

Adult Teachers
Sabbath School
Bible Study Guide

April | May | June 2026

GROWING IN A RELATIONSHIP WITH GOD



REALITY CHECK

Lesson 1 Study Notes[ABSG-2-2026]

March 28-April 3

Disclaimer

These notes are prepared to support personal and group Bible study. While written with care and in harmony with Scripture, the Sabbath School Quarterly Guide, and the Spirit of Prophecy, they are not an official publication of the Sabbath School Department of the General Conference of Seventh-day Adventist Church. The Reader is encouraged to rely first on the Bible, together with the Sabbath School Quarterly Guide and the Spirit of Prophecy writings.

Lesson 1[March 28-April 3]: Understanding the Memory Text

“As the **Father** loved Me, I also have **loved** you; **abide** in My **love**.” (John 15:9, NKJV)

- This lesson calls us to look **honestly** at our **relationship** with **God**.
- Are we **close** to Him, or have we become **lukewarm**?
- The **memory text** gives us both **comfort** and **direction**.
- **Jesus** loves us **deeply**, and He invites us to remain **close** to Him.

“As the Father loved Me...”

- **Jesus** begins with the **love** between Himself and the **Father**.
- This is a **perfect love**—**strong**, **pure**, and **unbroken**.
- The **Father’s love** is full of **closeness**, **trust**, and **joy**.
- This shows how **deep** and **real divine love** is.

“...I also have loved you...”

- **Jesus** extends that same **love** to us.
- He does **not** love us a little—He loves us **deeply**.
- His **love** does **not** depend on our **success** or **failures**.
- Even when we are **weak** or **lukewarm**, He still **loves** us.
- This is why He calls the **Laodicean church** to **return** to Him (Revelation 3).

“...abide in My love.”

- To **abide** means to **remain**, **stay**, or **continue** with **Jesus**.
- It is a **daily connection** with Him.
- **Jesus** uses the **image** of a **vine** and **branches** (John 15).
- A **branch** lives **only** when **connected** to the **vine**.
- In the same way, we live **spiritually** when connected to **Christ**.
- To **abide** in His **love** means:
 - **Spending time** with Him
 - **Reading** His **Word**
 - **Praying** to Him
 - **Trusting** Him
 - **Choosing** Him every day

What this means for you

- Be **honest** about your **relationship** with **God**.
- Are you **close** to Him, or have you grown **distant**?
- **Remember** that **Jesus** loves you **deeply**.
- His **love** for you has **not** changed.
- **Choose** to stay **close** to Him every day.

This text reminds us that **Jesus** invites us into a **close** and **living relationship** with Him. When we **abide** in His **love**, our **lives** are **strengthened**, and our **faith** grows **deeper** each day.

March 28: Sabbath Afternoon - Overview

Summary

- This week begins with a **personal** and **honest question** about our **relationship** with **God**.
- Some may be **close** to **God**, while others may feel **distant** or **lukewarm**.
- The **Bible** describes this **lukewarm condition** in **Revelation 3**.
- **God's people** may think they are **fine** but are actually in **great need**.
- We may feel **spiritually** "okay," yet we need **God** more than we **realize**.
- A **relationship** with **God** should be **living, growing,** and **personal**.
- **God** has **always** desired to be **close** to His **people**.
- His **love** is **constant** and **everlasting**.
- **Jesus** reveals our **true condition** to **heal** and **restore** us.
- He invites us to **repent** and **open** our **hearts** to Him.
- The **key** is to **abide** in **Christ** daily, like a **branch** connected to a **vine**.
- When we **remain** in Him, we **grow** spiritually and **bear fruit**.

Main Points to Learn This Week

Sunday: Understanding our **true spiritual condition**

- **Lukewarmness** is **dangerous** and requires **honest reflection**

Monday: **Jesus' loving call** to **repent**

- He invites us into a **close** and **personal relationship**

Tuesday: **God's everlasting love**

- He has **always** desired to **restore** His **people**

Wednesday: **Abiding** in **Christ**

- **Spiritual growth** comes from staying **connected** to **Jesus**

Thursday: The **role** of the **Holy Spirit**

- The **Spirit** gives **life** and helps us **grow** daily

This week's lesson reminds us that **spiritual growth** begins with **honesty**. When we recognize our **need**, we can **respond** to **Christ's invitation** and grow in a **deeper relationship** with Him.

March 29: Sunday - Our Condition

Read: Revelation 3:14–19

Summary

- Jesus describes the **condition** of His **last-day people**.
- He is the **Faithful** and **True Witness** who speaks **honestly**.
- He knows our **real spiritual condition**.
- Many **believers** are neither **hot** nor **cold but lukewarm**.
- **Lukewarmness** means a **half-hearted relationship** with **God**.
- It is a **life of occasional connection but no full commitment**.
- This **condition** is **dangerous** and **unacceptable** to **Christ**.
- **Believers** may think they are **spiritually rich** and in need of **nothing**.
- In reality, they are **spiritually poor**, **blind**, and **lacking**.
- There is a **gap** between how we see **ourselves** and how **God** sees us.
- **Jesus** calls for a **serious** and **immediate** response.
- He counsels **believers** to receive what **only** He can give:
 - **Gold** refined in **fire** — true **faith** and **love**
 - **White garments** — His **righteousness**
 - **Eye salve** — **spiritual understanding**
- These cannot be produced by **human effort**.
- **Christ** offers them **freely**, **but** we must be **willing** to receive them.
- **Jesus** calls for **repentance** and a **renewed relationship**.
- He desires a **close** and **living connection** with His **people**.
- The **problem** is **not** lack of **truth but** lack of **transformation**.
- Many know the **truth but** do **not** fully live it.

Question: What is the **spiritual condition** of **God's people**, and what is **Christ's counsel**?

Answer: They are **lukewarm** and **self-deceived**, and **Christ** calls them to **repent** and receive true **faith**, **righteousness**, and **spiritual understanding** from Him.

Reflection: How does your **spiritual condition** compare with **Christ's** description of **Laodicea**?

Takeaway: **Christ** calls us out of **lukewarmness** into a **deep, living relationship** with Him that **transforms** our lives.

March 30: Monday - Rebuke, Repent, and Reward

Read: Revelation 3:19–20

Summary

- **Jesus rebukes** because He **loves** His **people**.
- His **correction** is meant to **restore**, **not condemn**.
- He desires a **deeper** and more **consistent relationship**.
- Many live with a **casual, on-and-off** connection with **Christ**.
- This **halfhearted** approach is **not acceptable** to Him.
- True **love** for **Christ** calls for full **commitment**.
- **Jesus** calls us to be **zealous** and **repent**.
- **Repentance** begins by **recognizing** our **true condition**.
- We must **admit** our **need** and **turn back** to Him.
- **Jesus** gives a **powerful invitation**: He stands at the **door** and **knocks**.
- He does **not** force **entry**; He waits for a **willing** response.
- He desires a **close, personal relationship** with each **believer**.
- The **promise** is **intimate fellowship** with Him.
- He wants to **dwell** with us and **share** life with us **daily**.
- The **decision** to **open** the **door** must be **personal** and **intentional**.
- **No one** can make that **choice** for us.
- Those who truly **follow Christ** will **reflect** His **character**.
- **Lukewarm** believers risk **missing God's** final **seal**.

Question: What does **Jesus** ask us to do, and what does He **promise**?

Answer: He calls us to **repent** and **open** our hearts to Him, and He promises a **close, personal relationship** with Him.

Reflection: Have you truly **opened** your heart to **Jesus**, or are you keeping Him **waiting** outside?

Takeaway: **Jesus** is **knocking**—**open** your heart fully and enter into a **real, living relationship** with Him.

March 31: Tuesday - Everlasting Love

Read: Revelation 3:21; Jeremiah 31:3–4; Genesis 2:7; Genesis 12:1–4; Exodus 34:29

Summary

- **Jesus** calls believers to **overcome** their **lukewarm** condition.
- He promises a **great reward**—sharing His **throne**.
- He understands our **struggles** because He also **overcame**.
- His **victory** gives us **hope** and **strength** to overcome.
- The **greatest** battle is **recognizing** our **true condition**.
- We must **accept** His **rebuke**, **repent**, and receive His **righteousness**.
- Throughout the **Bible**, **God** has always desired **closeness** with **people**.
- He **walked** with **Adam** and **spoke** directly with His **people**.
- He **called** individuals like **Enoch**, **Noah**, **Abraham**, and **Moses**.
- **God** relates to people in **different ways**, **but** His goal is always **relationship**.
- **God's love** is **everlasting** and **unchanging**.
- He continually **draws** us to Himself with **love** and **mercy**.
- **God** desires to **build** or **rebuild** our **relationship** with Him.
- He is always **ready** to **receive** and **forgive**.
- The problem is **never** on **God's** side **but** on **ours**.
- Anything that **weakens** our **connection** with Him must be **surrendered**.
- A **close relationship** with **Christ** brings **peace**, **assurance**, and **victory**.

Question: What do these passages teach about **God's** desire for a **relationship** with us?

Answer: **God** has always desired a **close relationship** with **humanity**, and He **lovingly** calls each person to **come** to Him and be **restored**.

Reflection: What is in your **life** right now that is **hindering** your **relationship** with **God**?

Takeaway: **God's Everlasting Love** is **constant**—**respond** to His **call** and allow Him to **rebuild** your **relationship** with Him.

April 1: Wednesday - Abide

Read: John 15:1–11; 1 John 5:3; Revelation 3:20

Summary

- **Jesus** calls His **followers** to “**abide**” in Him.
- To **abide** means to live in a **constant** and **close connection** with **Christ**.
- This **relationship** is the **foundation** of the **Christian life**.
- **Jesus** is the **Vine**, and believers are the **branches**.
- **Branches** can **only** live and bear **fruit** by staying **connected** to the **Vine**.
- Without **Christ**, we cannot produce true **spiritual fruit**.
- **Fruit** is the **evidence** of a real **relationship** with **Christ**.
- It shows that we are truly His **disciples**.
- The purpose of **fruit** is to **glorify God**, **not** ourselves.
- **Abiding** in **Christ** includes **keeping** His **commandments**.
- **Obedience** is a response of **love**, **not** a **burden**.
- His **commandments** reflect His **character** of **love**.
- **Trials** and **difficulties** are used by **God** to **strengthen** us.
- **Pruning** may be **painful**, **but** it produces more **fruit** over time.
- **Abiding** in **Christ** leads to a **transformed life**.
- **Abiding** in **Christ** brings **joy** and **peace**.
- It solves the problem of a **lukewarm spiritual condition**.
- **Christ** invites us **not only** to come to Him **but** to **remain** in Him.
- His **love** draws us into a **deeper relationship**.

Question: What does it mean to **abide** in **Christ**?

Answer: It means to **remain** in a **daily, living connection** with **Jesus**, allowing Him to produce His **life** and **character** in us.

Reflection: Are you truly **abiding** in **Christ daily**, or **only** connecting with Him **occasionally**?

Takeaway: **Stay connected** to **Christ** every day, for **only** in Him can we **grow**, bear **fruit**, and experience true **joy**.

April 2: Thursday - Linked to the Vine

Read: Luke 11:13; Jeremiah 31:3; 1 John 4:19; Romans 8:9–11

Summary

- **Abiding** in **Christ** can feel **difficult** in a **busy** life.
- True **Christianity** is **not** about **outward actions only**.
- It is a **relationship** built on **love**, **not** forced **obedience**.
- **God** loved us **first** and made the **first move**.
- Our **part** is to **respond** and choose to stay **close** to Him.
- We cannot **change** ourselves by our own **strength**.
- Without **Christ**, our **spiritual life** becomes **weak** and **empty**.
- We may **appear religious**, **but** inside feel **dry** and **lifeless**.
- The **Holy Spirit** gives us **spiritual life**, **strength**, and **growth**.
- He works in us when we choose to **spend** time with **God**.
- Without the **Holy Spirit**, there is **no** true **spiritual growth**.
- We must **ask** daily for the **Holy Spirit**.
- The **Holy Spirit** helps us by:
 - Giving us **comfort** and **strength**
 - Helping us **understand Jesus**
 - Showing us our **sins**
 - Leading us into **truth**
- **Love** for **God** leads to willing **obedience**.
- True **obedience** comes from a **heart connected** to **Christ**.
- A **changed life** shows that we are truly **abiding** in Him.

Question: What is the role of the **Holy Spirit** in our **relationship** with **Christ**?

Answer: The **Holy Spirit** gives us **life**, helps us **grow**, and keeps us **connected** to **Christ**.

Reflection: Are you trying to **live** the **Christian life** on your own, or are you daily **depending** on the **Holy Spirit**?

Takeaway: **Depend** on the **Holy Spirit** each day, for **only** He can give you true **life** and **growth** in **Christ**.

April 3: Friday - Further Thought

Read: The Desire of Ages, p. 676 by Ellen G. White

Summary

- **God** loved us even before we were **born**.
- He **desires** a **close relationship** with us.
- He **invites** us daily to **abide** in Him.
- We must **choose** to **respond** to His call.
- We **exchange** our **weakness** for His **gifts**.
- **Christ provides** what we **cannot** give ourselves.
- **Spiritual growth** may be **slow** or come in **seasons**.
- **Growth depends** on staying **connected** to **Christ**.
- **Daily dependence** on the **Holy Spirit** is **essential**.
- **Abiding** in **Christ** includes:
 - **Continual connection** with Him
 - **Daily surrender** of the life
 - **Constant receiving** of His Spirit
- Without this **connection**, there is **no spiritual life** or **fruit**.
- With this **connection**, **Christ's character** is **formed** in us.
- A **living relationship** with **Christ transforms** the believer.
- Our **relationship** with **God** must be **examined** honestly.
- We must make **intentional** choices to grow **closer** to Him.
- The **condition** of our **hearts** determines our **spiritual life**.

Question: What is needed for us to **grow** in our **relationship** with **God**?

Answer: We must **choose** daily to **abide** in **Christ**, **depend** on the **Holy Spirit**, and **surrender** our lives fully to Him.

Reflection: What is the true **condition** of your **relationship** with **God**, and what must you **change** to grow **closer** to Him?

Takeaway: **Growth** in **Christ** comes from **daily connection**, **surrender**, and **dependence** on Him.