

Weekly Bible Study Sunday School Workbook

Prepared by Peggy Koehler for CSDirectory.com

Designed for those in Junior High and beyond

For week of March 12 - 18, 2007

These lessons are merely suggestions or aids when teaching a class. I always begin my class by asking the students if they have anything they want to discuss; healings, challenges, etc. I always get to SS early enough to talk to the kids before the bell goes off – this gives me the opportunity to hone in on what’s going on in their lives, at home, school, etc. Sometimes we start talking about a question they have asked and I never get to question number one on my prepared lesson – which is fine with me; because we never want to forget it’s their SS class. I want them to do most of the talking, ask questions of each other, etc. I usually ask what their goals are – name 5 or more things they want to learn in SS. I also stress that SS is a picnic and everyone has to bring something. You can’t expect one person (the teacher) to supply all the food. Right?

Let’s first look at the meaning of the word “Sub-Stance.” Sub means under and stance means to stand. Even Webster defines “substance to be present, under + to stand.” Webster also says: “the real or essential part or element of anything, essence, reality.” **Spiritual understanding is substance.** On page 587 in Science & Health under the definition of God it says *all substance, intelligence.*” Why did Mrs. Eddy include that sentence as part of the definition for God?

On page 468:16 in Science & Health, Mrs. Eddy asks the question “What is substance?” It’s helpful to read her answers at the beginning of the lesson to enhance its meaning. Some portions of this definition are also included in this week’s lesson.

1. Why does she say: “Spirit, the synonym of Mind, Soul, or God is the only real substance? Is it possible for Mind, Soul or God to be substance if we can’t feel, see, or touch them? Are the tables and chairs in your Sunday School substance? Could they ever be destroyed?

2. What if every table in the world was destroyed, let’s say by a giant fire – could someone make/build another one? Explain. There’s a wonderful story about Mrs. Eddy when she was a child at school. The teacher showed the class an orange and then asked: “What if I ate the orange, threw away the pits and the skin, what would be left of the orange?” The children, all but Mary, said; “Nothing.” Mary said; “The *idea* of the orange would be left.” One can’t destroy an idea in Mind. Can anyone destroy one of your ideas/thoughts? Therefore whatever object appears to be substantial is really the objectification of some spiritual idea manifested.

Mrs. Eddy on page 269:14 states: “Metaphysics resolves things into thoughts, and exchanges the objects of sense for the ideas of Soul.” Explain.

3. What is the definition of “metaphysics?” Why is Christian Science often referred to as a “metaphysical” religion?

4. What does an architect do? Some other words used to describe an “architect” are designer, draftsman, planner, creator, engineer, builder, originator, and inventor. Who would you say is the chief Architect of creation? Of man? If you are a musician – you might say that God is the only true Conductor and we are His music.

5. The Golden Text from Psalms 33:5 says...“the earth is full of the goodness of the Lord.” How do the verses in the G.T. and the Responsive Reading relate to the Lord’s Prayer? Check out 1 Chronicles 29: 11-13. Verse 11 refers to the last line in The Lord’s Prayer. Do you think Christ Jesus might have been familiar with these verses in Chronicles when he gave his disciples this prayer? In Hebrew “goodness” is translated as favor, good deeds, kindness, loving kindness, mercy and pity. *The Message states: “Earth is drenched in God’s affectionate satisfaction. Everything He makes is sound inside and out.”* Ecclesiastes 3: 14: “I know that, whatsoever God does, it endures forever: nothing can be added to it nor anything taken from it...” *Amplified Bible.*

6. If “the earth is full of the goodness of the Lord,” then why does there seem to be food shortages and droughts in certain countries? What about global warming? Look up the definition of “earth” in The Glossary – also check out its use in the Lord’s Prayer along with its spiritual interpretation. Remember David wanted to build a Temple, a magnificent structure for God because He is magnificent. Jesus also referred to “the Temple” in last week’s lesson.

7. Who finally built the Temple David is referring to in Chronicles?

- a. Lazarus
- b. Moses
- c. Solomon
- d. Paul

8. B1, Proverbs 8: 1, 14, 20, 21. By and large, who wrote most of the Proverbs? “All countries have proverbs, but the proverbs of the Bible embody the philosophy of Heaven” (Notes from the Researched Bible Guide).

- a. Solomon
- b. Jesus
- c. Matthew
- d. Simon Peter

9. Solomon was the son of D_____ and B_____?

10. Note verse 14 in Proverbs mentions four qualities that relate to wisdom – “counsel/wisdom (intelligence, guidance)/understanding and strength.” Strength refers to God, Mind, Principle. In biblical times it also referred to royalty because Kings/Rulers had sovereign power. The word “strength” relates to the omnipotence of God, good. Whenever we read the word “Wisdom” in Proverbs, replace it with the word “Mind.”

11. Explain verse 21 in Proverbs 8:21 – “That I may cause those that love me to inherit substance and I will fill their treasures.” When I went to school we learned about abstract and concrete nouns. Obviously a concrete noun is things you can touch and see with the human eye such as a car, book, chair, house etc. But an abstract noun was what you couldn’t see with the naked eye – Love, harmony, intelligence, joy, etc. The things of God are good, are spiritual, and they are the only substance. Why? True substance can never be destroyed; it can’t perish or disappear from our experience. Thoughts can’t be destroyed but things can. Explain.

12. B2, Deuteronomy 32:1,3 4,6 is referred to as “The Song of Moses.” Why? Verse 4 – what does “Rock” mean in this sentence? Check out Mrs. Eddy’s definition of “Rock” on page 593. Here are some hymns that refer to “Rock.” Page 37, 85, 253 (MBE), 293, 409.

13. B3, Psalms 139: 1,7,14. Can we hide from God, from good? Why not? In order for God to *be* God why does He have to be omnipotent? In Psalms 30:9, B4, what is the meaning of the dust or dust man in this sentence? Is the dust man real? Can it praise and explain God? In the Scriptures, where do we find reference to the creation of God's spiritual idea (man) and the dust man? Put the erroneous concept of the dust man in the dust bin and get rid of it. Never forget, we don't have to make ourselves spiritual and immortal – we already are. God has done the work; we have to thank Him, acknowledge Him, and affirm His creation as the only one that exists. The more we do this on a daily, hourly basis, the easier it gets and the simpler it becomes to see true substance everywhere.

14. Read page 275:14-15, S1 and take each word used in this sentence and explain its meaning. Relate it to the definition of "substance." Why does Mrs. Eddy say (468:21-22, S2) that "Spirit is the only real substance?" For anything to truly be substance, it must be eternal and indestructible. She also claims that Mind is substance. Mind thinks! Mind knows! Therefore what Mind knows or thinks is substance.

15. What does the word *reflection* mean to a Christian Scientist? S3, Page 300:28-16. If you wanted to change something about your reflection in the mirror, what would you have to do first? Relate this concept of reflection to God, the Source of your being/existence and yourself.

16. Mrs. Eddy in the Marginal Heading for citation S10, page 280:2 has said that "The things of God are beautiful." This word can also mean good, excellent, proper or appropriate. Today the word *beautiful* has come to mean more about our physical appearance rather than our character. Millions of dollars are spent yearly for beauty supplies. We are constantly being bombarded in the media about our looks, our figures, diet and exercise. This morning give yourself a "spiritual makeover." How would you do it? Next, give the person sitting next to you one? Give your mom one, your teacher, a friend. How much would it cost you in supplies? How are you seeing yourself and others – the way God made us forever beautiful/handsome in His sight or as a matter body needing help? Does matter constitute man? Are we struggling with too thin or too fat matter? Remember – "Even if you have perfect matter, you still have nothing." Why? How much does matter weigh?

17. How would you describe your mom or dad without mentioning anything about their physical attributes? How about your pet? Your best friend? When one of our sons was about 3 or 4, he always described every female he saw as beautiful *if* they smiled. Whether it was a waitress or a lady at the checkout counter in a store; if she smiled at him, he'd turn to me and say: "Mommy (or Daddy), isn't she beautiful!" It didn't matter if she was 20 or 60, heavy or thin, if she smiled – she was beautiful in his innocent, child-like eyes. Have you ever met someone like that? How often do you smile? If you smiled at someone ten times a day, would you run out of smiles the next day? How about at the end of the week? "All things beautiful and harmless are ideas of Mind. Mind creates and multiplies them, and the product must be mental." S10.

18. It's easy to use the above analogy when it comes to money as well. The world classifies people as rich, poor, and middle class. "The haves and have nots." My husband used to get paid once a month and he'd often say – "We ran out of money before we ran out of month." Meaning we just didn't have enough funds to pay our bills. We refer to this as our supply or our substance and often there doesn't seem to be enough \$'s to buy what we need or cover our expenses. We prayed and learned how to exchange "the objects of sense for the ideas of soul."

We'll do a little algebra here. Let's say that "money = gratitude." How much gratitude do we have? If we spent all day being grateful for all the goodness and beauty in our lives, would we have to worry tomorrow that we may run out of gratitude? Money is merely a medium of exchange. You can't

eat it, wear it, keep warm with it, drink it, heat your house with it, fill your gas tank with it, water your lawn with it, etc. etc. Money is used to pay for the services we need and the food we eat. Therefore it is vital to express gratitude every time you write a check and/or pay for groceries. If not verbally then silently express gratitude for your gas and electricity, your water, your food and so forth. If you write checks – where it says “memo,” write *thank-you*. My husband and I both said thank-you every time we had to pay a bill and our supply of gratitude was never-ending. If you were walking across a desert with a \$1000 in your pocket and no water in sight – what would you exchange for a cool glass of water? True substance is spiritual understanding, is Mind, Soul, Spirit, and because “His hands are full, our hands are full.” Hymn 330 – “I nothing lack, for I am His and He is mine forever.”

HERE COME THE TWINS & THE BIBLE’S FIRST WRESTLING MATCH:

Let’s outline the 6 chapters in the 3rd Section of the Lesson regarding the Isaac/Rebekah/Jacob/Esau chronicle.

Genesis 27:1-45 – Jacob receives his blessing through deception.

Genesis 29:1-8 – Jacob arrives at his uncle Laban’s house in Haran.

Genesis 30:25-43 – Jacob’s possessions multiply.

Genesis 31: 1-16 – Jacob and his wives, Rachel and Leah resolve to leave Laban’s house and go home.

Genesis 32: 1-33 – Jacob encounters human and divine events. Wrestling with the angel.

Genesis 33: 1-20 – Jacob is reconciled with his brother Esau.

Before you get to this section of the lesson beginning with Gen. 27, B12, you may want to review with your class the events that came before Jacob received his father’s blessings rather than Esau, his brother. The reason Isaac decided to give Esau his blessing at this time was he was old and he thought he would probably pass away shortly. No one could have guessed that Isaac would live another 60 years. (Isaac was 180 when he died). At the end of his life his two sons had made up, which I’m sure delighted their dad. It was an Oriental custom at that time that if siblings were angry at one another, they would wait until the parent had died (the father) before they would seek vengeance that’s why Esau said in verse 41: “The days of mourning for my father are at hand; then will I slay my brother, Jacob.” Obviously, because we know the end of the story, Esau’s anger had cooled towards his brother. It’s hard to stay angry with someone for over 40 years.

The interesting observation about this story was that all the anger, jealousy, treachery, sadness, loss, and misery for everyone could have been avoided before Rebekah, had even given birth to the twins. Read Genesis 25: 22, 23. Isaac had prayed to God because his wife was barren. She finally conceived but her pregnancy was not an easy one. She went to God in prayer to ask him what was going on. “The Lord said to her; “The founders of two nations are in your womb, and the separation of two peoples has begun in your body: the one people shall be stronger than the other, and the elder (*Esau, the head of the Edomites*) shall serve the younger (*Jacob/Israel, the head of the Israelites*).” If Rebekah had only listened to God, divine Mind in the first place, she would have realized that Jacob, who was considered the younger of the two, was to have the blessing of the Lord. God would provide the blessing in His own good time. Esau came out first with Jacob holding on to his heel, thus even though they were twins, Esau was considered the older of the two. See what problems arise when we try and play God and tell Him what we want rather than letting His will be done. When we trust our heavenly Father, then we know that not only will He do the right thing but it will be at the right time.

As you read this story, make a list of poor judgments made by the key players – Isaac, Rebekah, Jacob and Esau. Then make a list of the changes brought about in their characters as time progressed.

1. Who were Isaac's father and mother? What was his step brother's name.
2. What almost happened to Isaac when he was a young boy? Hint: It concerned a misunderstanding about a human sacrifice.
3. Were Jacob and Esau identical twins? Did they look alike, act alike? How were they different?
4. It appeared their parents "played favorites. Who did Isaac love more? Who did Rebekah love more? (The answers to all these questions can be found in the Isaac, Jacob and Esau story in the book of Genesis).
5. When you become a parent and if you have more than one child, do you think you would love one more than the other? God is our only true Parent, our real Mom and Dad – do you think He loves some of his children (spiritual offspring) more than others? Do you think there's enough Love in the world to go around, to include everyone? Does God love famous people better than ordinary folks? Explain.

Jacob was the quieter of the two, was slim and much more delicate looking and not as macho as his brother. He enjoyed staying at home and caring for his father's flocks. He liked being a shepherd and spending time learning about God. **Esau** on the other hand was a hunter. He loved the outdoors; enjoyed going camping; was a man of the woods; was big, physically powerful and hairy. Today we might refer to Esau as a "jock" and Jacob as a "nerd." Guess what? The world needs both. Why? Isaac loved Esau more because he was the opposite of himself. He was outgoing and strong, not quiet and passive like his dad. But Rebekah loved Jacob more. He was wise and more spiritually minded than his brother.

It was the custom in this biblical time period that when a man dies his older son receives twice as much as the younger. This was called his "birthright" because it was his right as the oldest. This meant that Esau had a right to more of Isaac's possessions than Jacob. But don't forget that God had promised the boy's mother that Jacob, the youngest, should also receive great blessings and "the elder shall serve the younger." Too bad Rebekah was so impatient and not willing to wait for **God** to do His blessing. Check out Hymn #382.

6. Read Genesis 25: 27-34. This is the time when Esau actually made a promise to give Jacob his birthright for a bowl of pottage (a thick stew made of meat & vegetables). The name "Edom" was also given to Esau. It meant "red" in connection with his conduct and the red lentils in the stew. Esau lived for the moment – wanted "instant gratification." He was starving and wanted some of the food Jacob was preparing for himself. It smelled sooooo good. I'm sure he didn't stop to think about what he was doing, and clever Jacob knew his brother's weaknesses. What's your opinion of this incident? Do you think Jacob did the right thing? Do you agree with what Esau did? If you were Jacob what would you have done in the same situation when your brother came home starving and needed food right away? How would you have handled the matter if you were Esau? You might enjoy doing some "role playing" with this story. Read Mrs. Eddy's definition of "Jacob" on page 589. Does her description fit the man he was then and later when he returned home to meet with Esau and beg his forgiveness?

It's interesting to note that Esau didn't seem to care that much about his birthright if he was willing to give it to his brother just for some food. Later on he shifted the blame to Jacob instead of taking the responsibility for his own poor choice. Have you ever behaved like a "Jacob?" Or an

“Esau?” Explain. Most of us at one time or another have played “the blame game” – trying to shift our mistakes on to someone else. Have you ever said? “He/she made me do it?” “It wasn’t my fault.”

When Esau was 40 years old he married women from the people of Canaan. They worshiped idols rather than the one true God. His parents were definitely not happy with this turn of events. Fortunately Isaac remained true to one God and his religious beliefs when he married. The Israelites only believed in the one true God. Even though Esau turned his back on the ways of his people, Isaac still loved him and forgave him. At this time Isaac was old, feeble and almost blind. He called Esau and told him to go and hunt for the meat he liked best and fix it for him for supper and he would give him his blessing that same evening. Isaac also disobeyed God as he knew what God had said in Gen. 25: 23, about the older serving the younger. Both parents wanted to do things their way, not God’s way.

Rebekah’s servant had told her what was going on. What did she do? (Gen. 27:5-18). How was Jacob able to trick his father?

7. The drama continues to unfold after Isaac mistakenly blesses the wrong twin in B12, Gen. 27: 30,34, 35,41-43. What happens next when Esau comes in right after Jacob left? This big, macho jock screamed and cried like a baby when he realized that his father had already given his birthright to his younger brother. The following is the blessing that Isaac gave to Jacob. Throughout history the Jews are known then and now as God’s chosen people. Why?

“May God give you the dew of heaven and the richness of the earth and plenty of grain and wine. May nations bow down to you and people become your servants. May you be the master over your brother; and may your family and descendants that shall come from you rule over his family and his descendants. Blessed be those that bless you and cursed be those that curse you.” (Hurlbut’s Story of the Bible).

8. What did Esau threaten to do after his father passed away? Again, Rebekah was told what Esau said. What did she tell Jacob to do? She knew that if Esau were to kill his brother the law said that he too would be executed, and she and Isaac would lose both of their sons. One of the saddest points in this story is that Rebekah never saw her beloved son, Jacob again after he left home. He returned home twenty years later and she had already passed away. Reading in-between the lines in Genesis, one realizes that Rebekah truly believed her motives were pure. Jacob always worshipped and prayed to one God, while Esau had a more materialistic/secular nature. Isaac’s blessing for Jacob would have happened anyway if she just hadn’t pushed the panic button and interfered with God’s will. What lesson is this teaching all of us today?

9. In Genesis 29 we have Jacob journeying to his uncle Laban’s house in Haran. There he fell in love with Laban’s youngest daughter – her name was R_____. He became quite wealthy and agreed to work for his uncle for seven years and at the end of that time, Laban said he could marry his sweetheart. What happened at the end of the seven years? How was Jacob tricked by his greedy, deceitful uncle? He was given L_____, the older sister instead of Rachel, so Jacob had to work another seven years for his beloved Rachel. You might say in this instance, “what goes around comes around.”

10. What was the name of the first born son that Jacob and Rachel had together. We had his well-known story in the lesson a few weeks ago? Here’s a hint: His dad gave him a beautiful multicolored coat to wear. Unfortunately, Jacob did exactly what his father Isaac had done; he loved this son more than any of his other sons – thus giving us another round of jealousy, resentment and hatred within a family.

11. In Genesis 31: 3, B15 – God has instructed Jacob to return home to his father, who was still alive, and he would protect him and his family. What does Jacob decide to do? What happens on the way home? Genesis 32, B 16. Who does he think is coming after him to kill him? His spies tell him that his brother has over 400 soldiers with him. Jacob is really scared and in Gen 32: 9, he reminds God that he promised if he obeyed Him and returned home, He would keep him safe. Do you think our friend, Jacob, is starting to doubt God’s promise? He has told his men to tell his brother that he has lots of valuable gifts for him, as Jacob is now a very wealthy man.

12. What happens next? Genesis 32: 9, 10, 11, 13, 24-30. In verse 24, who was the man that wrestled with Jacob? Why wouldn’t he let him go? What was the new name he was given? What do you know about this name today? Is it a state? Read Mrs. Eddy’s interpretation of this moving event. Page 308: 14-19, S14. Notice the marginal heading is “Wrestling of Jacob.” Who does Mrs. Eddy say the angel is? Why didn’t Jacob let the angel go when he asked? Why didn’t the angel tell Jacob/Israel his name when he asked for it? Have you ever experienced a “mental” wrestling match similar to Jacob’s? Perhaps struggled with a decision you had to make or feeling unhappy about something you said or did. Explain the details. All of us at one time or another has seemingly wrestled with a problem we had to solve or a physical difficulty we needed to heal. Who won? (Note: The name “Jacob” meant “Supplanter,” the “Overreacher,” but the name “Israel” meant “Perseverer with God.”)

13. In Genesis 33, B17 – we have the reunion of the two brothers. What happened? Did Esau kill his brother? Did they forgive each other? What was Esau’s attitude towards Jacob? Note in verse 4 – Esau didn’t walk, “he ran” to meet his brother. He was so excited to set their differences aside and embrace his twin. Did he want the gifts his brother brought for him? What was the name of the place where Jacob said he saw God “face to face and my life is preserved?”

- a. Mount Sinai
- b. Peniel
- c. Boston
- d. Madison Square Garden
- e. The Red Sea

14. What did Jacob mean when he told his brother in verse 10, Genesis 33, that he had seen the face of Esau as though he had seen the face of God? How can we apply that verse today when we look at others – friends, family, siblings, and strangers?

15. How would you take this story and revise it – translate the incidents portrayed in the life of Isaac, Rebekah, Jacob and Esau? Are parents and children facing some of these same challenges today? Sibling rivalry, deception, favoritism, jealousy, anger, hatred, revenge are problems facing not only families but our world today. Tribal wars and genocide are still taking place. What are you doing about it? How can Christian Science (Christian Scientists) heal these false beliefs? Read what Mrs. Eddy says in S16, page 541: 16. “The erroneous belief that life, substance, and intelligence can be material ruptures the life and brotherhood of man at the very outset.” And then on page 469:30-5, S17 she states: “With one Father, even God, the whole family of man would be brethren; and with one Mind and that God, or good, the brotherhood of man would consist of Love and Truth, and have unity of Principle and spiritual power which constitute divine Science.” What’s the healing message here that will eliminate wars and hatred?

“Long after the death of Esau and Jacob when their descendants came out of Egypt, the Edomites remembered this old quarrel between the brothers and with fierce hatred they warred against Israel.”

(Bible Characters from the weekly Bible study). The two brothers (2 tribes) willingly forgave each other, why can't the Muslims, Palestinians, and Jews do so today?

16. Why do you think this story was in the lesson on "Substance?"
17. Explain this sentence in Hebrews 11:1 B20.
18. B19, Luke 8:43-48 – The story of the woman hemorrhaging for twelve years.
19. How had this woman been treated by her peers? She was a Gentile not a Jew. She had faith that Jesus might be able to help her, but she was also superstitious – believing that by touching just the tassel hanging from his garment she could be healed. What did Jesus say to her? In the other Gospels it mentions that not one doctor could help her, in fact she grew worse not better, but Luke, being a physician himself, didn't mention that fact. I wonder why?

It's interesting, even though Jesus was in the midst of a crowd of people, when he called the woman over to talk with her, it was as if he and she were the only two people around. She was a poor, unimportant sufferer with a problem that made her "unclean," and yet Jesus gave her his undivided attention. That's the same way God loves all His children. He loves each of us as if there was only one of us to love. We always have His undivided attention. He knows who we are and where we are all the time because we are inseparable from Him and He from us. Jesus' parting words (verse 48) were "Daughter, be of good comfort, your faith has made you whole – go in peace." Shalom – Peace/Love/Happiness.

20. How do you give a C.S. treatment? Why does Mrs. Eddy say on page 208:29-1, S23 that "You embrace your body in your thought?"
21. Notice how this lesson ends with the first paragraph in the Scientific Statement of Being. Why?

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You might want to check out an online article from www.spirituality.com. It was originally published in the Christian Science Sentinel on February 5, 2007. I was looking up articles regarding the Jacob and Esau story and its contemporary message. I thought you might glean some helpful ideas that would relate to your students and some of the challenges they may be facing. Go to <http://www.spirituality.com> and type "Out of prison and working for God" in the search box.

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