

Lesson 76: The Holy Spirit in our Hearts - 3

Memory Verse: Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Ephesians 6:10-12

II. ☩ Let's look at the WHOLE ARMOUR of God - 3

E. The Helmet of Salvation

1. **Ephesians 6:17** And take the helmet of **salvation**,

Where do you wear a helmet? On your _____.

What is inside your head? Your B_____ which houses your mind. It is the place where you T_____.

Note: The Lord made the **brain**, that the **mind** may be able to **think** to a purpose. There is action and reaction in **thinking**. God designs that man shall **use the brain with a vital earnestness**. The whole human machinery is to be **under the control of the One who made man**. Mind, heart, soul, strength, are required in the service of God. 3MR 364.1

Every true servant of God will **guard closely** the citadel of the soul, lest the things of earth steal his affections from God. 18MR 51.1

Your mind needs the protection of the H_____ to guard it from wrong influences.

We must guard **what** we T_____ about.

2. What does **2 Corinthians 10:5** say about our thoughts?

Casting down _____, and every high thing that _____ itself against the _____ of God, and bringing into _____ every _____ to the _____ of Christ.

Note: God bids us **fill the mind with great thoughts, pure thoughts**. He desires us to **meditate upon His love and mercy**, to **study His wonderful work in the great plan of redemption**.

Then clearer and still clearer will be our **perception** of truth,

higher, holier, our **desire** for **purity** of heart and **clearness** of thought.

The soul dwelling in the pure atmosphere of **holy thought**

will be **transformed** by communion with God **through** the study of the Scriptures. AG 34.2

When we think about the great plan of R_____, we are helping to protect our mind from wrong thoughts which Satan wants us to think about. This is the helmet of S_____.

Why is it so important to have our thoughts protected and guarded?

You should keep off from **Satan's enchanted ground** and not allow your minds to be **swayed** from allegiance to God. Through Christ you may and should be happy and should **acquire habits of self-control**. Even your **thoughts** must be brought into **subjection** to the *will of God* and your *feelings* under the **control** of reason and religion. Your imagination was not given you to be allowed to run riot and have its own way without any effort at **restraint** or **discipline**. **If the thoughts are wrong the feelings will be wrong, and the**

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thoughts and feelings combined make up the moral character. When you decide that as Christians you are not required to restrain your thoughts and feelings you are brought under the **influence of evil angels** and **invite** their presence and their control. 5T 310.1

? What does Satan's enchanted ground do? It sways you from A _____ to God.

? How does it work?

Your T _____ are not brought into S _____ to the will of God.

The i _____ is not R _____ or disciplined.

? What is the effect of this?

When you have wrong T _____, you will have wrong F _____.

? How does this affect your character?

Your T _____ and F _____ combined make up your moral C _____.

So wrong T _____ produce wrong F _____ which produces a wrong C _____. Your T _____ and F _____ produce **words** and **acts** which **show** your C _____ to everyone around you.

? What happens when you decide it is not necessary to restrain your thoughts and feelings? You are brought under the i _____ of _____ angels and i _____ their P _____ and C _____.

? Is this what you want your life to be like? YES NO

? Or would you rather choose to R _____ and **discipline** your T _____ by **God's power** so that you will have right F _____ and a good C _____?

YES

NO

This you can only do by following God's directions in Philippians 4:8.

Finally, brethren, whatsoever things are _____, whatsoever things are _____, whatsoever things are _____, whatsoever things are _____, whatsoever things are _____, whatsoever things are of _____ report; if there be any _____, and if there be any _____, _____ on _____ things.

3. What kind of mind does **Philippians 2:5-8** tell us we should have?

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.

? What kind of mind did Jesus have?

↳ He made himself of no R _____.

He did not try to get praise and honor from people.

↳ He took upon him the form of a S _____.

He said that he came to minister to others, to serve them for their good.

↳ He H _____ himself.

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He was not proud and did not act like he was too good to help people.

- ↳ He was O_____ to the will of God
– even though it meant death on the C_____.

He always said "Thy will not mine be done" to God and chose to do that.

If we have this mind We will not be trying to get P_____ and honor for ourselves.
We will be looking for ways to S_____ others, not ourselves.
We will be H_____, not proud.
We will be O_____ to God's will always.

Note: We should **meditate upon the Scriptures**, thinking soberly and candidly upon the things that pertain to our eternal salvation. The infinite mercy and love of Jesus, the sacrifice made in our behalf, call for most serious and solemn reflection. **We should dwell upon the character of our dear Redeemer and Intercessor. We should seek to comprehend the meaning of the plan of salvation.** We should meditate upon the **mission** of Him who came **to save His people from their sins**. By constantly **contemplating heavenly themes**, our faith and love will grow stronger. Our prayers will be more and more acceptable to God, because they will be more and more mixed with faith and love. They will be more intelligent and fervent. There will be **more constant confidence in Jesus**, and you will have a **daily, living experience** in the willingness and power of Christ to save unto the uttermost all that come unto God by Him. AG 34.4

4. Why did Jesus come to this earth? **Matthew 1:21**

And she shall bring forth a _____, and thou shalt call his _____ JESUS: for he shall _____ his people _____ their _____.

? What is our part? Luke 9:23

And he said to them all, If any man will _____ after me, let him _____ himself, and _____ up his _____ daily, and _____ me.

Note: We must **never allow ourselves to doubt the love of Jesus**, – he who for our sake bore the contradiction of sinners against himself. He was buffeted with temptations, convulsed with agony, lacerated with stripes, pierced by nails, crowned with thorns; and **he consented to all this humiliation and suffering that he might gain for us the victory over Satan**. He exposed himself to abuse and insult for our sake. Every arrow with which Satan pierced him, every pang of anguish that he endured, was in our behalf. His life was one dark series of afflictions, which weakened at every step Satan's hold upon humanity. Thus he paid the debt which man owed to God, and **brought us out of the bondage of Satan into the marvelous light of the gospel**. YI, July 15, 1897 par. 5

Jesus died, dear youth, not to save you in your sins, but from your sins. He wants you to **follow the example which he has set before you**, – to deny self, take up your cross daily, and follow him. He claims your service, your heart's best and holiest affections. **If you will** walk in obedience to his will, learning cheerfully and diligently the lessons of his providence, **by and by he will say**, "Child, come up higher to the heavenly mansions which I have prepared for you." YI, July 15, 1897 par. 6

? What does it take to gain eternal life? Matthew 24:13

But he that shall _____ unto the _____, the same shall be _____.

Romans 2:7 To them who by _____ in well doing _____ for glory and honour and immortality, _____ life.

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Note: [She] has at different times been **susceptible to the influence of the truth**, but she has soon **lost** the impression through **indecision**. She lacks decision of character, is too vacillating, and is **affected too much by unbelievers**. She must encourage **decision, fortitude, steadiness of purpose**, which will **not be swerved to the right or left by circumstances**. She must not be in a state of such vacillation. If she does not reform in this respect she will be easily ensnared and taken captive by Satan at his will. **She will have to possess perseverance and firmness in the work of overcoming, or she will be overcome and lose her soul.** **The work of salvation is not child's play**, to be taken hold of at will and let alone at pleasure. It is the steady purpose, the untiring effort, that will gain the victory at last. **It is he who endureth to the end that shall be saved.** It is they who patiently continue in well-doing that shall have eternal life and the immortal reward. If this dear sister had been **true to her convictions**, and had **possessed steadiness of purpose**, she might have **exerted a saving influence** in her family, over her husband, and she might have been a special help to her daughter. All who are engaged in this warfare with Satan and his host have a **close work** before them. They must not be as impressible as wax, that the fire can melt into any form. **They must endure hardness as faithful soldiers, stand at their post, and be true every time.** 2T 101.1

God's Spirit is striving with this entire family. **He will save them if they are willing to be saved in His appointed way.** Now is the hour of probation. **Now is the day of salvation.** Now, now, is God's time. In Christ's stead we beseech them to become reconciled to God while they may, **and in humility, with fear and trembling, work out their salvation.** I was shown that it was the work of Satan to keep the church in a state of insensibility, **that the youth may be secured in his own ranks.** I saw that the youth were susceptible of the influence of the truth. **If the parents would consecrate themselves to God and labor with interest for the conversion of their children, God would reveal Himself to them and magnify His name among them.** 2T 102.1

5. When the light of Jesus' love shines in our hearts, what will we do? **2 Cor. 4:6-10**

For God, who commanded the _____ to shine out of darkness, hath _____ in our _____, to give the _____ of the _____ of the _____ of God in the _____ of Jesus Christ. But we have this _____ in _____ vessels, that the _____ of the _____ may be of _____, and _____ of us. We are _____ on every side, yet _____ distressed; we are _____, but _____ in despair; _____, but _____ forsaken; _____ down, but _____ destroyed; A _____ bearing about in the body the _____ of the Lord Jesus, that the _____ also of Jesus might be made _____ in our body.

Note: **The mighty general of armies leads the hosts of heaven in defense of his people as verily as he led the armies of Israel at the taking of Jericho.** Not one soul in all the hosts of Israel could boast of his strength to throw down the walls of that city. It was the Captain of the Lord's host who planned that battle, and his name alone could receive the glory. **So the servants of Christ labor in the strength of their Master;** and every **victory** they gain leads them, **not to exalt self**, but to **lean more securely on the arm of God.** Deep and fervent **gratitude** is awakened in their hearts, and they rejoice in **tribulation.** These willing servants are **gaining experiences** and **forming characters** that will do honor to the cause of God. Y1, October 26, 1899 par. 5

We will work for Christ and we will labor in the S _____ of Christ, our Master.
When we gain a V _____, we will not E _____ self, but realize that the

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victory is because of Jesus and so we will lean more S_____ on
God's A_____.

We will rejoice in T_____.

We will gain E_____ and form C_____
that will be an H_____ to God's cause.

6. What awaits those willing servants of Christ? **2 Corinthians 4:17,18**

For our _____ affliction, which is but for a _____, worketh for us a far more
_____ and _____ weight of _____; While we look _____ at the things
which are _____, but at the things which are _____ seen: for the things which are
_____ are _____; but the things which are _____ seen are _____.

John 6:27 Labour _____ for the meat which _____, but for that meat which
_____ unto _____ life, which the Son of man shall _____ unto
you: for _____ hath God the Father sealed.

1 Peter 5:4 And when the chief _____ shall _____, ye shall receive a
_____ of _____ that _____.

Note: In Christ are hid **all** the **treasures** of wisdom and knowledge, and **we are without excuse if we fail to avail ourselves of the provision made.** Christ sacrificed **everything** in order to make it possible for man to gain heaven. **Now it is for man to show what he will sacrifice for Christ's sake.** Those who have any just sense of the **magnitude** of the plan of salvation, and of its **cost**, will **never murmur** that their sowing must be in tears, and that **conflict and self-denial must be the Christian's portion.** **Why** should we be unwilling to endure, to suffer, and to sacrifice, in order to secure an **imperishable treasure**, – a **life that runs parallel with the life of God**, – a **crown of immortal glory**, that fadeth not away? YI, October 26, 1899 par. 6

7. So what should happen in our mind when we have the helmet of salvation on?

Romans 12:2 And be _____ conformed to this _____: but be ye _____
by the _____ of your _____, that ye may prove what is that _____, and
acceptable, and perfect, _____ of God.

Ephesians 4:22-24 That ye put _____ concerning the former conversation the _____
man, which is _____ according to the deceitful _____; And be _____
in the _____ of your _____; And that ye put _____ the _____ man, which after God
is _____ in _____ and true _____.

Isaiah 55:8,9 For my _____ are _____ your thoughts, neither are your _____
_____ ways, saith the LORD. For as the heavens are _____ than the earth, so are
my ways _____ than your ways, and my _____ than your thoughts.

Hebrews 8:10 For this is the _____ that I will make with the house of Israel after
those days, saith the Lord; I will put my _____ into their _____, and _____ them
in their _____: and I will be to them a _____, and they shall be to me a _____.

Our mind should be T_____ – Our way of thinking must be changed.

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This happens by the R_____ of our mind and bringing it into **harmony** with that good, and acceptable, and perfect W_____ of God.

We should be R_____ in the spirit of our mind. – Have new thoughts.

This happens when we put _____ the old man [old way of thinking and doing] and put _____ the new man which is created in R_____ and H_____.

God's T_____ and W_____ are H_____ than our thoughts and ways.

We need His L_____ in our M_____ and H_____ so that our thoughts and ways will be in harmony with His T_____ and W_____.

Then He will be our G_____ and we will be His P_____.

This is what the Plan of S_____ was made to accomplish.

But it can only work if we CHOOSE to accept His T_____ and W_____.

F. The Sword of the Spirit – the Word of God

8. **Ephesians 6:17** and the sword of the Spirit, which is the **word** of God:

What is the purpose of a sword? It is used to C_____.

This sword is the _____ of God. What will it cut?

Hebrews 4:12 For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

It cuts deep – even to the thoughts and intents of the heart.

The surgeon uses a knife to cut his patient. What does he want to cut out?

Whatever is bad and hurtful to the patient, such as cancer.

The divine Physician uses the sword to cut out of his patients whatever is bad and hurtful to him. What does the divine Physician want to cut out of us? _____

Hebrews 3:13,14 But _____ [urge] one another daily, while it is called To day; lest _____ of you be _____ through the _____ of _____. For we are made partakers of Christ, _____ we _____ the beginning of our confidence _____ unto the _____.

1 Corinthians 15:58 Therefore, my beloved brethren, be ye stedfast, _____, always _____ in the _____ of the Lord, forasmuch as ye know that your labour is not in _____ in the _____.

Note: The work of conquering evil is to be done through faith. Those who go into the battlefield will find that they must put on the **whole armor of God**. The shield of faith will be their defense and will enable them to be more than conquerors. **Nothing else will avail but this--faith in the Lord of hosts, and obedience to His orders.** Vast armies furnished with every other facility will avail nothing in the last great conflict. Without faith, an angel host could not help. **Living faith alone will make them invincible and enable them to stand in the evil day, steadfast, unmovable,** holding the beginning of their confidence **firm** unto the end. AG 33.4

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9. We need the sword to know what to be unmovable about. It must be God's ways.

2 Timothy 3:15-17 And that from a _____ thou hast _____ the holy scriptures, which are _____ to make thee _____ unto _____ through _____ which is in Christ Jesus.

From this verse we can learn that we should learn to _____ the holy scriptures in childhood. They will make us _____ unto salvation when we combine this knowledge with F _____ in Jesus.

2 Timothy 3:16 All scripture is given by _____ of God, and is _____ for _____, for _____, for _____, for _____ in righteousness:

From this verse we learn that the Bible was given by the inspiration of _____. This makes it special and more important than other books. He gave us the Bible for 4 uses:

- a. D _____: So that we know what are the **teachings** of God.
- b. R _____: This is given to show us when we are doing something wrong.
- c. C _____: This is to show us how to correct or change our wrong ways.
- d. I _____: This is to teach us what we need to know so we can please God.

The instruction is in R _____ – The Bible teaches us what is right in God's eyes so that we can know what is pleasing to God and what isn't. He gives us the choice to follow His ways or to choose our own. What will happen if we choose His ways?

2 Timothy 3:17 That the man of God may be _____, throughly _____ unto all _____ works.

This verse teaches us that the purpose of the Bible is to give us all the help we need to become P _____. Here we find the **gospel** which is the good news that we can be rescued from the power of sin and re-created in R _____.

Romans 1:16,17 For I am not ashamed of the _____ of Christ: for it is the _____ of God unto _____ to every one that _____; to the Jew first, and also to the Greek. For therein is the _____ of God _____ from faith to faith: as it is written, The just shall live by _____.

Note: God has provided **abundant means** for **successful** warfare against the evil that is in the world. The **Bible** is the **armory** where we may **equip** for the struggle. Our loins must be girt about with **truth**. Our breastplate must be **righteousness**. The shield of **faith** must be in our hand, the helmet of **salvation** on our brow; and with the sword of the Spirit, which is the **word of God**, we are to **cut our way through the obstructions and entanglements of sin**. AA 502.2

10. Why is it so important to have skill in the use of this sword? **Ephesians 6:12,13**

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

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This battle is called the Great Controversy. We are **all** in it. Our eternal destiny depends upon our choices in this controversy between good and evil; truth and error; light and darkness; Christ and Satan. God has given us an armor for our protection and for our success and victory in this controversy. Upon what we do in this controversy our eternal life or eternal death are decided.

Note: The light and understanding which God's word imparts is **not designed merely, or chiefly, to promote intellectual culture**. For an object higher than any earthly or temporal good were the holy oracles committed unto men. **We see therein revealed the great plan of human redemption, the means devised to free mankind from the power of Satan**. We see **Christ**, the Captain of our salvation, meeting the prince of darkness in open battle, and, **single-handed, obtaining the victory in our behalf**. We learn, too, that **by this victory, was opened to us a door of hope, a source of strength, and that we may, as faithful soldiers, fight our own battles with the wily foe, and conquer in the name of Jesus**. The powers of darkness must be met by **every soul**. The young, as well as the old, will be assailed, and **all should understand the nature of the great controversy between Christ and Satan, and should realize that it concerns themselves**. All are actors in the scene, sharers in the conflict. **To be armed for the battle, all need "the sword of the Spirit, which is the word of God."** RH, September 25, 1883 par. 5

11. How do we use the sword against the temptations of Satan? **Matthew 4:4**

But he answered and said, It is _____, Man shall not _____ by bread _____, but by _____ that _____ out of the _____ of God.

The first Adam fell; the second Adam held fast to God and His Word under the most trying circumstances, and His faith in His Father's goodness, mercy, and love did not waver for one moment. "It is written" was His weapon of resistance, and **it is the sword of the Spirit which every human being is to use**. AG 35.3

12. What does this sword tell us to do? **Proverbs 3:5-7** T_____ in the _____ with _____ thine heart; and lean _____ unto thine _____ understanding. In _____ thy ways _____ him, and he shall _____ thy paths. Be not _____ in thine _____ eyes: fear the _____, and _____ from evil.

Note: In these days of peril and corruption, **the young are exposed to many trials and temptations**. Many are sailing in a dangerous harbor. **They need a pilot**; but they scorn to accept the much needed help, **feeling that they are competent** to guide their own bark, and not realizing that it is about to strike a hidden rock that may cause them to make shipwreck of faith and happiness. ... There is a disposition with many to be impetuous and headstrong. **They have not heeded the wise counsel of the word of God**; they have not **battled with self**, and **obtained precious victories**; and their proud, unbending will has driven them from the **path of duty and obedience**. AG 35.4

There are great things expected from the sons and daughters of God. I look upon the youth of today, and my heart yearns over them. What possibilities are open before them! **If they sincerely seek to learn of Christ, He will give them wisdom, as He gave wisdom to Daniel**. AG 35.5

Do you want to be wise? **Psalm 111:10** The _____ of the _____ is the beginning of _____: a good _____ have all they that _____ his _____:

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his praise endureth for ever.

Let the youth try to appreciate the privilege that may be theirs, to be directed by the **unerring wisdom of God**. Let them take the Word of truth as the man of their counsel, and **become skillful in the use of "the sword of the Spirit."** Satan is a wise general; but the humble, devoted soldier of Jesus Christ may overcome him. AG 35.6

13. What will a familiar acquaintance with Scripture do for us? **Isaiah 49:2**

And he hath made my _____ like a sharp _____; in the _____ of his _____ hath he hid me, and made me a polished shaft; in his quiver hath he hid me;

Note: Why should not this book – this precious treasure – be **exalted** and **esteemed** as a valued friend? This is our **chart** across the stormy sea of life. It is our **guide-book**, showing us the way to the eternal mansions, and the character we must have to inhabit them. **There is no book the perusal of which will so elevate and strengthen the mind as the study of the Bible.** Here the intellect will find themes of the most elevated character to call out its powers. There is **nothing** that will so endow with **vigor** all our faculties as **bringing them in contact with the stupendous truths of revelation.** The effort to grasp and measure these great thoughts **expands the mind.** We may dig down deep into the mine of truth, and gather precious treasures with which to **enrich** the soul. **Here we may learn the true way to live, the safe way to die.** OHC 31.2

A familiar acquaintance with the Scriptures sharpens the discerning powers, and fortifies the soul against the attacks of Satan. The Bible is the sword of the Spirit, which will never fail to vanquish the adversary. It is the only true guide in all matters of faith and practice. The reason why Satan has so great control over the minds and hearts of men is that **they have not made the Word of God the man of their counsel**, and all their ways have not been tried by the true test. The Bible will show us what course we must pursue to become heirs of glory. OHC 31.3

As the heart is opened to the entrance of the Word, **light** from the throne of God will shine into the soul. That Word, cherished in the heart, will yield to the student a **treasure** of knowledge that is priceless. **Its ennobling principles will stamp the character with honesty and truthfulness, temperance and integrity.** OHC 31.4

What will a familiar acquaintance of the Bible do for us?

It is our C _____ across the stormy sea of L _____

It is our G _____ to eternal L _____

It E _____ and S _____ the mind

It gives V _____ to the mind

It E _____ the mind

It will E _____ the soul

It shows us the T _____ way to live and the _____ way to die

It sharpens the D _____ powers of the mind

It F _____ the soul against the A _____ of Satan

It N _____ fails to V _____ the adversary – Satan

It will yield a T _____ of knowledge that is P _____

It will stamp the C _____ with honesty, truthfulness, temperance and i _____.

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Is there anything else that you could study that would do all this for you? YES NO
This is why it is so important to make the Bible be the **first** and **most important** textbook in all our education. The Bible is the Word of God and as God is infinite, so is His Word.

14. Since God has given us this armor and everything we need to be victorious over Satan and his host in the world, what is our job as soldiers in Christ's army? **1 Corinthians 3:9**
For we are labourers together with God: ye are God's husbandry, ye are God's building.

Matthew 28:18-20 And Jesus came and spake unto them, saying, _____ power is given unto _____ in heaven and in earth. Go _____ therefore, and _____ all nations, _____ them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to _____ all things _____ I have _____ you: and, lo, I am _____ you always, even unto the _____ of the world. Amen.

Note: Brethren and sisters, you are "workers together with God." You have not come into the church to let your talents rust, while others do the work. You should obey the apostolic injunction, "Seek that ye may excel to the edifying of the church." You are as a camp of armed men, soldiers enlisted under the banner of the cross, whose duty is to go out into a revolted world and bring back as many as possible to allegiance to **Christ**. Every new volunteer must learn to endure hardness as a good soldier, to keep the armor on, to wield the sword of the Spirit, and to gain victories for the Captain of our salvation.

RH, May 6, 1884 par. 11

15. At the beginning of the Book of Revelation, John saw Jesus standing in the midst of His church. He describes what He saw: **Revelation 1:12-16**

And I turned to see the _____ that spake with me. And being turned, I saw seven golden _____; And in the midst of the seven candlesticks one like unto the _____ of _____, clothed with a _____ down to the _____, and girt about the paps with a _____ girdle.

His head and his _____ were white like _____, as white as _____;

and his _____ were as a _____ of fire;

And his _____ like unto fine _____, as if they burned in a _____;

and his _____ as the _____ of many waters.

And he had in his _____ hand seven _____:

and out of his _____ went a sharp two-edged _____:

and his _____ was as the _____ shineth in his _____.

How did John describe Him?

He had a garment down to the _____

He had a golden _____

His hair was _____ like wool and snow

His _____ were as a flame of _____

His feet were like fine _____

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His _____ as like the sound of many waters

He had a sharp 2-edged _____ coming out of his _____

His face was as bright as the _____

16. In **Revelation 19:11-17** John gives a description of Jesus when He comes again:

And I saw heaven _____, and behold a _____ horse; and he that sat upon him was called _____ and _____, and in _____ he doth _____ and make _____.

His _____ were as a _____ of fire, and on his _____ were many _____; and he had a _____ written, that no man _____, but he _____.

And he was _____ with a vesture dipped in _____: and his _____ is called The _____ of _____.

And the _____ which were in _____ followed him upon _____ horses, clothed in _____ linen, _____ and clean.

And out of his _____ goeth a sharp _____, that with _____ he should _____ the nations: and he shall _____ them with a rod of _____: and he treadeth the _____ of the fierceness and _____ of Almighty God.

And he hath on his vesture and on his thigh a _____ written, _____ OF _____, AND _____ OF _____.

How is Jesus described here:

He is riding a _____ horse

He comes to _____ and make _____

His _____ were as a flame of _____

He had many _____ on His head

His garment was dipped in _____

Out of His _____ comes a sharp _____

He will _____ the nations _____ this sword

Notice all the **names** that are mentioned here:

F _____ and T _____

The W _____ of G _____

K _____ of K _____ and L _____ of L _____

There are two things that are mentioned in both descriptions:

His _____ are as a _____ of _____

Out of His _____ comes a _____

From our study of the Sword of the Spirit, what is coming out of His mouth?

The _____ of _____. What is one of His names? The _____ of _____.

He is the _____ of _____ and He uses the _____ of _____ to smite the nations and J _____ them.

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G. Watching and Praying

17. **Ephesians 6:18** Praying always with all prayer and supplication in the Spirit, and **watching** thereunto with all perseverance and supplication for all saints.

Note: No one should deceive himself by thinking that his defects are not very grievous. If he does not guard against these defects, they will be his **ruin**, and will be reproduced in those with whom he associates. **Those who do not think that God requires them to watch and pray unceasingly, striving against every imperfection, are deluded by the enemy.** Until they change their attitude, they cannot grow in grace. **We all need to pray earnestly for determination to overcome every defect of character.** Pray that,

The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power. Ephesians 1:18,19 {RH, June 11, 1901 par. 13}

How many there are who retain wrong habits because they think they cannot overcome them. They do not make **determined** efforts to overcome. They **cherish** their sins as if they were precious jewels. If they are **reproved**, they **murmur** against the one who is watching for their souls as he that must give an account. Some, when reprov'd, act **disrespectfully** toward the one who, in the fear of God, showed them that they were **misrepresenting** their Saviour. **They need to learn the meaning of true conversion.** Paul writes,

Ephesians 4:21-24 If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness.

Ephesians 4:31,32 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. {RH, June 11, 1901 par. 14}

Let us not be impatient and angry when our friends show us our mistakes and dangers. Some have followed their own way so long that **they do not realize that they have serious defects of character**, which influence others to their hurt. Let these remember that they are sowing seeds of imperfection, and that for this God will bring them into judgment. {RH, June 11, 1901 par. 15}

Philippians 2:15 That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world;

We are enjoined to be "blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation." If your influence leads others astray, something is wrong. You are not obeying God's directions. **Take advice.** Do not dispute with the one who labors for your good. **Put yourself under discipline.** Remember that if you cannot see that you are guilty, you are in **danger.** Self-indulgence has blinded your eyes. **Put forth an effort proportionate to the value of the object of which you are in pursuit.** Remember that you are seeking for **eternal** life. It will not pay to be **indolent** and **slothful** on the very borders of the eternal world. Put to the stretch every spiritual sinew and muscle. **Infinite resources** have been provided for you. **Then do not fail of being complete in Christ.** God's

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work will triumph. The question we should each ask ourselves is. **Shall I triumph with it?** {RH, June 11, 1901 par. 16}

18. Matthew 26:41 Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

Note: It was in sleeping when Jesus bade him watch and pray that Peter had prepared the way for his great sin. All the disciples, by sleeping in that critical hour, sustained a great loss. Christ knew the fiery ordeal through which they were to pass. He knew how Satan would work to paralyze their senses that they might be unready for the trial. Therefore it was that He gave them warning. Had those hours in the garden been spent in watching and prayer, Peter would not have been left to depend upon his own feeble strength. He would not have denied his Lord. Had the disciples watched with Christ in His agony, they would have been prepared to behold His suffering upon the cross. They would have understood in some degree the nature of His overpowering anguish. They would have been able to recall His words that foretold His sufferings, His death, and His resurrection. Amid the gloom of the most trying hour, some rays of hope would have lighted up the darkness and sustained their faith. {DA 713.4}

19. Mark 13:33 Take ye heed, watch and pray: for ye know not when the time is.

Mark 13:34 For the Son of man is as a man taking a far journey, who left his house, and gave authority to his servants, and to every man his work, and commanded the porter to watch.

Mark 13:35 Watch ye therefore: for ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning:

Mark 13:36 Lest coming suddenly he find you sleeping.

Mark 13:37 And what I say unto you I say unto all, Watch.

"Watch and pray" is an injunction often repeated in the Scriptures. In the lives of those who obey this injunction there will be an undercurrent of happiness that will bless all with whom they are brought in contact. Those who are sour and cross in disposition will become sweet and gentle; those who are proud will become meek and lowly. {OHC 132.3}

Note: A man cannot be a happy Christian unless he is a watchful Christian. He who overcomes must watch; for with worldly entanglements, error, and superstition, Satan strives to win Christ's followers from Him, and to keep their minds employed with his devices. It is not enough that we avoid glaring dangers and perilous, inconsistent moves. We are to keep close to the side of Christ, walking in the path of self-denial and self-sacrifice. We are not to allow our spiritual perceptions to be blinded, as they often are, by a strong, determined will. And in order to detect the artifices of Satan and to withstand his unexpected attacks, we must have the grace of Christ and the impartation of His Spirit. . . . {OHC 132.4}

God's Word warns us that we have manifold enemies, not open and avowed, but enemies who come with smooth words and fair speeches, and who would deceive if possible the very elect. Thus Satan comes. And again, when it suits his purpose, he goes about as a roaring lion, seeking whom he may devour. Man's will, unless kept in subjection to the will of God, is as often on the enemy's side as on the Lord's side. Therefore watch unto prayer; watch and pray always. {OHC 132.5}

20. Luke 12:35 Let your loins be girded about, and your lights burning;

Luke 12:36 And ye yourselves like unto men that wait for their lord, when he will return

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from the wedding; that when he cometh and knocketh, they may open unto him immediately.

Luke 12:37 Blessed are those servants, whom the lord when he cometh shall find watching: verily I say unto you, that he shall gird himself, and make them to sit down to meat, and will come forth and serve them.

Luke 12:38 And if he shall come in the second watch, or come in the third watch, and find them so, blessed are those servants.

My soul is much burdened, for I know what is before us. Every conceivable deception will be brought to bear upon those who have not a daily, living connection with God. Satan's angels are wise to do evil, and they will create that which some will claim to be advanced light and will proclaim it as new and wonderful; yet while in some respects the message may be truth, it will be mingled with human inventions and will teach for doctrine the commandments of men. If there was ever a time when we should watch and pray in real earnest, it is now. {1MCP 42.2}

Many apparently good things will need to be carefully considered with much prayer; for they are specious devices of the enemy to lead souls in a path which lies so close to the path of truth that it will be scarcely distinguishable from it. But the eye of faith may discern that it is diverging, though almost imperceptibly, from the right path. At first it may be thought positively right, but after a while it is seen to be widely divergent from the way which leads to holiness and heaven. My brethren, I warn you to make straight paths for your feet, lest the lame be turned out of the way.--MS 82, 1894. {1MCP 42.3}

21. Luke 21:36 Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

First, you are to watch. Watch, lest you should speak hastily, fretfully, and impatiently. Watch, lest pride should find a place in your heart. Watch, lest evil passions should overcome you, instead of your subduing them. Watch, lest . . . you . . . become light and trifling, and your influence savor of death, rather than life. {FLB 224.4}

Watch the stealthy approach of the enemy, watch against old habits and natural inclinations lest they exert themselves; force them back, and watch; force them back if need be a hundred times. Watch the thoughts, watch the plans, lest they become selfish and self-centered. Watch and pray, lest ye enter into temptation. Watch over the souls whom Christ has purchased with His own blood. Watch for opportunities to do them good. {TMK 351.3}

We need to watch that the enemy may not steal a march upon us and allure us away from allegiance to Christ by attracting us to the things of the world, that the things of eternal interest shall be looked upon as of minor importance, so that we shall make an atom of a world and a world of an atom. ST, July 25, 1892 par. 8

How carefully should every soul for whom Christ has died, watch and pray lest the moral taste should become perverted, lest by feeding the thoughts upon earthly, common things they come at last to desire nothing better! It is necessary that we follow out the command of Christ, and search the Scriptures; for in them "ye think ye have eternal life, and they are they which testify of me." That which Jesus accomplished for the people when he was upon the earth, he accomplished by opening the Scriptures to their understanding. ST, September 5, 1895 par. 2

We must watch and pray, lest we enter into temptation. We must fight against pride, self-exaltation, jealousy, evil thinking, and evil-speaking. Our earnest effort to overcome the evil in our characters will

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make manifest the sincerity of our prayers. {ST, March 18, 1903 par. 5}

The child of God should watch the first dimming of his light, the first neglect of prayer, the first symptom of spiritual slumber. "He that endureth to the end shall be saved." But it is by the constant exercise of faith and love that believers are enabled to do this. They may have the overcomer's reward, and stand before Christ to sing his praises in the day when he assembles his saints; but their robes must be cleansed in the blood of the Lamb, charity must cover them as a garment, and they must be found spotless and without blemish. {SW, September 18, 1906 par. 7}

Second, you are to pray. Jesus would not have enjoined this upon you, unless there was actual necessity for it. It is well known to Him that of yourself you cannot overcome the many temptations of the enemy, and the many snares laid for your feet. He has not left you alone to do this; but has provided a way that you can obtain help. Therefore He has bid you to pray. {FLB 224.5}

To pray aright is to ask God in faith for the very things you need. Go to your chamber, or in some retired place, and ask your Father for Jesus' sake to help you. There is power in that prayer that is sent up from a heart convinced of its own weakness, yet earnestly longing for that strength that comes of God. The earnest, fervent prayer will be heard and answered. . . . {FLB 224.6}

Faint not. Cast yourself at the feet of Jesus, who has been tempted, and knows how to help such as are tempted. ... **Plead your case before God, through Jesus, until your soul can with confidence rely upon Him for strength, and you feel that you are not left to do the work of overcoming alone.** God will help you. Angels will watch over you. But before you can expect this help, you must do what you can on your part. Watch and pray. {FLB 224.7} YI October 1855

22. 1 Corinthians 16:13 Watch ye, stand fast in the faith, quit you like men, be strong.

The Lord says, "Watch and pray, that ye enter not into temptation." The advice of your own brethren may cause you to swerve from the path which the Lord has marked out for you to walk in; for the minds of men are not always under the control of the Holy Spirit. **"Watch" lest your studies shall accumulate to such proportions, and become of such absorbing interest to you, that your mind shall become overburdened, and the desire for godliness be crushed out of your soul.** ... Their intense interest to secure a high place among men has caused them to leave the will of their Heavenly Father out of their calculations; but true knowledge leads to holiness of life through the sanctification of the truth. FE 349.1

23. 1 Thessalonians 5:6 Therefore let us not sleep, as do others; but let us watch and be sober.

Young and old have a conflict and warfare before them. **They should not sleep for a moment.** A wily foe is constantly on the alert to lead them astray and overcome them. Believers in present truth must be as watchful as their enemy, and manifest wisdom in resisting Satan. Will they do this? Will they persevere in this warfare? Will they be careful to depart from all iniquity? Christ is denied in many ways. We may deny him in our words, by speaking contrary to truth, or by speaking evil of others, or by foolish talking or jesting, or by words that are idle. In these things we manifest but little shrewdness or wisdom. We make ourselves weak, and our efforts are feeble to resist our great enemy, and we are conquered. From the abundance of the heart the mouth speaketh, and **through lack of watchfulness we confess that Christ is not in us.** Those who will hesitate to devote themselves unreservedly to God, make poor work of following Christ. They follow him at such a **distance** that they do not really know half the time whether they are following his footprints, or the footsteps of their great enemy. Why are we so slow to give up our

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interest in the things of this world, and take Christ for our only portion? **Why should we wish to keep the friendship of our Lord's enemies, and follow their customs, and be led by their opinions?**

There must be an entire, unreserved surrender to God, a forsaking and turning away from the love of the world and earthly things, or we cannot be his disciples. {RH, August 31, 1886 par. 10}

24. 1 Peter 4:7 But the end of all things is at hand: be ye therefore sober, and watch unto prayer.

Even through children and youth the light of life may shine upon those who sit in darkness. Then watch and pray, and obtain a personal experience in the things of God. Your parents may teach you, they may try to guide your feet into safe paths; but it is impossible for them to change your heart. You must give your heart to Jesus, and walk in the precious light of truth that He has given you. Faithfully take up your duties in the home life, and, through the grace of God, you may grow up into the full stature of what Christ would have a child grow to be in Him. . . . {SD 256.3}

In childhood and youth you may have an experience in the service of God. Do the things that you know to be right. Be obedient to your parents. Listen to their counsels; for if they love and fear God, upon them will be laid the responsibility of educating, disciplining, and training your soul for the immortal life. Thankfully receive the help they want to give you, and make their hearts glad by cheerfully submitting yourselves to the dictates of their wiser judgments. In this way you will honor your parents, glorify God, and become a blessing to those with whom you associate. {SD 256.4}

25. Revelation 3:2 Be watchful, and strengthen the things which remain, that are ready to die: for I have not found thy works perfect before God.

Revelation 3:3 Remember therefore how thou hast received and heard, and hold fast, and repent. If therefore thou shalt not watch, I will come on thee as a thief, and thou shalt not know what hour I will come upon thee.

"If therefore thou shalt not watch, I will come on thee as a thief; and thou shalt not know what hour I will come upon thee." [Revelation 3:3.] How perilous is the condition of those, who, growing weary of their watch, turn to the attractions of the world. While the man of business is absorbed in the pursuit of gain, while the pleasure-lover is seeking indulgence, while the daughter of fashion is arranging her adornments,—it may be in that hour the Judge of all the earth will pronounce the sentence, "Thou art weighed in the balances, and art found wanting." {4SP 315.1}

Every soul that has named the name of Christ has a case pending at the heavenly tribunal. It is court week with us, and the decision passed upon each case will be final. {4SP 315.2}

26. Revelation 16:15 Behold, I come as a thief. Blessed is he that watcheth, and keepeth his garments, lest he walk naked, and they see his shame.

What shall I say to arouse the remnant people of God? ... I warn all who profess the name of Christ to **closely examine themselves** and make full and thorough confession of all their wrongs, that they may go beforehand to judgment, and that the recording angel may write pardon opposite their names. My brother, my sister, if these precious moments of mercy are not improved, you will be left without excuse. If you make no special effort to arouse, if you will not manifest zeal in repenting, these golden moments will soon pass, and you will be weighed in the balance and found wanting. Mar 57.2

In the warning to "watch and pray," Jesus has indicated the only safe course. There is need of

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watchfulness. Our own hearts are deceitful; we are compassed with the weaknesses and frailties of humanity, and Satan is intent to destroy. We may be off our guard, but our adversary is never idle.

Knowing his tireless vigilance, let us not sleep, as do others, but "watch and be sober." The spirit and influence of the world must be met, but they must not be allowed to take possession of the mind and heart. Mar 57.3

Closely examine your own heart as in the light of eternity. Hide nothing from your examination. Search, oh! search, as for your life, and **condemn yourself**, pass judgment upon yourself, and then by faith **claim the cleansing blood of Christ** to remove the stains from your Christian character. **Do not flatter or excuse yourself.** Deal truly with your own soul. And then as you view yourself a sinner, fall, all broken, at the foot of the cross. Jesus will receive you, all polluted as you are, and will wash you in His blood, and cleanse you from all pollution, and make you **fit** for the society of heavenly angels, **in a pure, harmonious heaven.** There is no jar, no discord, there. All is health, happiness, and joy. Mar 57.4

This world is a training school for the higher school, this life a preparation for the life to come. Here we are to be prepared for entrance into the heavenly courts. Here we are to receive and believe and practice the truth until we are made ready for a home with the saints in light. Mar 57.5

Keep your garments unspotted from the world. Watch and pray, lest you enter into temptation. Temptations may be all around you, but you are not compelled to enter into them. You may obtain strength from Christ to stand unsullied amid the pollutions of this corrupt age. "Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust." Keep the eye steadily fixed upon Christ, upon the divine image. Imitate His spotless life, and you will be a partaker of His glory, and with Him inherit the kingdom prepared for you from the foundation of the world. {2T 49.2}

In consideration of the shortness of time we as a people should watch and pray, and in no case allow ourselves to be diverted from the solemn work of preparation for the great event before us. Because the time is apparently extended, many have become careless and indifferent in regard to their words and actions. They do not realize their danger and do not see and understand the mercy of our God in lengthening their probation, that they may have time to form characters for the future, immortal life. Every moment is of the highest value. Time is granted them, not to be employed in studying their own ease and becoming dwellers on the earth, but to be used in the work of overcoming every defect in their own characters and in helping others, by example and personal effort, to see the beauty of holiness. God has a people upon the earth who in faith and holy hope are tracing down the roll of fast-fulfilling prophecy and are seeking to purify their souls by obeying the truth, that they may not be found without the wedding garment when Christ shall appear. {4T 306.3}

There is no place for us to rest in a careless attitude. We must never forget the warnings of Christ, "Watch unto prayer," "Watch ... and pray always" (Luke 21:36). A connection with the divine agency every moment is essential to our progress. We may have had a measure of the Spirit of God, but by prayer and faith we are continually to seek more of the Spirit. It will never do to cease our efforts. If we do not progress, if we do not place ourselves in an attitude to receive both the former and the latter rain, we shall lose our souls, and the responsibility will lie at our own door. {YRP 306.3}

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