

## Adult Sunday School Class

**Objective:** Increase understanding of the peace and rest made available to those who believe.

**Opening Prayer:** Thank you Father, we pause now to acknowledge your presence..... I thank you that you always hear me. That you never leave me or forsake me and that you are an ever present help. I ask for a special anointing on this lesson plan and the time we will spend together today. Bless both speaker and listener. Open our hearts to receive a fresh revelation from your Spirit. I bind forces that would hinder and welcome the Holy Spirit as our teacher today. In Jesus name!

**Read:** Hebrews 4

Q – What are some of the anxieties of the world we live in?

- War and political unrest.
- The increase of lawlessness.
- It seems to me that wickedness is just out of control.
- Terrorism.
- Inflation and its effects on those of us on fixed incomes.
- Local and global economic crises.
- The health care crisis in this country, both in terms of cost and availability.
- So called progressive thinking and its effects on the Christian community.
  - Disdain for God and His word.
  - The persecution of Christians and the erosion of religious liberties.
  - Values are being undermined almost everywhere we turn, schools, news media, social organizations, like the boy scouts and even in church organizations.
  - Christianity and the things we hold dear are under attack!

Q – In review, what did Paul recommend as a solution to our anxieties? - Philippians 4:4) Rejoice in the Lord always. I will say it again: Rejoice! 5) Let your gentleness be evident to all. The Lord is near. 6) Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7) And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8) Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9) Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

- If we **allow** these thoughts to transfer from our heads and penetrate completely into our hearts we could leave this class and know we've had a genuine encounter with God's Spirit today.

S - Let's be deliberately redundant and go around the room and have several people read these verses from their own bible in an effort to allow Paul's solution for anxiety to sink into our hearts.

Q – What is your vision or concept of God?

- How does He operate?
- What is He doing in this period of time?
- How is it that He knows all things, your thoughts, prayers and the intent of your heart?
- Is He personally involved or does He have other ways of getting the job done?
- How does He stay current with what's going on?
- Does He hold regular “staff” meetings?
- Is everything being “video taped” so He can review it at will?
- Is God active or passive?
- Is He working on our behalf or resting from all His labors?

- Again, what is God doing now or in this period that can be define as, the times of our lives?
  - Allow discussion for as long as class members are willing to express their views of God but correct misconceptions or views that are not consistent with the scriptures.
- Truth be known, we know very little about God outside of His creation(s) and His revealed word.
- The writer of Hebrews said, his works have been finished since the creation of the world and on the seventh day God rested from all his works.

Q – What does that mean to you? - Rhetorical.

Q – How can it be true that God is at rest and yet active in the sense that He never leaves us or forsakes us and is an ever present help in time of trouble?

- Because of the support systems that He designed when He created all things.
- We do know about some of the biological support systems that He created.

Q – What do we know about immune systems, like the one at work in our bodies?

- It can automatically recognize foreign bacteria.
- It then designs and builds a defense mechanism against them, isolates and/or kills them to prevent the foreign invaders from harming our bodies.

Q – What do we know about the effects of stress on our immune system?

- It can have crippling effects on our bodies ability to physically defend and protect us from disease.
- The medical costs of stress related health issues exceeds that of cancer, smoking, diabetes, and heart disease combined. ([https://www.huffpost.com/entry/stress-and-health\\_b\\_3313606](https://www.huffpost.com/entry/stress-and-health_b_3313606))
- An estimated 75 percent to 90 percent of all doctor visits are for stress related issues.

Q – How does fear, worry and anxiety affect our level of stress? - It significantly increases it.

Q – Faith is the opposite of \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_? - Fear, worry and anxiety.

Q – In preparation for the next part of this discussion a definition would be helpful. How is the word molecule defined?

- A molecule is the smallest particle of a substance that retains the chemical and physical properties of the substance.
- It consists of two or more atoms.

Q – What do we know about DNA and genetics? - Allow me to read a couple of paragraphs from one of the monthly Creation Moments news letter.

- DNA molecules are increasingly showing the evidence of design, resembling super-huge computer programs – describing everything about the development and function of living things. Like computers, the storage of information in DNA is categorized with “folders” of information within other folders, in optimized locations for efficient retrieval. And what used to be thought of as “junk DNA” (seemingly non-coding regions of the DNA molecule) are now being shown to work as a sort of “operating system” for the biological computer.
- Researchers from Harvard and Johns Hopkins University have recently created the biotechnical version of an e-reader in DNA. The scientists encoded an entire book – along with illustrations – *in the actual DNA molecule itself!* The book consists of 53,246 words and 11 JPG images. But this achievement only scratches the surface. Assuming a typical book requires 1 megabyte of data-storage capacity, only one gram of DNA could store 455 trillion books!

Q – What is an e-reader? How is it defined?

- An e-reader (electronic reader) is a device for reading content, such as e-books, newspapers and documents.
- A standalone e-reader typically has wireless connectivity for downloading content and conducting other Web-based tasks.

- Popular dedicated e-readers include Amazon's Kindle and Sony Reader.

Q – Why are law enforcement agencies developing DNA data bases?

- Because we've learned that like finger prints, our DNA is unique to us as individuals.
- Not only can it be used for identification purposes it is also used by the systems of our bodies from birth to death, to build and replenish all the various types of cells we require.

Q – How does the book of Proverbs describe all of God's creations? - Proverbs 16:4

- NIV - The LORD works out everything to its proper end — even the wicked for a day of disaster.
- Amplified - The Lord has made everything to accommodate itself and contribute to its own end *and* His own purpose—even the wicked are fitted for their role for the day of calamity *and* evil.

Q – Can you give me some examples of specialized professions? - Specialization exists in almost all professions to some extent.

- Doctors or medical practices.
- Heavy equipment operators. Not everyone who can run a tractor can operate an industrial loader.
- Law enforcement, traffic control, criminal investigation, prison guards, swat teams, bomb squad, etc.
- Computer programmers, support centers, hardware technicians and engineers.
- Pastors, evangelists, worship leaders, bible teachers, etc.

Q – Why do we have specialization in complex areas of knowledge and skill?

- Because not even the best among us can know or acquire the skills to do everything efficiently.
- We all have different gifts, skills and areas of expertise.

Q – What do we expect our doctors to do when they don't quite know how to handle our medical problems? - Refer us to a specialist or to someone with the expertise to correctly diagnosis the problem we're having.

Q – Have you ever called a technical Support Center or “Hot Line” for assistance and been transferred from the initial person trying to solve the problem to someone with more knowledge of the kind of problem you are having? - Most of us have or know someone who has had this experience.

Q - Why does the typical technical Support Center have echelons of support personnel?

- Because most problems encountered with a product are rediscovered many times.
- Someone trained on both the product and the data base of known problems can solve more than 80 percent of the problems encountered by the average user.
- When I worked for IBM, I managed the Software Support Centers.
  - We had levels 1, 2 and 3 support people.
  - When necessary higher skilled people even engage the product engineers and/or designers.

Q – Why did the Boston police force call in the FBI to investigate the marathon bombing? - Because of the capabilities, specialized skills, tools and resources at the FBI's disposal.

Q - Back to the question of how can God be both at rest and yet active in our support? How does He do it? - Through the spiritual Support Systems that were designed in the beginning when he created all things.

Q – Who can give me some examples of God's specialized spiritual support systems?

- The Holy Spirit.
- The word or the scriptures.
- Angelic hosts.
- The lamb of God who takes away the sins of the world, Jesus Christ our savior.

Q – What is the mission of the Holy Spirit?

- It's defined quite well in the gospel of John chapters 14, 15 & 16.

- I'm going to quote from the Amplified version because of the depth and redundancy of meaning it conveys.
- If these scriptures are not underlined or highlighted in your bible I strongly advise you to do it and re-read them as often as necessary to understand the level of support offered by this element of the God Head,
- 14: 16) And I will ask the Father, and He will give you another Comforter (Counselor, Helper, Intercessor, Advocate, Strengthener, and Standby), that He may remain with you forever— 17) The Spirit of Truth, Whom the world cannot receive (welcome, take to its heart), because it does not see Him or know *and* recognize Him. But you know *and* recognize Him, for He lives with you [constantly] and will be in you.
- 14:26) But the Comforter (Counselor, Helper, Intercessor, Advocate, Strengthener, Standby), the Holy Spirit, Whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will cause you to recall (will remind you of, bring to your remembrance) everything I have told you.
- 15: 26) But when the Comforter (Counselor, Helper, Advocate, Intercessor, Strengthener, Standby) comes, Whom I will send to you from the Father, the Spirit of Truth Who comes (proceeds) from the Father, He [Himself] will testify regarding Me.
- 16:7) However, I am telling you nothing but the truth when I say it is profitable (good, expedient, advantageous) for you that I go away. Because if I do not go away, the Comforter (Counselor, Helper, Advocate, Intercessor, Strengthener, Standby) will not come to you [into close fellowship with you]; but if I go away, I will send Him to you [to be in close fellowship with you]. 8) And when He comes, He will convict *and* convince the world *and* bring demonstration to it about sin and about righteousness (uprightness of heart and right standing with God) and about judgment:
- 16:13) But when He, the Spirit of Truth (the Truth-giving Spirit) comes, He will guide you into all the Truth (the whole, full Truth). For He will not speak His own message [on His own authority]; but He will tell whatever He hears [from the Father; He will give the message that has been given to Him], and He will announce *and* declare to you the things that are to come [that will happen in the future] 14) He will honor *and* glorify Me, because He will take of (receive, draw upon) what is Mine and will reveal (declare, disclose, transmit) it to you.

Q – Was Jesus referring to the Holy Spirit when he made this statement in John chapter 14:27) Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid?

- I believe He was.
- The other attribute of the mission of the Holy Spirit is He will produce peace in the life of a Believer,.....**if.....we will allow Him to.**
- How can you be anxious about the right course of action if you truly believe the Holy Spirit of God
  - Will teach you what you need to know about the subject and
  - Direct your steps and make them sure?
    - You can't be because those two thoughts are contradictory in nature.
    - Your options,
      - Choose to believe God and allow His peace to settle into your heart.
      - Continue to try to work it out with your own understanding and strength.

Q – What does God say about His word?

- Isaiah 55, 8) “For **my thoughts are not your thoughts, neither are your ways my ways,**” declares the LORD. 9) “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. 10) As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, 11) so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.
- Isaiah 40:28) Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and **his understanding no one can**

**fathom.** 29) He gives strength to the weary and increases the power of the weak. 30) Even youths grow tired and weary, and young men stumble and fall; 31) but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Q – Why did the translators include verses 12 & 13 in the first paragraph of the chapter?

- Because they are related to the subject of entering God's rest.
- Not only are they related but the word of God is required in the heart of a Believer in order to enable them to enter God's rest.

Q – Why is the word required to enter God's rest?

- It is pivotal to faith, it has been described as the “seed” of faith.
- It is considered a building block or basis of faith.

Q – How does the author restate the need for faith to enter God's rest?

- He says we must rest from our own works.
- Or you might say from our works of self-righteousness.
- The results of our own natural understanding.
- Spiritual insight or understanding defies human logic.
  - How can a man born blind begin to see as a result of mud and washing?
  - How can Lazarus be restored to life because a man called Jesus said come forth?
  - It's only after the fact that it all makes sense and satisfies our human insight and understanding.

Q – How many who have heard and accepted the gospel will enter God's rest? - Some.

Q – Why only some? - Because some will not combine the gospel or the word of God with faith.

Q – What two things did the author identify that prevent people from entering God's rest?

- Unbelief and disobedience.

Q – How did the writer of Hebrews describe the word of God?

- 4:12) For the word of God is alive and active. Sharper than any double-edged sword,
  - It penetrates even to dividing soul (will, mind & emotions) and spirit, joints and marrow;
  - It judges the thoughts and attitudes of the heart.
  - It's alive and active accomplishing what He desires on our behalf and
  - Achieving the purpose for which He sent it.

Q – What are the angels assigned to do? - Hebrews 1:14) Are not all angels ministering spirits sent to serve those who will inherit salvation?

Q – What does the apostle John say about the sin of believers? - I John

- 2:1) My little children, I write you these things so that you may not violate God's law *and* sin. But if anyone should sin, we have an Advocate (One Who will intercede for us) with the Father—[it is] Jesus Christ [the all] righteous one. (Amplified)
- 3:19) This is how we know that we belong to the truth and how we set our hearts at rest in his presence: 20) If our hearts condemn us, we know that God is greater than our hearts, and he knows everything (NIV)

Q – What does this chapter of Hebrews say is necessary to receive mercy and find grace to help us in our time of need? - Confidence toward God and His throne of grace.

Q - Confidence toward God is another way of describing \_\_\_\_\_? - Faith!