

Contents

1	Emotions — <i>December 25–31</i> —————	6
2	Divine Provision for Anxiety — <i>January 1–7</i> —————	14
3	Stress — <i>January 8–14</i> —————	22
4	Relationships — <i>January 15–21</i> —————	30
5	Guilt — <i>January 22–28</i> —————	38
6	Good Thinking — <i>January 29–February 4</i> —————	46
7	Hope Against Depression — <i>February 5–11</i> —————	56
8	Resilience — <i>February 12–18</i> —————	64
9	Self-esteem — <i>February 19–25</i> —————	72
10	Jealousy — <i>February 26–March 4</i> —————	80
11	Freedom From Addictions — <i>March 5–11</i> —————	88
12	Nature as a Source of Health — <i>March 12–18</i> —————	96
13	Partnership With Jesus — <i>March 19–25</i> —————	104

Editorial Office 12501 Old Columbia Pike, Silver Spring, MD 20904
Come visit us at our Web site: <http://www.absg.adventist.org>.

Principal Contributor
Julian Melgosa

Editor
Clifford R. Goldstein

Associate Editor
Soraya Homayouni

Publication Manager
Lea Alexander Greve

Editorial Assistant
Sharon Thomas-Crews

Pacific Press® Coordinator
Wendy Marcum

Art Director and Illustrator
Lars Justinen

Concept Design
Dever Designs

The *Adult Sabbath School Bible Study Guide* is prepared by the Office of the Adult Bible Study Guide of the General Conference of Seventh-day Adventists. The preparation of the guides is under the general direction of the Sabbath School Publications Board, a subcommittee of the General Conference Administrative Committee (ADCOM), publisher of the Bible study guides. The published guide reflects the input of a worldwide evaluation committee and the approval of the Sabbath School Publications Board and thus does not solely or necessarily represent the intent of the author(s).



JESUS WEPT

As humans, we are the most rational of all the world's created beings. Marvelous as they are, frogs, dogs, caterpillars, and donkeys don't have our capacity to reason. Yet, even with all our powers of logic and rationality, we're also emotional beings. One could argue, justifiably, that emotions rule our lives to a much greater extent than reason does or ever could.

Emotions are good; without them we'd barely be human. (What kind of person doesn't know love, compassion, sympathy, fear, or sorrow?) Robots might be able to function emotionlessly; we never could.

Of course, existing in a world of sin, our emotions often bring us great pain. Sickness, disease, war, poverty, natural disasters, economic uncertainty, family problems—how can these not cause the kinds of fear, sorrow, dread, and sadness that we all are so familiar with?

Look, too, at the emotional reaction our world evoked in Jesus! "Jesus wept" (*John 11:35*). "And when he [Jesus] had looked round about on them with anger" (*Mark 3:5*), Jesus said, "My soul is exceeding sorrowful unto death" (*Mark 14:34*). "When Jesus therefore saw her weeping, and the Jews also weeping which came with her, he groaned in the spirit, and was troubled" (*John 11:33*). "He is despised and rejected of men; a man of sorrows, and acquainted with grief" (*Isa. 53:3*).

Well did Hebrews express this incredible truth about our Lord: "For we have not an high priest which cannot be touched with the feeling of our infirmities; but

was in all points tempted like as we are, yet without sin” (*Heb. 4:15*). That’s the feelings of our infirmities, and, as we all know, the feelings of our infirmities can be pretty bad.

Sadness, pain, sorrow . . . these are not wrong, these are not sinful. We don’t show a lack of faith, a lack of trust, when we respond to life’s turmoil with such emotions. After all, Jesus responded with emotions.

We are, today, thousands of years from the “tree of life” (*Gen. 2:9*). The DNA is wearing thin. We’re damaged goods, and, contrary to the myths of evolution, we’re getting only worse.

It’s no wonder, then, that sin has taken its toll on our emotional health, as well. So often, instead of being in control of our emotions, they control us, even to the point of pushing us into radically wrong choices that cause us even more grief and sorrow. Fortunately, that doesn’t always need to be the case. The Lord has something better for us.

This quarter’s lessons look at human emotions and give us biblical principles on how we can understand our emotions and seek the power of the Lord to bring them under His loving sovereignty. We’ll look at Bible characters, focusing on their emotional reactions to whatever befell them, good and bad, and ask ourselves the important question: What can we learn from their experiences that can help us with ours?

Of course, some people—especially those whose emotional problems are caused by a physical problem, such as a chemical imbalance—need professional help when available, though in no situation should we limit the power of God to bring healing to any life.

It’s our prayer that this quarter’s lessons will, in the context of understanding our emotions, help us reach out to the Lord, who has bestowed on us the greatest emotion of all: love. Finally, no matter our emotional ups and downs, may each of us learn to bask in that love, especially in the downs, and then through God’s grace reflect that love to others. Because, in the end, no matter our sorrows, “love never fails” (*1 Cor. 13:8, NIV*).

Instead of being in control of our emotions, they control us. . . . Fortunately, that doesn’t always need to be the case. The Lord has something better for us.

Dr. Julian Melgosa is dean of the School of Education and Psychology at Walla Walla University.

Got Questions?

Sabbath School University *has answers!*

Sabbath School University is a 28-minute discussion of the *Adult Sabbath School Bible Study Guide*. SSU discusses the content and strategies to enrich your Sabbath School with fellowship, outreach, Bible study, and missions. Sabbath School leaders, don't miss this weekly broadcast on Hope Channel.



www.hopetv.org

HEARING IS ONE THING, BUT SEEING IS ALTOGETHER DIFFERENT.

With the Adventist Mission DVD, you see how lives are changed. You see how the church works around the world. You see how your mission offerings make a real difference, every single day.

A free Adventist Mission DVD from the world church headquarters is sent to your church each quarter. To see these inspiring stories, ask your pastor or Sabbath School leader to show them at your church. Or see them for yourself at www.AdventistMission.org.

Thank you for helping tell the world about Jesus through your mission offerings.

