

# BIBLE LESSON SUNDAY SCHOOL WORKBOOK

## God the Preserver of Man

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Designed for those in Junior High and beyond

*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?*

Guess what? We never have to be afraid or concerned about our day-to-day needs. Our Shepherd (God and His Christ) supplies it all. Just as a shepherd takes care of the sheep in his charge and protects them from all dangers; who makes sure they have the best of food and pure water; who comforts them when they wandered away and thought they were lost; who loves each and every lamb in his care, so our heavenly Father loves us – unconditionally. **We are His flock.** You and I and everyone are the *sheep* of His pasture. Christ Jesus affirmed Love’s promise when he said: “Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom.” (Luke 12:32, B19). This lesson examines how divine Love delivers us/rescues us from any and every problem that seems to confront us. There are no exits out of the Kingdom of Heaven. You are always safe and sound in His presence. The key in healing is to understand that we are never “outside” His Kingdom trying to get in. We’re already *in*.

For example: Let’s say you were having a bad dream. Some big bully is chasing you and you’re really scared. Your mom or dad comes into your room to check on you before going to bed. How does she/he see you? Safe and sound in your bed sound asleep? Or do they see a bully chasing you? They can only see you the way you are – sound asleep; in your own bed, in your own home. That’s always the way God sees us – safe and sound in His arms, in the consciousness of Love. Now if your folks realized you were having a nightmare what do you think they would do? What any loving parent would do – wake you up; put their arms around you and explain it was only a dream. Would they call the police when you told them a bully was chasing you? I sure hope not because there never was a bully nor was the dream real. (Look up the definition of “dream”). The healing of fear came when you realized (realize = to see with our real eyes) the entire incident was a delusion/illusion. Remember even good dreams are still dreams.

1. Check off the words that mean “preserve.”

- |                |                 |               |                |
|----------------|-----------------|---------------|----------------|
| a. to spoil    | d. to defend    | g. to shield  | j. to ruin     |
| b. to maintain | e. to safeguard | h. to protect | k. to care for |
| c. to keep     | f. to destroy   | i. to support | l. to shelter  |

2. Let’s spend some time reading and reviewing the Responsive Reading: Ezekiel 34: 11, 12, 14-16, 22, 25, 31. In this chapter, Israel is described as the Shepherd’s/God’s flock. The evil shepherds were former kings. Note: Ezekiel was a prophet. The wicked shepherds fed themselves but not their sheep nor did they protect and nurture them, therefore the sheep had run away and the people were scattered all over the country. It was the Good Shepherd’s job to round them up and bring them safely home. What well-known Psalm does this passage remind you of?

3. Who said “I am the Good Shepherd?” (John 10:11). Who laid down his own life for his sheep?
  - a. Solomon
  - b. Jesus
  - c. Abraham
  - d. Paul
  
4. What was the name of the man who was a shepherd before he became a King?
  - a. Peter
  - b. Adam
  - c. David
  - d. Aaron
  
5. What are some qualities needed to be a good shepherd?
  
6. What is a pastor? One of the definitions for *pastor* in Webster’s Dictionary is “shepherd.” Why do you think that term is used? In most churches a priest, pastor, or minister has a spiritual obligation to their congregations to support and guide them in living a Christly life. Do Christian Science churches have a pastor? Who is our Pastor and why? What well-known poem/hymn did Mrs. Eddy write about a Shepherd? It might be fun to see how many hymns in our hymnal have the word *Shepherd* in them. Never forget – in order to have a Shepherd there has to be a “flock.” God needs us and we need Him. “All is infinite Mind and its infinite manifestation, for God is All-in-all.”
  
7. The responsive reading is also a wonderful introduction to the parable of The Lost Sheep. Luke 15:3-7. Read the biblical version first and then read the following as found in a little book entitled “Parables for Christmas” by John Killinger – the parable was told this way:

*What person among you, talking one hundred children  
 to the theater for a performance of “A Christmas Carol,”  
 if you lose one of them, does not stand the other ninety and nine  
 in the theater lobby and go in search of the one that is lost.  
 And when you have found the little tyke, you take it  
 in your arms with rejoicing.  
 And when you get back to the lobby,  
 You say to the others:  
 “Whee, everybody, I have found the lamb who was lost!”  
 I tell you, there is more hanging of evergreens  
 in heaven over one sinner  
 who repents than over ninety and nine  
 just persons, who need no repentance.*

8. In Ezekiel 34: 24-31 we are being told of the Messianic reign of Christ Jesus. Verse 16 states some of the things that will be accomplished on earth by the Son of God. What are they?
  
9. B3, Matthew 6: 25, 26, 30, 33. Great – we have citations from the Sermon on the Mount dealing with food, fashion, and beauty tips. The citation begins with “take no thought,” which translated in today’s vernacular means “*stop worrying*” about your food, counting calories, checking all the ingredients whether or not they’re good or bad for you, eating too much or too

little. Just relax and enjoy what you eat – we neither eat to live or live to eat. The Message gives a clear translation of this passage:

*Don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your stomach, more to your appearance than the clothes you hang on your body.* It goes on to say that birds don't have a job description and yet God takes care of them every day – they don't need to store their food because they know each day they will have what they need. Jesus is not saying that birds don't work, because they work hard every day, what he's saying is that **they don't worry!** What Bible story in the OT proves this God-given principle that He supplies all our needs every day? What happened when the Children of Israel tried to hoard their daily supply of manna not willing to trust God to give them enough food each day? Why do you think the food spoilt if they tried to save it? What was the lesson they had to learn? The same one all of us have to learn every single day.

10. Verse 28 talks about fashion. The Message translates it this way: *Instead of looking at the fashions, walk out into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The 10 best-dressed men and women in the country look shabby alongside them.* On page 151: 23-24; S3 – Mrs. Eddy tells us that “The divine Mind that made man maintains His own image and likeness.” How does Mind **maintain** us?

11. The 2<sup>nd</sup> section is dealing with depression; mood swings; hopelessness, despair – all the “nasties” that try to rob us of our inherent joy. This is what happened to King Saul (I Samuel 16: 14-16, 18, 19, 23) B5. Did you know that Saul was the first king of Israel? Saul turned away from the one God when a Philistine army advanced into the land of Israel. Saul and the Israelites were terrified of this enemy and the people began to scatter – just like the sheep in Ezekiel. Instead of turning to the one God for help, Saul offered a sacrifice to the gods. At the very moment of Saul's completion of the burnt offering, Samuel, a prophet of Israel came and scolded the king for disobeying God and declared that Saul's children would not inherit his crown. Saul continued to disobey God and therefore was no longer worthy enough to be a king. The Bible tells us that “The Spirit of the Lord departed from Saul and he began to be troubled by an evil spirit.” In other words he was giving to bouts of depression and black moods. In today's vernacular it would termed a form of mental illness.

12. Have you ever felt like that when you've turned your back on God – on Truth? Sometimes when we've been disobedient, we feel so much worse even if no one knows about what we did. How would you overcome those feelings of depression? Saul's palace staff tried to make their master feel better and they offered this suggestion:

**Saul's Advisors:** These awful moods are making your life miserable, Saul. Let us help you. We'll look for someone who can play the harp and then when the black moods attack you, he'll play his beautiful Soul-filled music and you'll feel so much better.

**Saul:** OK, friends, go ahead and find me someone who can play well and bring him here to me.

**A Young Man at Court:** I know just the person to get. I've seen and heard him play the harp myself. He's the youngest son of Jesse of Bethlehem and is an excellent musician. He's also courageous, young, polite and handsome. He's a shepherd who takes excellent care of his father's flock. I heard he has also slain a lion and a bear that tried to attack his sheep. This young boy won't let anything bad happen to the flock in his charge.

13. Can you guess this young man's name?

**Saul:** I want you to send a messenger to Jesse and ask him to send his son David to me. I need him to play for me and soothe my nerves and banish this awful depression and sadness I feel.

So Jesse took a donkey and loaded it with food and water and sent his youngest son David to Saul. When David stood before Saul he liked him immediately and made him his right-hand man. Saul sent word back to Jesse and said:

**Saul:** Thanks so much Jesse for sending me your son. He will stay here with me. He's just the one I've been looking for. I'm extremely impressed by the lad. Don't expect him home any time soon. Talk about a long over-nighter.

After that, whenever Saul got in a real bad mood, David took his harp and played. That would bring a sense of peace to Saul, and he would feel better and the moods and spirit of heaviness would depart from him.

Let's review some things you know about David? What was the name of the giant he killed? What was the name of his best friend and whose son was he? What was the name of the woman he fell madly in love with, married, and had a famous son who also became king. This son's name was \_\_\_\_\_.

13. Samuel had anointed Saul to be the first king of Israel. He also anointed David to be the 2<sup>nd</sup> king of Israel in approximately 1000 BC. David was the one that moved the capital to Jerusalem.

14. S6, page 596 is the definition of Valley. Interestingly the first word mentioned is "depression." And the third word is "darkness." Then we have that beautiful quote from Psalm 23:4: "Though I walk **through** the valley of the shadow of death, I will fear no evil." Notice that we walk *through* the false claims of depression and fear. We don't pitch a tent in the "Valley" of darkness and despair and take up residence, we move on. We can't know, see or feel what God doesn't know, see, or feel. Our path in life is always illumined by the light of Love. Love's batteries never wear out – in fact Love, God is the eternal ever-ready battery, always fully powered and forever operational. We don't even have to turn it on but instead know *it's always on*. None of God's children can ever be deprived of joy, peace and contentment.

15. Have you ever had a healing of depression? Angry moods? Ask your students to share any experiences. Explain how this type of thinking can be permanently healed. Today we hear about PMS, hyperactive children that have to be medicated and adults that have to take anti-depressant medicine every day. How can we heal these false beliefs? Remember Mrs. Eddy says that Christian Scientists have *enlisted* to lessen beliefs sickness and sin. We are all soldiers of the Christ and we have a God-given duty to perform. Let's make sure we don't go AOL on our mission, which is to heal. Read Hymn 296. The citations in Section 2 from S&H antidotes all false beliefs of mental illness.

### **JONAH**

16. Section 3 introduces the prophet Jonah in the book by the same name. There are 48 verses in this powerful little book. The students should read Jonah 1, 2, 3 as outlined in the Lesson. Ask the class to tell you everything they know about Jonah. At one time of another most of us have behaved like Jonah and disobeyed the voice of Truth. We have gone in the exact opposite direction from what we know is right.

17. Why did God want Jonah to go to Nineveh? Why didn't Jonah want to go? Instead of going to Nineveh to preach God's word to this heathen nation, Jonah went in the complete opposite direction. He went to Joppa and found a ship going to:
- Buffalo
  - Tarshish
  - Egypt
  - Jerusalem
  - San Diego

The one pervading aim of this little book is to teach that God's love is not limited to just the Jews, the children of Abraham but to the Gentiles (heathens) as well. Nineveh was a nasty place – full of crime, death, destruction, vice, etc. God sent his servant Jonah not to try and convert the people to Judaism but to warn them of the terrible consequences of their unlawful practices and plead with them to turn away from the evil of their doings, thereby accepting God's grace and love. Jonah felt these people didn't deserve to be saved. In his eyes they were beyond redemption and certainly not worthy of having a prophet of God visiting them. Have you ever met a kid and/or adult that you felt wasn't worthy of your friendship. Perhaps he/she drank, smoked, or took drugs and you figured he was a real "loser." That's the way Jonah felt about the folks who lived in Nineveh. By the way, the biblical city of Nineveh is today called Mosul, which is located in Northern Iraq. Isn't it great to know that God never created "losers," only "winners," and that there is no place where His voice is not heard? In our prayers, we can all bring the voice of Truth and Love to Iraq and Iran. "ONE WITH GOD IS A MAJORITY."

Some commentaries tell us that Jonah symbolizes the nation of Israel which was intended by God to be the first missionary people to the rest of mankind. However Jonah refused to recognize his mission. The swallowing of the fish represents the captivity (in the fish's belly 3 days and 3 nights), the deliverance and return from exile. Read Matthew 12:40. In the Amplified Bible it says: *For even as Jonah was three days and three nights in the belly of the sea monster, so will the Son of Man be three days and three nights in the heart of the earth.* What do you think Matthew is referring to?

The concept of the Jonah story was told by Jesus in the story of the Good Samaritan – which was indicative of brotherly love and kindness in contrast with the priest and the Levite who turned their backs on the man who had been beaten and robbed. Instead the man was befriended by a Samaritan, a race hated by the Jews and considered unworthy in God's eyes. It also parallels the message related in the parable of the Prodigal Son, where the Father (God) is pleading with the elder brother to come to the party in celebration of the return of the lost son – or the parable of the lost sheep. If God can forgive us no matter what, why can't we? Holding a grudge never hurts the person we are angry with, the only one it hurts is us.

When we read these wonderful stories in the Lesson each week – remember what Mrs. Eddy says about Christian Science and how we interpret the Bible. Page 497 – "As Adherents of Truth, we take the *inspired* word of the Bible as our sufficient guide to eternal Life." The fun part is extrapolating the nuggets of truth from these Bible stories and making them relative to our lives today – to understand not every word but the *inspired* word.

18. What happened to the ship Jonah was on? The sailors knew that someone on board had done something to make God angry and thus cause such a horrendous storm. They asked Jonah what they needed to do to calm the storm. What did Jonah say?

## MAN OVERBOARD!

**Jonah:** “Throw me overboard into the sea. Then I promise you the storm will stop. It’s really all my fault – I’m the cause of the storm. I disobeyed an order given to me by God. If you get rid of me, you’ll get rid of the storm.”

The sailors were afraid to throw Jonah overboard because they were scared God would blame them for his death – after all he was a prophet. But the storm continued to grow worse and they were afraid they would all drown and the ship would sink. Finally they prayed to God (something they should have done in the 1<sup>st</sup> place). I wonder why we often wait to turn to God until all else fails? They got the right message & threw Jonah overboard and immediately the storm ceased. As soon as they saw the result of their prayers, they all began to worship God.

19. God sent what \_\_\_\_\_ to swallow Jonah?

20. How long was Jonah in the fish’s belly?

- a. a week
- b. one day
- c. 3 days and 3 nights
- d. 0 – he swam to shore

21. Jonah finally confessed his mistake in not obeying God and in Jonah 2 we have the prayer that he offered to God – finally agreeing that if God will save him, he will do what he’s been asked. He understood that God’s plan is always higher and better than ours. God wants salvation for all his children. He makes the offer – it’s up to us to accept it or reject it. What’s the next thing that happened after that? God speaks to Jonah a 2<sup>nd</sup> time telling him to go to Nineveh. Does he? Read the rest of the chapter to find out the ending of the story.

22. Write at least 3 sentences telling us, in your own words, what you learned from this story. If you can think of more – go for it.

23. What does Mrs. Eddy tell us is the destruction of error? S13, Page 329: 21-2. She’s also given us the answer on how to instantly mend our ways or change our course. S14, Page 253:18-19. *“If you believe in and practice wrong knowingly, you can at once change your course and do right.”*

24. What does God *demand* from us?

- a. obedience
- b. loyalty
- c. love
- d. trust

25. Section 4 – Jesus returns to Gailee – “in the power of the Spirit.” What does that mean? As was his habit he went to the synagogue to teach. The synagogue was the hub of religious life in Palestine. There was only one Temple, but the law said that “wherever there were 10 Jewish families, there must be a synagogue.”

26. What book of the Bible did Jesus quote from when he was teaching in the synagogue? Quoting from The Message – this is what he said: *God’s Spirit is in me; He’s chosen me to preach the Message of good news to the poor; Sent me to announce pardon to prisoners and*

*recovery of sight to the blind, To set the burdened and battered free, to announce; “This is God’s year to act.*

Why were the folks in the synagogue angry with Jesus when he talked about the healings of Elijah and Elisha? These 2 prophets were also rejected in their own countries because they conferred great blessings on foreigners or Gentiles. Do you remember some of these stories of widows and their sons? Also the healing of Naaman and leprosy. Again, like Jonah the Jews felt God’s word and message of salvation was only for them. They felt they were the only ones that deserved it. That thought needs to be healed today because Islamic extremists also believe that everyone who does not follow their religion is considered an infidel and should be killed. All our prayers are needed to affirm that Mind is all and all is good. What does Mrs. Eddy tell us is “the exterminator of all evil?” “No power can withstand divine Love.” What destroys hate? What destroys lies? What destroys matter? What destroys inharmony, false beliefs of age, etc.? What destroys vicious rulers and governments? What destroys death? What destroys sick and sinful thoughts?

- a. Love      c. Spirit      e. Principle      g. Mind
- b. Truth      d. Soul      f. Life

27. Encourage your students to submit testimonies to the periodicals. They are always looking for articles on healing from children. Also it might be fun as a SS activity after church one Sunday to invite students and parents to see the new movie **THE NATIVITY**. I saw it this past Sunday and it was wonderful. Basically, there was only one line spoken by one of The Wisemen which I didn’t agree with, but other than that it was beautifully done.

28. Section 5 – Psalm 91: 10 – “There shall no evil befall thee, neither shall any plague (flu, colds, or any beliefs of contagious diseases) come nigh thy dwelling (home, consciousness).” Why? If error tries to knock at your door – don’t answer. No ones at home in mortal mind. On page 571, S19 – Mrs. Eddy says “Clad in the panoply of Love, human hatred cannot reach you.” What does “panoply” mean?

29. B13, Luke 8: 41, 42, 49-55 – Healing of Jairus 12 year old daughter. What was special about this healing? Why did Jesus say she wasn’t dead only sleeping? Why did the mourners laugh at him? This is the first in the ascending miracle of resurrection. 1. Jairus’ daughter had just died. 2. Widow of Nain – her son had been dead about 24 hours or less. 3. Lazarus had been dead 4 days and had already started to decompose. 4. Jesus raised himself from the tomb on the 3<sup>rd</sup> day.

30. On page 410:29-30, S20 – What’s the first thing we must do when giving a C.S. treatment? Why? Whose fear are we overcoming? What does it mean to “Stand porter at the door of thought? What are some words meaning porter?

- a. doorman
- b. gatekeeper
- c. watchman
- d. guard
- e. sentry

We learn when studying the 23<sup>rd</sup> Psalm that shepherds would herd their sheep in sheep folds and then sit in the doorways to protect their flock. No one could go in or out without the shepherd being aware of it. The flock felt safe because they knew the shepherd protected them from harm, from wild animals. They slept in peace. Jesus called himself the door of the ship (John 10: 7, 9) why?

31. The citations in S& H in the 5<sup>th</sup> section show us how to give a healing treatment – especially S22, page 412: 12, 23. Never forget – TRUTH IS ALWAYS THE VICTOR!

Sunday School humor: *Little Bobby was spending the weekend with his grandmother after a particularly trying week in kindergarten. His grandmother decided to take him to the park on Saturday morning. It had been snowing all night and everything was beautiful. His grandmother remarked... "doesn't it look like an artist painted this scenery? Did you know God painted this just for you?" Bobby said, "Yes, God did it and he did it left handed." This confused his grandmother a bit, and she asked him; "What makes you say God did this with his left hand?" "Well," said Bobby, "we learned at Sunday School last week that Jesus sits on God's right hand!"*

SMILE – GOD LOVES YOU!

These Bible Lesson Sunday School Workbook notes can be downloaded from CSDirectory.com. <http://www.csdirectory.com/biblestudy/blw-index.html>

Web sites for Christian Science High School students:

TMCYouth.com <http://www.tmcyouth.com>

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