

Adult Teachers
Sabbath School
Bible Study Guide
April | May | June 2026

GROWING IN A RELATIONSHIP WITH GOD

THE ROLE OF THE BIBLE

Lesson 4 Study Notes[ABSG-2-2026]

April 18-24

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 4 [April 18 - 24]: Understanding the Memory Text

“For the **word of God** is **living** and **powerful**, and **sharper** than any two-edged sword, **piercing** even to the division of **soul** and **spirit**, and of **joints** and **marrow**, and is a **discerner** of the **thoughts** and **intents** of the **heart**” (Hebrews 4:12, NKJV).

- This **lesson study** on **Understanding Hebrews 4:12** focuses on the **role** of the **Bible** in our **relationship** with **God**.
- Many people **own a Bible**, but the real question is: Does it truly **shape** our **lives**?
- The **memory text** explains why the **Bible** is so **important**.
- It shows us that God’s Word is not just a **book**—it is **alive**, **active**, and able to **change us** from the **inside out**.

“For the word of God is living and powerful...”

- The **Bible** is not like **other books**.
- It is **living**—because it comes from **God Himself**.
- When we read it with an **open heart**, **God speaks** to us through it.
- It is **powerful**—because it:
 - **created the world** (Psalm 33:6)
 - **gives life and strength** (Matthew 4:4)
 - **helps us overcome sin** (Ephesians 6:17)
- This is why **Satan** tries to keep us away from the **Bible**.
- He knows that when we **spend time** in God’s Word, our **spiritual life** becomes **strong**.

“...and sharper than any two-edged sword...”

- A **two-edged sword** cuts **deeply** and **precisely**.
- God’s Word does the same—but not to **harm** us.
- It cuts through:
 - **deception**
 - **sin**
 - **false ideas**
- Sometimes the Bible **comforts** us.
- Other times it **corrects** us.
- This is why we must not pick only the **easy parts**.
- We need the **whole Bible**, even the parts that challenge us.

“...piercing even to the division of soul and spirit...”

- This means the Bible reaches the **deepest parts** of our being.
 - beyond our **actions**

- beyond our **words**
- into our **inner life**
- God’s Word shows us:
 - **who we really are**
 - **what needs to change**
- No **human wisdom** can do this.
- Only God’s Word can reach the **heart** so deeply.

“...and is a discerner of the thoughts and intents of the heart.”

- The Bible reveals **why** we do what we do.
 - **our hidden motives**
 - **our true intentions**
 - **the condition of our hearts**
- This connects directly with this study on **Understanding Hebrews 4:12**: We cannot grow in our relationship with God unless we allow His Word to **search us honestly**.
- If we come with **pride** or closed hearts, we gain little.
- But if we come with **humility** and **faith**, the Word will **change us**.

What This Means for You

- Make the **Bible** a **daily priority**. This is how God speaks to you.
- Let it **shape your life**. Do not just read it—allow it to guide your thoughts and actions.
- Come with an **open heart**. Ask God to teach, correct, and transform you.
- Depend on it for **truth**. In a world full of confusion, God’s Word is your **sure foundation**.

When you **allow** God’s Word into your life, it will **change your heart**, **strengthen your faith**, and draw you closer to **Him** every day.

April 18: Sabbath Afternoon - Overview

Summary

- This week focuses on the **role** of the **Bible** in our relationship with **God**.
- The Bible is not just an **old book**—it is **living, powerful, and personal**.
- Throughout history, people have **sacrificed** their lives to **preserve** it. That shows its great **value**.
- Yet today, many of us **neglect** it.
- It may sit on a **shelf** while life feels too **busy**, or we feel too **tired** to read it.
- God's **Word** is meant to do more than **inform** us.
- It is meant to **speak** to our **hearts**, **guide** our decisions, and **change** our lives.
- It **encourages** us, **corrects** us, and gives us **hope**.
- The Bible reveals something very **important**:
 - It shows us who **God** is.
 - It shows us how much He **loves** us.
 - It shows us how we can **live** with Him **daily**.
- A strong **relationship** with God cannot grow without time in His **Word**.
- Prayer and **Bible study** go together. They keep us **connected** to Him.
- This week invites us to **reflect** honestly:
 - Where is the **Bible** in my life?
 - Am I making **time** to hear **God** speak to me through it?
- Let us choose to spend time **daily** with **God**—reading His Word, praying, and allowing Him to **shape** our lives.

Main Points to Learn This Week

Sunday : We will learn why the Bible is a **powerful weapon**. Satan tries to keep us away from it because it **strengthens** and **transforms** our lives.

Monday : We will understand the **authority** of Scripture. The Bible **teaches, corrects, and guides** us—it must **shape** our thinking.

Tuesday : We will discover that God's Word is **truth**. Truth does not **change**, and the Bible is our **foundation**.

Wednesday : We will see how the Bible **works** in our lives. God's Word is **alive** and feeds our **spiritual growth**.

Thursday : We will learn that the condition of our **heart** matters. An open, humble heart allows God's Word to **change** us and draw us **closer** to Him.

This Lesson 4 overview reminds us that the **Bible** is not just a **book** to own—it is a **living guide** that **transforms** our lives when we read it, believe it, and follow it **daily**.

April 19: Sunday - The Most Powerful Weapon

Read: Ephesians 6:17–18; Hebrews 4:12; Matthew 4:1–11; Lamentations 3:22–23

Summary

- The **Bible** is **essential** for a strong relationship with **God**.
- It brings **life**, **strength**, and **spiritual growth**.
- **Satan's main goal** is to keep us away from **God's Word**.
- He uses **busyness**, **tiredness**, **distraction**, and **doubt**.
- This **danger** is often **hidden**.
- We may feel **fine** while becoming **spiritually weak**.
- **God's Word** is **powerful** and **alive**.
- It reveals **truth** and exposes **deception**.
- **Jesus** used **Scripture** to overcome **temptation**.
- **"It is written"** is our **weapon** in spiritual battles.
- **Prayer** and **Bible study** must go **together**.
- They give **protection** and **victory**.
- When we **neglect** the Bible, we grow **weak**.
- Our relationship with **God** becomes **distant**.
- This affects how we **live** and **treat others**.
- We lose **patience**, **peace**, and **spiritual focus**.
- We may feel **stressed** and **empty**.
- Yet we may **not realize** the cause.
- **Satan** knows how **powerful God's Word** is.
- That is why he tries to keep us **away** from it.
- **God** remains **faithful** even when we are **not**.
- His **mercies** are **new every day** (Lamentations 3:22–23).
- **Victory** comes when we **trust** and **use God's Word**.
- We must **choose daily** to spend time with **Him**.

Question : Why is spending time in **God's Word** so **important**?

Answer : Because it **strengthens** our **relationship** with God, gives us **victory over temptation**, and **protects us from deception**.

Reflection : What is **weakening** your consistency in Bible study, and what **change** can you make **today**?

Takeaway : **God's Word** is your **strongest weapon**—**use it daily** to stay **strong** and **close to Him**.

April 20: Monday - Scripture, the Authority

Read: 2 Timothy 3:15–17; Isaiah 55:9; Matthew 22:37

Summary

- The **Bible** is **God's Word** and final **authority**.
- It teaches **truth** and leads us to **salvation**.
- Scripture is useful for **teaching** and **correction**.
- It **trains** us to live a **righteous life**.
- The Bible **prepares** us for every **good work**.
- It **equips** us to follow **God** fully.
- We must **not** use the Bible to support our **own ideas**.
- **God's Word** is **not meant** to serve our **opinions**.
- We should **not** use random methods to find answers.
- **God** speaks through **careful** and **thoughtful study**.
- We must **accept the whole Bible, not just parts**.
- Difficult passages are also **important for growth**.
- **God** wants us to **use our minds**.
- We are to love **Him** with **heart, soul, and mind** (Matthew 22:37).
- Human **reasoning** is **limited** and can be **wrong**.
- It must be **guided** and **corrected** by **Scripture**.
- **Pride in knowledge** can lead us away from **God**.
- **Self-sufficiency** weakens our spiritual life.
- Some people **judge Scripture** instead of **obeying it**.
- This leads to **confusion** and **loss of truth**.
- **Jesus** treated **Scripture** as **final authority**.
- He often said, **"It is written."**
- The **Bible** should be the **foundation of our faith**.
- It should guide our **beliefs** and **daily life**.

Question : What is the **role** of the **Bible** in the life of a believer?

Answer : The Bible teaches **truth**, corrects **error**, and guides us to live a **righteous life** under **God's authority**.

Reflection : Do you **allow God's Word** to shape your thinking, or do you try to **shape it** to fit your **own views**?

Takeaway : Let the **Bible** lead you—**not your own thinking**—because **God's Word** is the **final authority**.

April 21: Tuesday - Bible Truth

Read: John 17:17; Proverbs 30:5–6; Psalm 12:6; 1 Thessalonians 2:13; Ephesians 1:13

Summary

- Many people today **question** whether **truth** really exists at all.
- Society often teaches that **truth is relative** and depends on **personal opinion**.
- The **Bible** clearly teaches that **truth** is **real** and **unchanging**.
- **Jesus** Himself said, “**I am the truth**,” showing that **truth is found in Him**.
- **God's Word** is **truth**, and it is completely **pure** and **reliable**.
- Every word of **Scripture** has been **tested** and can be **trusted fully**.
- **Truth** does **not** change with **time**, **culture**, or **human ideas**.
- **Jesus Christ** remains the **same yesterday, today, and forever**.
- Our **understanding of truth** can **grow** as we study the **Bible** more deeply.
- However, new understanding will **never contradict** what **God** has already revealed.
- True **growth in knowledge** builds on existing **truth** rather than **replacing it**.
- **God** leads His people **step by step** into clearer understanding.
- The **Bible** must be the **final authority** in all matters of belief.
- Every teaching, idea, or opinion must be **tested by Scripture**.
- Human **reasoning** is **limited** and can lead to **error** if it stands alone.
- It must always be **guided** and **corrected** by **God's Word**.
- The claim that “**there is no truth**” is **self-contradictory**.
- It tries to present a **truth** while denying that **truth** exists.
- **Jesus** taught **truth** with **clarity**, **simplicity**, and **authority**.
- His teaching removed **confusion** and revealed **God's character** clearly.

Question : Why must the **Bible** be the **foundation of all truth**?

Answer : Because **God's Word** is **pure**, **unchanging**, and **reliable**, and it provides the **only true standard** by which all other ideas can be tested.

Reflection : Are your beliefs shaped more by **God's Word** or by the **changing ideas of the world**?

Takeaway : **God's truth never changes**, so **build your life on His Word** and **not on human opinions**.

April 22: Wednesday - Bible Claims

Read: Psalm 119:11; Hebrews 4:12; John 6:63; Isaiah 55:11; Matthew 4:4

Summary

- The Bible claims to have **real power** in our lives.
- It is not just a book of words, but a **living message from God**.
- **God's Word** should guide our **decisions** and **daily life**.
- It should shape how we **think, act,** and **relate to others**.
- When we face problems, the Bible gives **direction** and **wisdom**.
- It helps us see situations from **God's perspective**.
- David said he **hid God's Word in his heart**.
- This means **learning it, remembering it,** and **living by it**.
- **God's Word** protects us from **sin** and **wrong choices**.
- It **strengthens** us when we are **weak** or **tempted**.
- The Bible is described as **living** and **powerful**.
- It reaches deep into the heart and **changes us from within**.
- **God's Word** brings **life to the soul**.
- It gives **comfort, hope,** and **strength** in times of trouble.
- **God's promises** are **active** and **effective**.
- What He says will **always accomplish its purpose**.
- The Bible is like **food for the soul**.
- Just as the body needs daily food, the soul needs **daily Scripture**.
- When we neglect **God's Word**, we become **spiritually weak**.
- When we feed on it, we grow **strong** and **stable**.
- The **Holy Spirit** helps us understand the Bible.
- He makes its truth **real** and **meaningful** to us.
- Time with the Bible should be **intentional** and **prayerful**.
- It should **not** be **rushed** or treated **lightly**.

Question : How can we **keep God's Word** in our **hearts**?

Answer : By **reading it daily, thinking about it, memorizing it,** and allowing it to **guide our lives**.

Reflection : Is your time with the Bible **feeding your soul,** or are you treating it as a **routine**?

Takeaway : **God's Word** is **living food**—receive it **daily** so your **spiritual life** can grow **strong**.

April 23: Thursday - State of the Heart

Read: 1 Corinthians 2:14; 1 Thessalonians 2:13; Mark 9:24; Luke 17:6; 2 Timothy 3:15

Summary

- The **condition of the heart** affects how we understand the Bible.
- A **closed heart** will not receive spiritual truth.
- A **natural mind** sees the Bible as **foolish**.
- Spiritual truth can only be understood through the **Spirit**.
- A **humble** and **open heart** leads to deeper understanding.
- Spiritual insight grows when we are **willing to learn**.
- **God's Word** works in us when we **believe it**.
- **Faith** allows the Bible to change our lives.
- If we expect **God** to speak, He will speak to us.
- Our **attitude** determines how much we receive.
- Even **small faith** is enough for God to work with.
- He can **grow our faith** when we ask Him.
- The Bible reveals our **true spiritual condition**.
- It shows us where we need to **change**.
- Real growth is often **slow** and **steady**.
- Change may not always be **immediately visible**.
- If we cling to **sin** or resist change, growth **stops**.
- Bible reading without **surrender** has little effect.
- The **Holy Spirit** calls us closer to **Jesus**.
- We must choose whether to **respond** or **resist**.
- **God's Word** must be received **personally**.
- It should shape our **thoughts** and **character**.
- We should **not** come to the Bible to **prove our ideas**.
- We should come **ready to listen** and be corrected.

Question : Why is the **state of the heart** important when reading the Bible?

Answer : Because only a **humble** and **open heart**, guided by the **Holy Spirit**, can truly understand and receive **God's Word**.

Reflection : Do you come to the Bible to **listen to God**, or to **confirm your own views**?

Takeaway : An **open** and **humble heart** allows **God's Word** to **transform** your life.

April 24: Friday - Further Thought

Read: Reflecting Christ, p. 60 by Ellen G. White

Summary

- Our **words** reveal what is in our **hearts**.
- The mouth speaks what **fills the heart**.
- **Negative thoughts** produce negative words.
- A heart full of **Christ** produces kind and uplifting speech.
- **God's Word** reveals His **heart** toward us.
- The Bible contains **God's thoughts** and intentions.
- The Bible is **not just moral instruction**.
- It is the **living Word of God**.
- **God's Word** should shape our **thoughts, words, and actions**.
- **Rejecting its authority** weakens faith.
- Many lose faith when the Bible is **not taken seriously**.
- **True belief** accepts the Bible fully.
- **God's Word** has **creative** and **life-giving power**.
- It speaks, **creates, revives, and transforms**.
- Scripture is a **weapon against the enemy**.
- It **strengthens** and **protects** the believer.
- A strong relationship with **God** requires the **Word**.
- **Prayer** and **Bible study** must work together.
- Spiritual growth depends on **daily connection** with God.
- The Word must be **lived**, not just read.
- **Humility** is needed when approaching the Bible.
- God speaks clearly to a **willing heart**.

Question : Why is the **Bible** essential for a strong relationship with **God**?

Answer : Because it is **God's living Word** that reveals His **character**, transforms the **heart**, and guides our **daily life**.

Reflection : What do your **words today** reveal about what is in your **heart**?

Takeaway : When **God's Word** fills your **heart**, it will shape your **life** and your **words**.