

# SABBATH SCHOOL

Jr. High School Sabbath Instruction Program — Teacher's Outline

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Level J • Unit 2 • Week 1

## FOLLOWING THE RULES

### OBJECTIVE:

To gain an understanding of why it is important to follow rules and to understand that rules (particularly God's) are given for our benefit.

### SCRIPTURES:

Exodus 20:2-17; 1 John 5:2-3; Deuteronomy 30:15-19; Matthew 22:36-40; Matthew 25:34-45; Matthew 19:17

### LESSON:

*Begin the class by separating the students from each other (if possible). Then explain that they are going to have a pop quiz today. Wait to hand out the quiz and briefly explain to them that they will have three minutes to complete the exam. Then hand it out face down and tell them not to begin until you start timing. Let the class know that the instructions are at the top of the quiz and they can use their Bible. Instruct them to turn the paper face down when complete and sit quietly.*

HAND OUT POP QUIZ AND TIME EXAM FOR THREE MINUTES.

Ask the students how far they got. Was it difficult to do? Did they need more time? (You will probably find that most of the students panicked and began the exam right away rather than reading the directions which instructs them to read through the exam first and then do the exam. The 19th question instructs them to answer only question 20.

Explain to students why it is important to follow the rules, and that we all need to understand that rules are for our benefit. The exam that was given is a good example of how, when we follow the rules, the rules work for our benefit and the exam is not a burden to us. Explain to those that did not follow your instructions and the instructions on the exam that had they followed the directions and read through the exam before beginning, they would have realized that they only needed to do the last question. Pretty easy, huh?

Aside from this exam, have you ever broken the rules? Sadly, we are guilty of breaking the “rules.” And this is why Jesus Christ had to die—to pay the penalty for our sins. He has taken the punishment for our rule breaking.

Wouldn't it be easier if we didn't have rules? Then we wouldn't be guilty of sin, right?

Sadly, today, we live in a world that doesn't play by the rules. In an effort to stand out in the crowd, people do things to draw attention to themselves—oftentimes by breaking the rules. Unfortunately, in everyone's effort to stand out, they have all become the same. And what has become the same, or “common,” has sadly become accepted. Even advertisers encourage people to break the rules and break new boundaries. Many popular athletes today have gained notoriety not just for their skills on the field, but also for their misdeeds off the field. In school, classmates use peer pressure on other students to get them to do something that is wrong or that breaks the rules just to get the attention of others. This type of behavior feeds our human, sinful nature . . . Satan's nature.

God, through His grace and outpouring of love for mankind, has given us laws that serve as the framework, or guidelines, for how we should conduct our lives and our actions. The most well-known of these laws are the Ten Commandments. These are 10 rules that we can govern our lives by, 10 rules that can easily be summed up in two laws.

Can anyone sum up the Ten Commandments into two commandments? The answer is found in Matthew 22:36-40:

*“Teacher, which is the great commandment in the law? Jesus said to him, ‘You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the Law and the Prophets.”*

These two simple guidelines are very easy for us to remember and serve as the foundation by which all of God's laws are based. They also should, therefore, serve as the foundation by which we conduct ourselves.

Let's review the Ten Commandments. Turn to Exodus 20:1-17. Ask someone to describe which commandments focus on God and which commandments focus on your “neighbor”?

Exodus 20:2-11 focuses on how we should serve, respect and honor God, and verses 12-17 focus on how we should respect our neighbor.

Read 1 John 5:2-3:

*“By this we know that we love the children of God, when we love and keep His commandments. For this is the love of God, that we keep His commandments. And His commandments are not burdensome.”*

God plainly tells us that all of His commandments are for our good. They have a purpose. They are to

be a blessing and benefit to humankind. They define the relationships that produce respect, cooperation and stability within any society that fully understands and applies them.

Since we love God, isn't it fair to say that we love our neighbor—after all they go hand in hand right? Read 1 John 4:20-21:

*"If someone says, 'I love God,' and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen?"*

By this passage we see that it is impossible to love God if we don't also love our fellow man. So keeping two rules can sometimes seem difficult when we have difficulty with other people—like someone in school that picks on us.

How can we love others when they do not love us in return? One thing we can do is pray for them. Part of loving others as we love ourselves involves praying for them and their needs also. When we pray, it is easy to ask for things that we need in our lives or to ask for forgiveness for our own shortcomings. This we do out of love for God and ourselves. So if we are to love others as ourselves, then we should also pray for their needs and, in many instances, put those needs before our own. This shows a true respect for others and a willingness to honor and serve God by serving and attending to the needs of others.

Prayer is one way that we can love our neighbor. We can also do things to help others, perhaps by mowing the lawn for an elderly couple in your neighborhood, or shoveling snow from their sidewalk. Holding the door open for others shows respect for them as well. There are many things that we can do to serve our "neighbor."

The manner in which we serve our neighbor is also the manner in which we serve God.

Read Matthew 25:34-45:

*"Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.'*

*"Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? When did we see You a stranger and take You in, or naked and clothe You? Or when did we see You sick, or in prison, and come to You?' And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.'*

*"Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels; for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.'*

*"Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a*

*stranger or naked or sick or in prison, and did not minister to You?’ Then He will answer them, saying, ‘Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.’”*

By this passage of Scripture we can see that the manner in which we treat others is a reflection of how we treat God and vice versa.

Today’s class is just an overview of the Ten Commandments. The main laws that were given to the Israelites at Mount Sinai were on tablets of stone. We can find these same laws in the Bible today and they apply to us today. When you make the decision to become baptized and ask that Christ’s sacrifice be applied to you, God will write these laws on your hearts and in your minds so that they will always be with you providing the framework by which we should conduct ourselves.

*The choice is ours.* Each person must choose whether to obey the living God, who gave us the Ten Commandments. His standards can be the guidelines for our thoughts and for our behavior—shaping our minds and hearts. Or we can ignore them and choose another way.

In making our decision, we should remember Jesus Christ’s words: “. . . If you want to enter into life, keep the commandments” (Matthew 19:17). God admonishes us to consider our choice. “See, I have set before you today life and good, death and evil, in that I command you today to love the Lord your God, to walk in His ways, and to keep His commandments . . . I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live (Deuteronomy 30:15-19).

The booklet *The Ten Commandments* is recommended reading.

## POP QUIZ

The instructions for this exam are very straightforward. They are provided for your reference and your benefit. This will be a timed exam. You will be given three minutes to complete this exam. To complete the exam, read through the exam completely and then proceed with the instructions provided. Again, remember, you only have three minutes to complete this exam so please use the time wisely. When you are completed with the exam, turn your paper over face down on the desk and sit quietly. Do not interrupt others and remain quiet until the time limit has expired. You may write on the back side of this page if needed. YOU MAY USE YOUR BIBLES.

1. If you have three apples and you take two away, how many do you have?
2. What is the square root of 81?
3. What is the answer to question #2 x 9?
4. True or False. The average annual snowfall is greater in Minnesota than in Arizona?
5. What is 374 divided by  $3 + 75 \times 34 - 12.437$ ?
6. How many of each animal did Moses bring onto the ark? a) 1   b) 2   c)3   d)0
7. What are the first three words of the Constitution of the United States?
8. In what book and chapter of the Bible do you find the Ten Commandments first outlined?
9. List the first ten books of the Old Testament.
10. List the last five books of the New Testament.
11. Who were the first three presidents of the United States?
12. Who gave the opening prayer today?
13. What was the first song sung today?
14.  $435 + 7689.546 + 7 + 4509 - 32 \times 87$  divided by  $456.7432 =$  \_\_\_\_\_
15.  $87 \times 3.5 =$  \_\_\_\_\_
16. What does 2 Timothy 3:16 say?
17. How many books are there in the Old Testament?
18. How many books are there in the New Testament?
19. To properly complete this exam, answer only the following question,
20. What does it say in 1 John 5:3?

# RULES

## Jr. High School Sabbath School Lesson

Use the following “game” to motivate a discussion on the importance of rules. This game can help teach values to kids of all ages.

Say, *“This is a game that’s never been played before. You are the first ones.”*

When kids ask, *“What’s the game? How do we do it?”* reply, *“That’s the fun of it. Everyone who is wearing red plays against everyone who has blue on his/her clothes. Ready, set, go!”*

Toss the ball into the air in a high arc. If the young people try to give you the ball, say *“Don’t give the ball to me, play the game. Make the score. Let’s see who wins.”*

There will be some general confusion. Finally, someone will say something like, *“But how do we know what to do? Tell us the rules.”*

Say, *“Oh, you can make up the rules for your side and Richard [or whoever] can make up the rules for his side.”*

Someone will likely speak up, *“This is the dumbest thing I’ve ever heard. There can be only one set of rules and everyone has to know what the rules are.”*

After playing the “game,” use the questions and scriptures below to teach them about the importance of living by God’s rules—the Ten Commandments.

### Questions and Scriptures about Rules:

- Is there a game that you think should have its rules changed?
- How do rules work in your classroom in school?
- Are there rules for the playground, lunch room, etc.?
- What rules do you have in your family? Do you understand why you have those rules? Do you think there need to be more rules or are there too many rules? What would you add or get rid of?
- What are the most important rules God gave to mankind?
- Why do you think people disregard God’s rules for living?

Exodus 20

Leviticus 5:17

Deuteronomy 28:9

Psalms 112:1

Mark 10:19

John 15:10

A Bible concordance can help locate other verses on such topics as laws, commandments, salvation and obedience.