



STUDIES FOR

# YOUTH INSPIRATION WEEK

MAY 19-25, 2013

*“... In Him we live,...” Acts 17:28*

# INTRODUCTION AND THEME STATEMENTS

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“... In Him we live, and move, and have our being;...” Acts 17:28.

“In order to understand what is comprehended in the work of education, we need to consider both the nature of man and the purpose of God in creating him. We need to consider also the change in man’s condition through the coming in of a knowledge of evil, and God’s plan for still fulfilling His glorious purpose in the education of the human race.” –*Education*, pp. 14, 15.

“The work of redemption involves consequences of which it is difficult for man to have any conception. ‘Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him.’ 1 Corinthians 2:9. As the sinner, drawn by the power of Christ, approaches the uplifted cross, and prostrates himself before it, there is a new creation. A new heart is given him. He becomes a new creature in Christ Jesus. Holiness finds that it has nothing more to require. God Himself is ‘the justifier of him which believeth in Jesus.’ Romans 3:26. And ‘whom He justified, them He also glorified.’ Romans 8:30. Great as is the shame and degradation through sin, even greater will be the honor and exaltation through redeeming love. To human beings striving for conformity to the divine image there is imparted an outlay of heaven’s treasure, an excellency of power, that will place them higher than even the angels who have never fallen.” –*Christ’s Object Lessons*, pp. 162, 163.

The above paragraphs present the outline of the *Studies for Youth Inspiration Week 2013*. They encapsulate the gospel, God’s plan for restoring this earth and its inhabitants to the condition originally planned for them in the universe. When the gospel is understood and wholeheartedly accepted, it is a power for righteous living and sharing.

Every young person should receive his or her own copy of this booklet. Each study is tied to the above Theme Statements and contains exercises for the youth to prepare as much as possible ahead of time and then to study together as a discussion group. The church youth leader is requested to select a different young person to lead the group for each study. Please gather a special offering at the end of the week for the General Conference Youth Department.

Let every young person who participates in this Inspiration Week test and prove the gospel for himself, be wholeheartedly devoted to it, and be inspired to draw others into the divine circle of love.

*Studies for Youth Inspiration Week* is prepared and published by the General Conference Youth Department, P.O. Box S, Cedartown, GA 30125, USA. Contact Joel Barnedo, General Conference Youth Leader, with questions: jnbarn@yahoo.com / Youth@sda1844.org. Website: www.uponhighplaces.org.

# MAN'S NATURE

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Study 1 looks at the nature God gave man at creation and the change that occurred when he came to know evil.

## AT CREATION

**In the following verses and quotations find what man's nature and destiny were when God created him, and discuss their significance:**

Genesis 1:26 \_\_\_\_\_  
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Genesis 5:1 \_\_\_\_\_  
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Ecclesiastes 7:29 \_\_\_\_\_  
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Isaiah 45:12 \_\_\_\_\_  
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Hebrews 2:7 \_\_\_\_\_  
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“When Adam came from the Creator’s hand, he bore, in his physical, mental, and spiritual nature, a likeness to his Maker. ‘God created man in His own image’ (Genesis 1:27), and it was His purpose that the longer man lived the more fully he should reveal this image—the more fully reflect the glory of the Creator. All his faculties were capable of development; their capacity and vigor were continually to increase. Vast was the scope offered for their exercise, glorious the field opened to their research. The mysteries of the visible universe—the ‘wondrous works of Him which is perfect in knowledge’ (Job 37:16)—invited man’s study. Face-to-face, heart-to-heart communion with his Maker was his high privilege. Had he remained loyal to God, all this would have been his forever. Throughout eternal ages he

would have continued to gain new treasures of knowledge, to discover fresh springs of happiness, and to obtain clearer and yet clearer conceptions of the wisdom, the power, and the love of God. More and more fully would he have fulfilled the object of his creation, more and more fully have reflected the Creator's glory....

“Every faculty of mind and soul reflected the Creator's glory. Endowed with high mental and spiritual gifts, Adam and Eve were made but ‘little lower than the angels’ (Hebrews 2:7), that they might not only discern the wonders of the visible universe, but comprehend moral responsibilities and obligations.” -*Education*, pp. 15, 20.

“Adam was ... created in the image of God and placed upon probation.... In all his emotions, words, and actions, there was a perfect conformity to the will of his Maker.... After God had made every provision for the happiness of man, and had supplied his every want, He tested his loyalty. If the holy pair should be obedient, the race would, after a time, be made equal to the angels.” -*Confrontation*, p. 18.

“God created man for His own glory, that after test and trial the human family might become one with the heavenly family. It was God's purpose to repopulate heaven with the human family, if they would show themselves obedient to His every word.” -*God's Amazing Grace*, p. 344.

## **AFTER MAN FAILED**

**Examine the following verses and describe how man's nature was changed when he failed to love and honor God above all:**

Genesis 3:22-24 (Also, consider what the knowledge of sin does to man's character) \_\_\_\_\_  
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Genesis 6:5 \_\_\_\_\_  
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\_\_\_\_\_

Genesis 11:6 \_\_\_\_\_  
\_\_\_\_\_  
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Galatians 5:19-21, 26 \_\_\_\_\_

1 Corinthians 2:14 \_\_\_\_\_

1 Corinthians 15:22 \_\_\_\_\_

## IN HIM—JUSTIFICATION, Part 1

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Studies 2 and 3 focus on justification, the first step of the gospel, as summarized in the following two sentences of the Theme Statement: “As the sinner, drawn by the power of Christ, approaches the uplifted cross, and prostrates himself before it, there is a new creation.” —*Christ’s Object Lessons*, p. 163.

### FROM DARKNESS TO LIGHT

In Matthew 11:28-30, Jesus invites everyone to give all of his or her burdens to Him. What does this invitation really mean? \_\_\_\_\_

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Discuss the meaning of Isaiah 9:2 and John 8:12 in this connection. \_\_\_\_\_

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According to Ephesians 2:2, 3, explain how a person’s attitude changes after he embraces the gospel light. \_\_\_\_\_

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### THE GIFT OF JUSTIFICATION

Tell what results follow when one believes the promises of Scripture and accepts the gift of justification, as shown in the following verses:

Romans 6:6, 7 \_\_\_\_\_

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Colossians 2:13 \_\_\_\_\_

\_\_\_\_\_

John 5:24 \_\_\_\_\_

\_\_\_\_\_

Ephesians 1:4 \_\_\_\_\_

\_\_\_\_\_

Galatians 3:26 \_\_\_\_\_

Romans 6:22 \_\_\_\_\_

Romans 8:15 \_\_\_\_\_

(See also Colossians 2:10; Titus 2:11; John 10:27, 28; 20:31; 17:14-16; Acts 1:8)

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*“Abide in Me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in Me.”*

*“Sanctify them through Thy truth: Thy word is truth. As Thou hast sent Me into the world, even so have I also sent them into the world. And for their sakes I sanctify Myself, that they also might be sanctified through the truth. Neither pray I for these alone, but for them also which shall believe on Me through their word; That they all may be one; as Thou, Father, art in Me, and I in Thee, that they also may be one in Us: that the world may believe that Thou hast sent Me.” John 15:4; 17:17-21.*

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## IN HIM—JUSTIFICATION, Part 2

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### IN HIM

Consider the concept of being “in Him.” Practically speaking, how does this work (use the following Bible texts for hints)?

1 Corinthians 15:22 \_\_\_\_\_  
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1 Corinthians 1:30 \_\_\_\_\_  
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2 Corinthians 5:17 \_\_\_\_\_  
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Romans 8:1, 2, 38, 39 \_\_\_\_\_  
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Ephesians 1:3; 2:4-6, 13 \_\_\_\_\_  
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John 15:1-7 \_\_\_\_\_  
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“The plant grows by receiving that which God has provided to sustain its life. It sends down its roots into the earth. It drinks in the sunshine, the dew, and the rain. It receives the life-giving properties from the air. So the Christian is to grow by cooperating with the divine agencies. Feeling our helplessness, we are to improve all the opportunities granted us to gain a fuller experience. As the plant takes root in the soil, so we are to take deep root in Christ. As the plant receives the sunshine, the dew, and the rain, we are to open our hearts to the Holy Spirit. The work is to be done ‘not by might, nor by power, but by My Spirit, saith the Lord of hosts.’ Zechariah 4:6. If we keep our minds stayed upon Christ, He will come unto us ‘as the rain, as the latter and former rain unto the earth.’ Hosea 6:3. As the Sun of Righteousness, He will arise upon us ‘with healing in His wings.’ Malachi 4:2. We shall ‘grow as the lily.’ We shall ‘revive as the corn, and grow as the vine.’ Hosea 14:5, 7. By constantly relying upon Christ as our personal Saviour, we shall grow up into Him in all things who is our head.” —*Christ’s Object Lessons*, pp. 65, 66.



## THE CHOICE TO BE IN HIM

How do the following primary endowments, which are given by God to every person, help one choose to be in Him and stay in Him?

**Self-awareness** (*my attitudes and their impact on myself and others*) \_\_\_\_\_

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**Imagination and conscience** (*what guides my conscience*) \_\_\_\_\_

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**Volition, or will power** (*self-discipline and heeding the Holy Spirit's voice*) \_\_\_\_\_

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“By His obedience to all the commandments of God, Christ wrought out a redemption for men. This was not done by going out of Himself to another, but by taking humanity into Himself. Thus Christ gave to humanity an existence out of Himself. To bring humanity into Christ, to bring the fallen race into oneness with divinity, is the work of redemption. Christ took human nature that men might be one with Him as He is one with the Father, that God may love man as He loves His only-begotten Son, that men may be partakers of the divine nature, and be complete in Him.

“The Holy Spirit, which proceeds from the only-begotten Son of God, binds the human agent, body, soul, and spirit, to the perfect, divine-human nature of Christ. This union is represented by the union of the vine and the branches. Finite man is united to the manhood of Christ. Through faith human nature is assimilated with Christ's nature. We are made one with God in Christ.” -*Selected Messages*, book 1, pp. 250, 251

## LEARNING FOR ETERNITY

Highlight the most important concepts in the following quotations, and share what you consider most important about learning now and in eternity. At the same time, each of us has the responsibility and privilege to help others reach the full potential that God intends for them.

“It was when Moses was hidden in the cleft of the rock that he beheld the glory of God. It is when we hide in the riven Rock that Christ will cover us with His own pierced hand, and we shall hear what the Lord saith unto His servants. To us as to Moses, God will reveal Himself as ‘merciful and gracious, long-suffering, and abundant in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin.’ Exodus 34:6, 7.” –*Christ’s Object Lessons*, p. 162.

“We can receive of heaven’s light only as we are willing to be emptied of self. We cannot discern the character of God, or accept Christ by faith, unless we consent to the bringing into captivity of every thought to the obedience of Christ. To all who do this the Holy Spirit is given without measure. In Christ ‘dwelleth all the fullness of the Godhead bodily, and in Him ye are made full.’ Colossians 2:9, 10, R.V.” –*The Desire of Ages*, p. 181.

“When the soul is persuaded that Christ is able to save to the uttermost all who come unto Him, when it resigns itself entirely to Him as an all-sufficient Saviour, when it clings to the promises made and believes fully in Jesus, it is pronounced by God one with Christ. A soul that depends on Christ with the simplicity that a child depends upon its mother is justified, for it becomes one with the Substitute, who was Justification and Redemption. Herein is love, that the heart and will are knit together in Christ Jesus.” –*Daughters of God*, p. 185.

“When once the gaze is fixed upon Him, the life finds its center. The enthusiasm, the generous devotion, the passionate ardor, of the youth find here their true object. Duty becomes a delight and sacrifice a pleasure. To honor Christ, to become like Him, to work for Him, is the life’s highest ambition and its greatest joy.” –*Education*, pp. 296, 297.

## WE LIVE AND MOVE—SANCTIFICATION, Part 1

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Studies 4 and 5 center on sanctification, which we will see is also a gift from God, uniting every soul with Jesus. This phase of salvation is summarized in the Theme Statement as follows: “A new heart is given him. He becomes a new creature in Christ Jesus. Holiness finds that it has nothing more to require. God Himself is ‘the justifier of him which believeth in Jesus.’ Romans 3:26.” —*Christ’s Object Lessons*, p. 163.

### DEPENDENCE

Consider and discuss what it means to be connected to the vine, according to John 15:7: “If ye abide in Me, and My words abide in you, ye shall ask what ye will, and it shall be done unto you.” Refer to the following verses for related thoughts, particularly about the blessings of depending completely on God:

1 Thessalonians 4:2-7 \_\_\_\_\_

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1 Thessalonians 5:18 \_\_\_\_\_

\_\_\_\_\_

John 15:5, 15, 16 \_\_\_\_\_

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**Talk together about Genesis 3:6 in the context of dependence. In what sense is everyone in the same position as were Adam and Eve before they transgressed God’s command? What is His high and holy purpose in having every person choose whom he will love and give his allegiance to? \_\_\_\_\_**

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“When we have a realization of our weakness, we learn to depend upon a power not inherent. Nothing can take so strong a hold on the heart as the abiding sense of our responsibility to God. Nothing reaches so fully down to the deepest motives of conduct as a sense of the pardoning love of Christ....

While you look higher than yourself, you will have a continual sense of the weakness of humanity. The less you cherish self, the more distinct and full will be your comprehension of the excellence of your Saviour. The more closely you connect yourself with the source of light and power, the greater light will be shed upon you, and the greater power will be yours to work for God. Rejoice that you are one with God, one with Christ, and with the whole family of heaven.” -*The Desire of Ages*, p. 493.

## THE GIFT OF SANCTIFICATION

**List a few of the blessings encompassed in the process of sanctification through faith, which God accomplishes in everyone who is eager to be holy. Look for precious thoughts and promises in the following verses:**

Hebrews 10:14 \_\_\_\_\_  
\_\_\_\_\_

Ephesians 4:21, 23, 24 \_\_\_\_\_  
\_\_\_\_\_

Ephesians 5:1, 8 \_\_\_\_\_  
\_\_\_\_\_

Philippians 1:11 \_\_\_\_\_  
\_\_\_\_\_

2 Timothy 2:19-21 \_\_\_\_\_  
\_\_\_\_\_

1 John 5:4, 5 \_\_\_\_\_  
\_\_\_\_\_

Romans 8:4 \_\_\_\_\_  
\_\_\_\_\_

Hebrews 10:19-22 \_\_\_\_\_  
\_\_\_\_\_

(See also 1 John 3:7; Hebrews 12:28; Romans 7:6)

## WE LIVE AND MOVE—SANCTIFICATION, Part 2

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### LIVING

Consider and discuss the meaning and ramifications of “living,” using the following references (and adding others which you know that can enhance your own and others’ understanding):

2 Corinthians 5:14, 15 \_\_\_\_\_  
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Romans 1:17 \_\_\_\_\_  
\_\_\_\_\_

Psalms 146:2 \_\_\_\_\_  
\_\_\_\_\_

John 6:51, 57, 58 \_\_\_\_\_  
\_\_\_\_\_

Titus 2:7, 8, 14 \_\_\_\_\_  
\_\_\_\_\_

(See also Galatians 2:20; John 11:25; Psalm 119:144; John 14:19)

“We have a character to maintain, but it is the character of Christ.... May the Lord help us to die to self, and be born again, that Christ may live in us, a living, active principle, a power that will keep us holy.” —*My Life Today*, p. 335.

### MOVING

Give some synonyms for “moving.” What meaning can we apply for ourselves to the word “move” in the apostle Paul’s words, “In Him we live, and move...”?

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“In the creation of man, the Lord designed that he should be active and useful.” —*Counsels on Health*, p. 95.

Considering your current circumstances, what one thing can you do in each of the following areas of your personal life to increase your effectiveness (especially spiritual) and balance?

Use of time \_\_\_\_\_

\_\_\_\_\_

Use of your main talent \_\_\_\_\_

\_\_\_\_\_

Fulfilling family responsibilities \_\_\_\_\_

\_\_\_\_\_

Health \_\_\_\_\_

\_\_\_\_\_

Earning your livelihood \_\_\_\_\_

\_\_\_\_\_

Example \_\_\_\_\_

\_\_\_\_\_

Witness \_\_\_\_\_

\_\_\_\_\_

## WITH OTHERS

Select your strongest ability from the following scriptural list of nine spiritual manifestations, and then ask God how you can use that ability for Him in a much better way than you have in the past. If you see that you have more than one ability, focus on just the strongest one and write down the thoughts that come to you concerning it.

“But the manifestation of the Spirit is given to every man to profit withal. For to one is given by the Spirit the word of **wisdom**; to another the word of **knowledge** by the same Spirit; To another **faith** by the same Spirit; to another the gifts of **healing** by the same Spirit; To another the working of **miracles**; to another **prophecy**; to another **discerning of spirits**; to another divers kinds of **tongues**; to another the **interpretation of tongues**: But all these worketh that one and the selfsame Spirit, dividing to every man severally as he will. For as the body is one, and hath many members, and all the members of that one body, being many, are one body: so also is Christ.” 1 Corinthians 12:7-12.

**STRONGEST ABILITY:** \_\_\_\_\_

I can increase the effectiveness of this ability by \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

“An experience that brings us into harmony with the Word of God will cost the sacrifice of self. It will require humility of mind and a realization of utter dependence upon God. But those who gain this experience will realize the need of working for others, that they also may believe and rejoice in the truth. Very much depends upon the manner in which the truth is presented. The human heart is a hard field to work. Let the missionary ever keep the Word of God upon his lips. Those who talk the truth will have light upon the Word of God. Contemplating the Word of Christ is beholding Christ by the eye of faith. The Word of God is quick and powerful, and coming in contact with the faculties of men, the human mind becomes strong and vigorous, and able to exercise its powers in learning the lesson of sinking self into Christ.” -*The Southern Work*, pp. 47, 48.

“If there be therefore any consolation in Christ, if any comfort of love, if any fellowship of the Spirit, if any bowels and mercies, Fulfil ye my joy, that ye be likeminded, having the same love, being of one accord, of one mind. Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves. Look not every man on his own things, but every man also on the things of others. Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made Himself of no reputation, and took upon Him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, He humbled Himself, and became obedient unto death, even the death of the cross.” *Philippians 2:1-8*.

## WE HAVE OUR BEING—GLORIFICATION, Part 1

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Studies 6 and 7 concentrate on glorification that wonderful phase of salvation that will take God’s children from this world and translate them into God’s holy dwelling place. “And ‘whom He justified, them He also glorified.’ Romans 8:30. Great as is the shame and degradation through sin, even greater will be the honor and exaltation through redeeming love. To human beings striving for conformity to the divine image there is imparted an outlay of heaven’s treasure, an excellency of power, that will place them higher than even the angels who have never fallen.” —*Christ’s Object Lessons*, p. 163.

### OUR BEING

**Discuss the amazing concept of being. Even though we are sinful, living in a world ruined on many levels by sin, there is still life, albeit temporary. If we cherish God’s gift of life to us, how will we use it? Write down and share your thoughts about this question after reading the following quotation:**

“There is a great work to be done for many of us. Our minds and characters must become as the mind and character of Christ. Selfishness is inwrought in our very being. It has come to us as an inheritance, and has been cherished by many as a precious treasure. No special work for God can be accomplished until self and selfishness are overcome. To many everything connected with themselves is of great importance. Self is a center, around which everything seems to revolve. Were Christ on the earth now, He would say to such, ‘Launch out into the deep.’ Be not so self-caring. There are thousands whose lives are just as precious as yours. Then why do you wrap your coat about you, and hug the shore? Awake to duty and to usefulness! If you will launch out into the deep and let down your nets, the Master will gather in the fishes, and you will see of the mighty working of God.” —*Historical Sketches of the Foreign Missions of the Seventh-day Adventists*, pp. 138, 139.

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## HIS CHILDREN GLORIFY GOD

Very special things happen to a person when he gives glory to God, in harmony with the universal law of sowing and reaping (Galatians 6:7, 8). Give your thoughts about this effect as you read the Bible verses below:

Psalm 29:1-3 \_\_\_\_\_  
\_\_\_\_\_

1 Chronicles 16:23-29, 34, 35 \_\_\_\_\_  
\_\_\_\_\_

Revelation 14:7 \_\_\_\_\_  
\_\_\_\_\_

Psalm 86:8-12, 15 \_\_\_\_\_  
\_\_\_\_\_

**Describe how the following attributes glorify God (Matthew 25:40):**

Love \_\_\_\_\_

Respect \_\_\_\_\_

Obedience \_\_\_\_\_

Gratitude \_\_\_\_\_

Honor \_\_\_\_\_

Self-forgetfulness \_\_\_\_\_

Trust \_\_\_\_\_

Service \_\_\_\_\_

Joy \_\_\_\_\_

Faith \_\_\_\_\_

Praise \_\_\_\_\_

Humility \_\_\_\_\_

## WE HAVE OUR BEING—GLORIFICATION, Part 2

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### GOD GIVES GLORY TO HIS CHILDREN

God promises to glorify those who love, appreciate, and honor Him. Summarize the following Bible verses, which tell of the great rewards He is going to give His children:

Psalm 84:11, 12 \_\_\_\_\_  
\_\_\_\_\_

Jeremiah 30:19 \_\_\_\_\_  
\_\_\_\_\_

Deuteronomy 26:18, 19 \_\_\_\_\_  
\_\_\_\_\_

1 Samuel 2:30 \_\_\_\_\_  
\_\_\_\_\_

1 Chronicles 29:11-13 \_\_\_\_\_  
\_\_\_\_\_

Romans 2:10 \_\_\_\_\_  
\_\_\_\_\_

Psalm 91:14-16 \_\_\_\_\_  
\_\_\_\_\_

“Let none deceive themselves with the belief that God will pardon and bless them while they are trampling upon one of His requirements. The willful commission of a known sin silences the witnessing voice of the Spirit and separates the soul from God. Whatever may be the ecstasies of religious feeling, Jesus cannot abide in the heart that disregards the divine law. God will honor those only who honor Him.” -*Counsels for the Church*, p. 51.

## SERVICE AND OUTREACH

There are many different types of service and outreach—plenty of different things for people with many varied talents so all may have something eternally valuable to do. But too often believers stay in a single church year after year and stop reaching out to others, and such churches begin to die. See the following statement for the remedy for this:

“The disciples of Christ are His representatives upon the earth, and God designs that they shall be scattered all over the country, in the towns, cities, and villages, as lights amidst the darkness of the world. They are to be missionaries for God, by their faith and works testifying to the near approach of the coming Saviour.

“The lay members of our churches can accomplish a work which, as yet, they have scarcely begun. None should move into new places merely for the sake of worldly advantage; but where there is an opening to obtain a livelihood, let families that are well grounded in the truth enter, one or two families in a place, to work as missionaries. They should feel a love for souls, a burden of labor for them, and should make it a study how to bring them into the truth. They can distribute our publications, hold meetings in their homes, become acquainted with their neighbors, and invite them to come to these meetings. Thus they can let their light shine in good works....

“A precious experience may be gained by one who engages in this work. He has upon his heart the burden of the souls of his neighbors. He must have the help of Jesus. How careful he will be to walk circumspectly, that his prayers may not be hindered, that no cherished sin may separate him from God.” –*Testimonies for the Church*, vol. 8, pp. 244, 245.

A person recreated in the image of God is a revelation inviting everyone he meets to the marriage supper of the Lamb. So, the question for all who have heard the call of God is, Am I a new creature in Jesus Christ? The answer is seen in the time, energy, and love that one devotes to those things that have eternal value. What would you like to do? Write your personal commitment here:

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## THE FOREMOST INTEREST

What is the glory of eternity worth to you? Consider the following thoughts, and then write down what inspires you and what you wish to devote to God for His glory.

“Eternal things should awaken our interest, and should be regarded, in comparison with temporal things, as of infinite importance. God requires of us to make it our first business to attend to the health and prosperity of the soul. We should know that we are enjoying the favor of God, that He smiles upon us, and that we are His children indeed, and in a position where He can commune with us, and we with Him. We should not be at rest until we are in that position of lowliness and meekness that He can safely bless us, and we be brought into a sacred nearness with God, where His light may shine upon us, and we reflect that light to all around us. But we cannot do this unless we are earnestly striving ourselves to live in the light. This God requires of all His followers, not merely for their own good, but also for the benefit of others around them.

“We cannot let our light shine out to others, so as to attract their attention to heavenly things, unless we have the light in us. We must be imbued with the Spirit of Jesus Christ, or we cannot manifest to others that Christ is in us the hope of glory. We must have an indwelling Saviour, or we cannot exemplify in our lives His life of devotion, His love, His gentleness, His pity, His compassion, His self-denial, and purity. This is what we earnestly desire. This should be the study of our lives, How shall I conform my character to the Bible standard of holiness?” -*Review and Herald*, March 29, 1870.

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“And the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely.” Now is the time to do this, for Jesus says, “Surely I come quickly.” Revelation 22:17, 20. Let us do everything possible to encourage each other truly to be “in Him,” in whom “we live, and move, and have our being.” Acts 17:28.

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*“The springs of heavenly peace and joy unsealed in the soul by the words of Inspiration will become a mighty river of influence to bless all who come within its reach. Let the youth of today, the youth who are growing up with the Bible in their hands, become the recipients and the channels of its life-giving energy, and what streams of blessing would flow forth to the world!—influences of whose power to heal and comfort we can scarcely conceive—rivers of living water, fountains ‘springing up unto everlasting life.’”* –Education, p. 192.

# ADDITIONAL EXERCISES

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To extend the blessings of this Inspiration Week, here are some concepts and exercises that can be done by individuals and/or groups.

In *The Seven Habits of Highly Effective People*, author Stephen Covey lists seven universal principles that enhance the efforts that a person puts forth in virtually every area of his life as he strives to glorify God through excellence. Following are exercises to help in understanding the principles. This is just a brief introduction to these habits, and you may want to research these concepts further.

## HABIT 1: BE PROACTIVE

1. What does the word “proactive” mean? \_\_\_\_\_
2. Contrast the words “reactive” and “proactive.” \_\_\_\_\_
3. Give an example that you know of in which a person was either reactive or proactive, and explain why being proactive would produce a better result than being reactive. \_\_\_\_\_  
\_\_\_\_\_

## HABIT 2: BEGIN WITH THE END IN MIND

1. Read Luke 14:28-32, and explain how Habit 2 applies to your being Jesus’ follower and inheriting the eternal kingdom. \_\_\_\_\_  
\_\_\_\_\_
2. What “end” is the most important for you? \_\_\_\_\_
3. But there are other “ends” that a person must reach in his life; list some of them and how they are best achieved. \_\_\_\_\_

## HABIT 3: PUT FIRST THINGS FIRST

1. Find one or more Bible texts which give this same principle. \_\_\_\_\_  
\_\_\_\_\_
2. Select two roles that you have in your life (e.g., student, sibling, friend), and explain how you balance them. How can Habit 3 help you achieve personal balance? \_\_\_\_\_
3. What is your most important role? \_\_\_\_\_

## HABIT 4: THINK WIN-WIN

1. The first three habits deal with how a person manages himself and his personal matters. The next three habits have to do with how one relates to others. How does Habit 4 help make relationships between individuals beneficial to all? \_\_\_\_\_  
\_\_\_\_\_
2. Explain Matthew 7:12 in connection with Habit 4. \_\_\_\_\_  
\_\_\_\_\_

## HABIT 5: SEEK FIRST TO UNDERSTAND, THEN TO BE UNDERSTOOD

1. People will generally talk before they listen. Look in Jesus' sermon on the mount (Matthew 5-7) for examples of Habit 5. \_\_\_\_\_  
\_\_\_\_\_
2. Why do you think we as human beings tend to have difficulty interacting with others in the best way? \_\_\_\_\_  
\_\_\_\_\_
3. Why is it very beneficial to learn this habit? \_\_\_\_\_  
\_\_\_\_\_

## HABIT 6: SYNERGIZE

1. There is a phrase that says, "The whole is worth more than the sum of its parts." This embodies the concept of synergy; but for more understanding, look up the word. \_\_\_\_\_
2. Someone said, "It is amazing how much can get done when no one cares who gets the credit." Explain how synergy works. \_\_\_\_\_  
\_\_\_\_\_

## HABIT 7: SHARPEN THE SAW

1. Explain the huge advantage of having the best tools in excellent condition to accomplish any task. \_\_\_\_\_  
\_\_\_\_\_
2. It is each person's responsibility to keep his body, mind, and spirit as "sharp" as possible so he glorifies God and blesses others. Explain this. \_\_\_\_\_

*“God’s word to us is, ‘I will bless thee,... and thou shalt be a blessing.’ Genesis 12:2.*

*“Of the first disciples and of all who should believe on Him through their word Christ said, ‘The glory which Thou gavest Me I have given them; that they may be one, even as We are one: I in them, and Thou in Me, that they may be made perfect in one; and that the world may know that Thou hast sent Me, and hast loved them, as Thou hast loved Me.’ John 17:22, 23.*

*“Wonderful, wonderful words, almost beyond the grasp of faith! The Creator of all worlds loves those who give themselves to His service, even as He loves His Son. Even here and now His gracious favor is bestowed upon us to this marvelous extent. He has given us the Light and Majesty of heaven, and with Him He has bestowed all the heavenly treasure. Much as He has promised us for the life to come, He bestows princely gifts in this life. As subjects of His grace, He desires us to enjoy everything that will ennoble, expand, and elevate our characters. He is waiting to inspire the youth with power from above, that they may stand under the blood-stained banner of Christ, to work as He worked, to lead souls into safe paths, to plant the feet of many upon the Rock of Ages.” –The Ministry of Healing, p. 405.*