoicing in the Lord

Memory Verse – Revelation 3:20 (NKJV)

“Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.”

Scriptures

New King James Version

Scriptures

1. What accompanies us on the true path of life?

Psalm 16:11 (NKJV). “You will show me the path of life; In Your presence *is fullness of joy*; At Your right hand *are pleasures* forevermore.”

Scriptures

2. Why did Jesus share the truth with His disciples?

John 15:11 (NKJV). “These things I have spoken to you, that My joy may remain in you, and *that* your joy may be full.”

Scriptures

3. What should we do when trouble comes?

1 Peter 4:12, 13 (NKJV). “¹² Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; ¹³ but rejoice to the extent that you partake of Christ’s sufferings, that when His glory is revealed, you may also be glad with exceeding joy.”

Scriptures

4. How often should we be thankful?

Ephesians 5:20 (NKJV). “giving thanks always for all things to God the Father in the name of our Lord Jesus Christ,”

Scriptures

5. How much should we be thankful for?

1 Thessalonians 5:18 (NKJV). “in everything give thanks; for this is the will of God in Christ Jesus for you.”

Scriptures

6. What is the outcome of all our problems?

Romans 8:28 (NKJV). “And we know that all things work together for good to those who love God, to those who are the called according to *His* purpose.”

Scriptures

7. What should fill our lives?

Romans 15:13 (NKJV). “Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.”

Scriptures

8. What promise of help do we have with our trials?

1 Corinthians 10:13 (NKJV). “No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear *it*.”

Scriptures

9. How is the second coming referred to?

Titus 2:13 (NKJV). “looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ,”

Scriptures

10. What should we not cast away?

Hebrews 10:35 (NKJV). “Therefore do not cast away your confidence, which has great reward.”

Scriptures

11. What responsibility did the Apostles feel?

1 Corinthians 4:9 (NKJV). “For I think that God has displayed us, the apostles, last, as men condemned to death; for we have been made a spectacle to the world, both to angels and to men.”

Scriptures

12. What confidence did Job have in God's leading?

Job 23:10 (NKJV). "But He knows the way that I take; *When* He has tested me, I shall come forth as gold."

Scriptures

13. What are those who offer praise to God doing?

Psalm 50:23 (NKJV). “Whoever offers praise glorifies Me; And to him who orders *his* conduct *aright* I will show the salvation of God.”

Scriptures

14. What should we combine with prayer?

Colossians 4:2 (NKJV). “Continue earnestly in prayer, being vigilant in it with thanksgiving;”

Scriptures

15. What is the strength of the Christian?

Nehemiah 8:10 (NKJV). “Then he said to them, “Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for *this day is holy* to our Lord. Do not sorrow, for the joy of the LORD is your strength.”

Scriptures

16. What is God's secret for perfect peace?

Isaiah 26:3 (NKJV). “You will keep *him* in perfect peace, *Whose mind is stayed on You*, Because he trusts in You.”

Scriptures

17. What is the fruit of the Spirit?

Galatians 5:22, 23 (NKJV). “²² But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³ gentleness, self-control. Against such there is no law.”

Study Questions

Study Questions

1. As a representative of Christ, what should our life show? (Paragraph 1).

“The children of God are called to be representatives of Christ, showing forth the goodness and mercy of the Lord.”

Study Questions

2. Christians who gather up gloom and sadness give what? (3).

“Christians who gather up gloom and sadness to their souls, and murmur and complain, are giving to others a false representation of God and the Christian life. They give the impression that God is not pleased to have His children happy, and in this they bear false witness against our heavenly Father.”

Study Questions

3. What makes Satan happy? (4).

“Satan is exultant when he can lead the children of God into unbelief and despondency. He delights to see us mistrusting God, doubting His willingness and power to save us. He loves to have us feel that the Lord will do us harm by His providences.”

Study Questions

4. What is Satan's work? (4).

“It is the work of Satan to represent the Lord as lacking in compassion and pity. He misstates the truth in regard to Him. He fills the imagination with false ideas concerning God; and instead of dwelling upon the truth in regard to our heavenly Father,

we too often fix our minds upon the misrepresentations of Satan and dishonor God by distrusting Him and murmuring against Him. Satan ever seeks to make the religious life one of gloom.”

Study Questions

5. How does Satan seek to make the Christian life appear? (4).

“He desires it to appear toilsome and difficult; and when the Christian presents in his own life this view of religion, he is, through his unbelief, seconding the falsehood of Satan.”

Study Questions

6. List one of the five questions asked about joy in our life? (6).

“Have there not been some bright spots in your experience? Have you not had some precious seasons when your heart throbbed with joy in response to the Spirit of God? When you look back into the chapters of your life experience do you not find some pleasant pages?”

Are not God's promises, like the fragrant flowers, growing beside your path on every hand? Will you not let their beauty and sweetness fill your heart with joy?"

Study Questions

7. List one of the blessed assurances we should group together and look upon continually. (9).

“Thank God for the bright pictures which He has presented to us. Let us group together the blessed assurances of His love, that we may look upon them continually: The Son of God leaving His Father’s throne, clothing His divinity with humanity, that He might rescue man from the power of Satan;

His triumph in our behalf, opening heaven to men, revealing to human vision the presence chamber where the Deity unveils His glory; the fallen race uplifted from the pit of ruin into which sin had plunged it, and brought again into connection with the infinite God, and having endured the divine test through faith in our Redeemer, clothed in the righteousness of Christ, and exalted to His throne—these are the pictures which God would have us contemplate.”

Study Questions

8. What happens when we talk out our feelings of doubt? (11).

“All this is harming your own soul; for every word of doubt you utter is inviting Satan’s temptations; it is strengthening in you the tendency to doubt, and it is grieving from you the ministering angels.”

Study Questions

9. What should we do when we take the hand of a friend? (12).

“When you take the hand of a friend, let praise to God be on your lips and in your heart. This will attract his thoughts to Jesus.”

Study Questions

10. To whom should we relate our troubles? (13).

“All have trials; griefs hard to bear, temptations hard to resist. Do not tell your troubles to your fellow mortals, but carry everything to God in prayer.”

Study Questions

11. What rule should we follow regarding doubt? (13).
“Make it a rule never to utter one word of doubt or discouragement.”

Study Questions

12. Describe what the life of Jesus was like. (16, 17).

“It is often said that Jesus wept, but that He was never known to smile. Our Saviour was indeed a Man of Sorrows, and acquainted with grief, for He opened His heart to all the woes of men. But though His life was self-denying and shadowed with pain and care, His spirit was not crushed.

His countenance did not wear an expression of grief and repining, but ever one of peaceful serenity. His heart was a wellspring of life, and wherever He went He carried rest and peace, joy and gladness.

“Our Saviour was deeply serious and intensely in earnest, but never gloomy or morose.”

Study Questions

13. What happens if we keep uppermost in our minds the unkind and unjust acts of others? (18).

“If we keep uppermost in our minds the unkind and unjust acts of others we shall find it impossible to love them as Christ has loved us;
...”
...

Study Questions

14. How should we be towards others? (18).

“We should love and respect one another, notwithstanding the faults and imperfections that we cannot help seeing. Humility and self-distrust should be cultivated, and a patient tenderness with the faults of others. This will kill out all narrowing selfishness and make us large-hearted and generous.”

Study Questions

15. What are some always doing? (20).

“Some are always fearing, and borrowing trouble. Every day they are surrounded with the tokens of God’s love; every day they are enjoying the bounties of His providence; but they overlook these present blessings. Their minds are continually dwelling upon something disagreeable which they fear may come;

or some difficulty may really exist which, though small, blinds their eyes to the many things that demand gratitude.”

Study Questions

16. What happens to some who encounter difficulties?
(20).

“The difficulties they encounter, instead of driving them to God, the only source of their help, separate them from Him because they awaken unrest and repining.”

Study Questions

17. How should we handle business problems? (22).

“You may be perplexed in business; your prospects may grow darker and darker, and you may be threatened with loss; but do not become discouraged; cast your care upon God, and remain calm and cheerful.

Pray for wisdom to manage your affairs with discretion, and thus prevent loss and disaster. Do all you can on your part to bring about favorable results. Jesus has promised His aid, but not apart from our effort. When, relying upon our Helper, you have done all you can, accept the result cheerfully.”

Study Questions

18. What is happiness like that is sought from selfish motives? (27).

“Happiness that is sought from selfish motives, outside of the path of duty, is ill-balanced, fitful, and transitory; it passes away, and the soul is filled with loneliness and sorrow; . . .”

Study Questions

19. What mercies should we keep fresh in our memory? (28).

“Let us keep fresh in our memory all the tender mercies that God has shown us,—the tears He has wiped away, the pains He has soothed, the anxieties removed, the fears dispelled, the wants supplied, the blessings bestowed,—

thus strengthening ourselves for all that is before us through the remainder of our pilgrimage.”

Study Questions

20. What is of surpassing worth? (32).

“The soul redeemed and cleansed from sin, with all its noble powers dedicated to the service of God, is of surpassing worth; and there is joy in heaven in the presence of God and the holy angels over one soul redeemed, a joy that is expressed in songs of holy triumph.”

Thought Questions

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?

Thought Questions

2. If I am unhappy, should I fake being happy?

Thought Questions

3. Why do some people live to have success and others live to avoid failure? What should be the Christian's approach?

Thought Questions

4. Isn't looking away from your problems just denying reality, and procrastinating getting something done about them?

Thought Questions

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.

Thought Questions

6. The only one who understands my problems is another person's husband/wife. I need someone to talk to.

Thought Questions

7. How can I represent God after what I have done?

Thought Questions

8. Why do those who seem most sincere and spiritual seem to have so much trouble?

Thought Questions

9. Should I laugh? What is appropriate when something is funny?

Thought Questions

10. How much tolerance should I have toward the irritating faults of others?

Thought Questions

11. How can anyone be cheerful and happy after studying about the time of trouble and the seven last plagues?

Thought Questions

12. It's not the world, but the church that has treated me so bad. How can I get rid of this bitterness?

Thought Questions

13. I should be happy, but it's really difficult when God makes me suffer the results of my sin.

Thought Questions

14. God never seems to be happy with anythings I do.
How can I get His approval?

Thought Questions

15. [Add your questions].

Problem Solving

Problem Solving

You just ran into an old friend from college days. He was a leader and very spiritual then, but in the last 10 years following graduation, he has been backsliding. He no longer attends church, because of the demands of his career and the influence of his wife. He has taken up some bad habits, and has had no contact with anyone from church for more than 8 years.

He said he had watched It Is Written just last week, and you feel that God has made this meeting a divine appointment. What do you think God would have you do?

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

Additional Exercises

Additional Exercises

1. Add three more items to your “Appreciation List.”

Additional Exercises

2. Additional Reading

Testimonies to Ministers, pp. 516-520. “The Victorious Life”

The ministry of Healing, pp. 241-260. “Mind Cure”

Testimonies for the Church, pp. 631-677. “The Cause in Vermont”

Additional Exercises

3. Find some scientific evidence to support the connection between the mind and body and their effect on physical health.

Additional Exercises

4. Look up the following Scriptures and notice what usually accompanies peace and joy.

Psalm 100:2

Isaiah 51:11

Zephaniah 3:17

Ephesians 5:19

Colossians 3:16.

Additional Exercises

5. Describe one example of how the information learned in this chapter can help YOU in YOUR daily Christian life.

Additional Exercises

6. Find at least one opportunity to explain what you have learned to one or more persons.

Ellen G. White Quotes

Testimonies for the Church, vol. 6, p. 260

“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.”

The Ministry of Healing, pp. 251-253

“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.”

Thoughts from the Mount of Blessing, p. 16

“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.”

The Ministry of Healing, p. 241

“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. ‘A merry [rejoicing] heart doeth good like a medicine.’ Proverbs 17:22.”

Manuscript Releases, vol. 21, [No. 1533] p. 164

“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.”

Life Sketches, p. 292

"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.”

The Desire of Ages, p. 331, 332

“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?"

Testimonies for the Church, vol. 2, p. 700

“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.”

The Great Controversy, p. 678

“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.

“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.”

Quiz

Quiz

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. (1 John 4:19).
3. T F We should give thanks in most things. (1 Thessalonians 5:18).

Quiz

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).

Quiz

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

“Therefore do not cast not away your confidence, which has great reward.”

Quiz

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

“You may be perplexed in business; your prospects may grow darker and darker, and you may be threatened with loss; but do not become discouraged; cast your care upon God, and remain calm and cheerful.

“Pray for wisdom to manage your affairs with discretion, and thus prevent loss and disaster. Do all you can on your part to bring about favorable results. Jesus has promised His aid, but not apart from our effort. When, relying upon our Helper, you have done all you can, accept the result cheerfully.”

Quiz

8. List one thing we should keep fresh in our memory. (SC 13:28).

“Let us keep fresh in our memory all the tender mercies that God has shown us, —the tears He has wiped away, the pains He has soothed, the anxieties removed, the fears dispelled, the wants supplied, the blessings bestowed,—

“thus strengthening ourselves for all that is before us through the remainder of our pilgrimage.”

Quiz

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

“Make it a rule never to utter one word of doubt or discouragement.”

Quiz

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

“Now the Spirit expressly says that in latter times some will depart from the faith, giving heed to deceiving spirits and doctrines of demons,”

Quiz

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.

Quiz

12. How is the second coming of Christ referred to?
(Titus 2:13 NKJV).

- A. The wonderful hope.
- B. The blessed hope.
- C. The great hope.
- D. The glorious hope.

Quiz

13. When God has tried us, how do we come forth?
(Job 23:10 NKJV).

- A. As silver
- B. As iron
- C. As a diamond
- D. As gold

Quiz

14. What will keep us in perfect peace?
(Isaiah 26:3 NKJV)

- 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.

Quiz

15. Complete the following:

“The children of God are called to be REPRESENTATIVES of CHRIST showing forth the GOODNESS and MERCY of the Lord.” (SC 13.1).

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