

Adult Teachers  
Sabbath School  
Bible Study Guide

April | May | June 2026

# GROWING IN A RELATIONSHIP WITH GOD

## SIN, THE GOSPEL, AND THE LAW

Lesson 9 Study Notes[ABSG-2-2026]

May 23 - 29

# 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 9 [May 23-29]: Understanding the Memory Text

“I will never forget Your precepts, for by them You have given me life. I am Yours, save me; for I have sought Your precepts.” — Psalm 119:93–94

- Sin slowly pulls people away from God.
- Prayers become weak. Bible study becomes less important. Wrong habits begin to grow.
- That is why this week's lesson points us back to God's Word, His law, and His saving grace.
- The psalmist speaks like someone who learned that life without God becomes empty and dangerous.

“I will never forget Your precepts...”

- God's precepts are His teachings and commandments.
- The psalmist does not speak about God's law like a burden.
- To him, God's commandments were precious because they helped him stay close to the Lord.
- Many people today think God's law removes freedom.
- But sin is what truly destroys freedom.
- Sin damages families, friendships, churches, and our relationship with God.
- God gave His law because He loves us.
- Sometimes believers become distracted like Samson did.
- We trust ourselves too much and slowly drift away from God without noticing it.
- That is why we need God's Word every day.

“...for by them You have given me life.”

- God's law cannot save us. But it points us to Jesus.
- The law helps us recognize sin clearly.
- It shows us where we need God's grace and help.
- Without God's truth, many people would never realize how far they are drifting spiritually.
- Jesus came to save us from sin.
- He forgives us, changes our hearts, and gives us strength to live differently.
- Real life is found in Christ.

“I am Yours...”

- These are beautiful words of surrender.
- The psalmist knows he belongs completely to God.
- Sometimes believers fail. Sometimes they feel ashamed, discouraged, or spiritually distant.
- Maybe you feel far from God today.

- But **Jesus** is still **calling** you **closer**.
- When we **surrender** our lives to **Christ**, we become His **children**.
- We belong to **Him fully**.
- And when we truly **love Him**, obedience becomes an act of **love** instead of a **heavy duty**.

### “...save me...”

- The psalmist understands that he **cannot save** himself.
- We cannot remove our own **sins** or earn **salvation** through **human effort**.
- We **all** need **Jesus**.
- This lesson continually points us back to the **Cross**.
- **God's law** shows us our **sin**, but **Jesus saves us** from it.
- That is the **gospel**.
- His **grace forgives** us, and His **power** helps us walk in **obedience** day by day.

### “...for I have sought Your precepts.”

- **God** invites believers to **seek** Him **daily**.
- A **strong** relationship with **God** does **not** happen accidentally.
- Life can easily fill our minds with **distractions** and **worries**.
- But when we **pray, study the Bible**, and **spend time** with **Jesus**, our **faith** grows **stronger**.
- The more we know **God's Word**, the more we **understand** His **love** and **character**.

### What This Means for You

- Maybe something is **weakening** your walk with **God** right now.
- Maybe it is **anger, temptation, pride, distractions, or spiritual laziness**. Everyone **struggles** in different ways.
- Do **not** run away from **God**.
- Bring your **heart** honestly to **Jesus**. Ask Him to **help you**.
- He is **patient, merciful**, and ready to **restore** you.
- **God's law** was **never meant** to **push** you away from **Him**. It was meant to **lead** you **closer** to **Jesus**.
- As you spend time with **Him** each day, He slowly shapes your **thoughts, choices**, and **character**.
- **Psalm 119:93–94** reminds believers that **true life** is found in **Jesus**.
- When we **seek** Him **daily** and **trust His Word**, our relationship with **Him** becomes **deeper** and **stronger**.

# May 23: Sabbath Afternoon - Overview

## Summary

- **Sin** is the **greatest barrier** between people and **God**.
- **Sin** slowly **damages** our **thoughts**, **actions**, and **relationships**.
- Many people treat **sin lightly**, but **God** shows us its **serious results**.
- **God's law** helps us **recognize** sin **clearly**.
- The **law** reveals **God's character** and His **love** for us.
- **God** gave His **commandments** to **protect** our **relationship** with **Him** and with **others**.
- The **gospel** gives **hope** to **sinners** through **Jesus Christ**.
- **Jesus** did **not** remove **God's law**. He came to **fulfill** it and show its **true meaning**.
- We are **not saved** by **keeping** the law.
- We are saved **only** through **faith in Jesus** and His **righteousness**.
- When we truly **love God**, we will **desire to obey** Him.
- **Real Christianity** is more than **knowing truth**. It is **living** in daily **obedience** to **God**.
- **Jesus** wants our **hearts**, not just **empty religion**.
- This week we will study how the **law** and the **gospel work together**.
- We will learn how **God's grace** helps us **overcome sin** and **grow closer** to **Him**.

## Main Points to Learn This Week

**Sunday:** We will learn how **temptations** and **distractions** can **weaken** our relationship with **God**.

**Monday:** We will study the **strongholds** and **sinful habits** that **separate** us from **God**.

**Tuesday:** We will understand the **purpose** of **God's law** and how it **reveals** sin.

**Wednesday:** We will see how the **law** and the **gospel work together** through **Jesus Christ**.

**Thursday:** We will learn that **true faith** means not only **hearing** God's Word, but also **obeying** it.

Let's study this week's lesson **prayerfully** and ask **God** to help us **love** Him more, **hate sin**, and **walk daily** in the **grace** of Jesus Christ.

# May 24: Sunday - Distractions and Temptations

Read: Judges 14; 16:1, 4, 16–17; Matthew 6:33; Revelation 3:14–22

## Summary

- **Samson** was **chosen** by **God** for a **special purpose**.
- **God** gave him **strength** and **opportunities** to **serve**.
- But **Samson** slowly **gave in** to **temptation** and **wrong choices**.
- Instead of **depending fully** on **God**, **Samson** trusted in his **own strength**.
- **Little by little**, **distractions** and **sinful** desires **weakened** his **spiritual life**.
- In the **end**, his **choices** brought **pain**, **loss**, and **suffering**.
- The **great controversy** between **Christ** and **Satan** is **still happening** today.
- **Satan works hard** to **weaken** our **relationship** with God.
- He often uses **distractions**, **temptations**, and **overconsumption** to pull our **attention** away from **prayer**, **Bible study**, and **communion with God**.
- Some **distractions** may **not seem sinful** at first.
- **Work**, **entertainment**, **social media**, **shopping**, **sports**, or **food** can slowly take too much of our **time** and **energy**.
- When this happens, there is **little room left** for **God**.
- **Jesus understands** the **pressures** and **struggles** of life.
- Yet even during **busy** and **difficult** times, He often **withdrew** to **pray** and **spend time** with His **Father**.
- **Jesus** knew that **communion with God** gives **strength** for **spiritual battles**.
- We also need **daily time** with **God**.
- **Faith** grows when we **hear** and **study God's Word**.
- Through **prayer** and **Bible study**, **God** gives believers **strength** to **resist temptation** and remain **spiritually close** to **Him**.

**Question:** Why is it **dangerous** to **depend only** on our **own strength**?

**Answer:** Our **own strength** is **weak** against **temptation**. We need **God's power every day** to help us stay **faithful** and **spiritually strong**.

**Reflection:** What **distractions** or **temptations** are **slowly taking** my **attention** away from **God**?

**Takeaway:** **Victory** over **temptation** comes when believers **stop trusting themselves** and **daily seek strength** through **prayer**, **God's Word**, and a **close relationship** with **Jesus**.

# May 25: Monday - Strongholds in My Relationship with God

**Read:** 1 Corinthians 10:12; Matthew 5:22, 28–29, 44; 6:2; 7:1–2; Mark 9:42–48

## Summary

- Many things can **weaken** our **relationship** with God if we are **not careful**.
- The **Bible** warns believers to **examine** their hearts and **remove anything** that leads them **away** from **Christ**.
- **Samson** is an example of someone who trusted **too much** in **himself**.
- **Self-reliance** makes believers **spiritually weak** and opens the door to **temptation**.
- We need **daily dependence** on **God**.
- **Jesus** also warned against **pride** and **hypocrisy**.
- Some people seek **attention** and **praise** from others instead of seeking **God's approval**.
- **True** Christianity is **humble** and **sincere**.
- **Lust** is another **dangerous barrier** in our **walk** with God.
- **Jesus** taught that **sin** often begins in the **heart** before it appears in **actions**.
- Believers should **remove anything** that feeds **sinful thoughts** and **desires**.
- Being **judgmental** and **critical** of others can also **damage** spiritual life.
- **God** calls His people to show **mercy** and leave **judgment** to **Him**.
- **Anger**, **bitterness**, and **hatred** create **barriers** between people and **God**.
- **Jesus** taught believers to **forgive**, **pray** for their enemies, and **love** those who **hurt** them.
- **Prayer** changes both **hearts** and relationships.
- **Jesus** used **strong language** about **cutting off** a hand or **plucking out** an eye to show how **serious** sin is.
- He was teaching that believers should **remove anything** that continually leads them into **sin**.
- **God** wants His people to take sin **seriously** because sin **separates us** from Him.
- Through **prayer**, **repentance**, and **surrender**, **Jesus** gives **victory** over spiritual strongholds.

**Question:** Why must believers take sin **seriously**?

**Answer:** **Sin** slowly **weakens** our relationship with **God** and can lead us **away** from **Him** if it is not **confessed** and **removed**.

**Reflection:** Is there any **habit**, **attitude**, or **temptation** becoming a **stronghold** in my life?

**Takeaway:** **Jesus** calls believers to **remove anything** that pulls them away from **God** and to **daily seek victory** through His **power** and **grace**.

# May 26: Tuesday - The Law

**Read:** Romans 3:20; 1 John 3:4; Exodus 20:3–17; Mark 12:30–31; Matthew 22:40; 1 John 5:3

## Summary

- The **Bible** teaches that **sin** is **breaking God's law**.
- **God's law** helps believers **recognize** what **sin** really is.
- Like a **mirror** or a pair of **glasses**, the law reveals our **true condition** and shows us where we need **God's help**.
- **Sin** is not only the **wrong things** people do **outwardly**, but also wrong **thoughts**, **attitudes**, and **desires** hidden in the **heart**.
- Human **hearts** are naturally **sinful** and **selfish** without God's **transforming** power.
- Because of this, **everyone** needs **Jesus** to **change** their hearts and **guide** their lives.
- The **Ten Commandments** were given by **God** to **protect** our **relationship** with **Him** and with **others**.
- **Jesus** summarized the law into **two great commands**:
  - **Love God** completely
  - **Love others** as yourself
- **God's law** is based on **love**, not **punishment**.
- It teaches believers how to **live in harmony** with **God** and with people around them.
- **Satan** tries to make people see **God's law** as a **burden**.
- Some focus only on **rules** and forget the **love** behind them.
- But the **Bible** teaches that **God's commandments** are **not burdensome** when believers truly **love** Him.
- **Obedience** does **not save us**, but it is the **result** of a **loving relationship** with **God**.
- The law helps believers live **stronger**, **safer**, and more **faithful lives**.
- When **God's law** becomes central in **homes**, **churches**, and **daily life**, relationships **improve**.
- **Love**, **respect**, **honesty**, **forgiveness**, and **faithfulness** become more visible.

**Question:** Why did **God** give His law to **humanity**?

**Answer:** **God** gave His law to **show us what sin is** and to **guide us** into a **loving relationship** with **Him** and with others.

**Reflection:** Do I see **God's law** as a **burden**, or as a **loving guide** for my life?

**Takeaway:** **God's law** is **not meant** to **destroy freedom** but to help believers live in **love**, **obedience**, and **close fellowship** with **Him**.

# May 27: Wednesday - The Law and the Gospel

**Read:** Matthew 5:17–18; John 14:15; Romans 3:28; 4:13–16; Galatians 2:16; 3:13; Philippians 3:9

## Summary

- **Jesus** clearly taught that He **did not** come to **destroy God's law**.
- Instead, He came to **fulfill it** and show its **true meaning** and **purpose**.
- **God's law** reveals **His character** and teaches believers how to live in **love** toward **God** and **others**.
- The law **protects relationships** and helps **guide daily life**.
- **Sin** brings **pain**, **suffering**, and **separation** from God because **sin** is **breaking** His law.
- The **law** helps believers **recognize sin** and understand their **need** for **salvation**.
- **Jesus** taught that **love** is the **foundation** of **obedience**.
- When people truly **love Jesus**, they will desire to **obey** Him.
- **Obedience** is **not** about trying to **earn salvation**, but about **responding** to God's **love**.
- The **Cross** helps believers understand both the **seriousness of sin** and the **depth** of God's **love**.
- **Jesus** died **in our place** because the law **could not save** humanity.
- The law **cannot forgive** sin.
- The law **cannot justify** or make sinners **righteous** before **God**.
- Only **Jesus** can **save**, **forgive**, and **justify** through His **grace**.
- The **gospel** and the **law work together**.
- The **law** shows **humanity's need of salvation**, while the **gospel** provides the **solution** through **Jesus Christ**.
- Believers avoid **legalism** when they remember that **salvation** comes by **faith** in **Jesus**, not by **trying to earn** heaven through **obedience**.
- We **obey** because we are **saved**, **not** in order to **be saved**.

**Question:** Why do the **law** and the **gospel** need each other?

**Answer:** The **law** shows us our **sin**, while the **gospel** shows us **God's solution** through **Jesus Christ**.

**Reflection:** Am I **obeying God** because I **love** Him, or because I am trying to **earn salvation**?

**Takeaway:** The **law points** believers to **Jesus**, and the **gospel** gives the **grace** and **power** needed to live in **obedience** to Him.

# May 28: Thursday - Knowing and Doing

**Read:** Matthew 7:21–29; Hosea 4:1, 6, 10; John 17:3

## Summary

- **Jesus** taught that **knowing about Him** is not enough.
- Some people say, “**Lord, Lord,**” but do not truly follow **God's will**.
- **True Christianity** is more than **Bible knowledge**.
- A person can understand many **Bible truths** and still have a **weak relationship** with **God**.
- **Eternal life** is **knowing God personally** and **walking closely** with Jesus **every day**.
- **Real faith** changes the **heart**, the **character**, and **the way** believers **live**.
- **Love for God** is shown through **obedience**.
- Just as children show **love** and **respect** to parents by listening to them, believers show **love** to **God** by following **His will**.
- **Jesus** ended the **Sermon on the Mount** with the example of **two builders**.
- The **wise builder** listens to **Jesus** and **obeys** Him.
- The **foolish builder** hears the words but **does not obey**.
- **Building on the Rock** means building life on **Jesus** and **His teachings**.
- **Trials** will come, but a life **grounded in Christ** will **stand firm**.
- **God** has already **revealed His plan** through **His Word**.
- Each person must **choose** whether to **accept Jesus** and **live by faith** in Him.

**Question:** What is the **difference** between **knowing about Jesus** and **truly knowing Him**?

**Answer:** **Knowing about Jesus** is having **information** about Him. **Truly knowing Him** means having a **personal relationship** with Him and **obeying His will** daily.

**Reflection:** Am I only **hearing God's Word**, or am I also **living it out** in my **daily** life?

**Takeaway:** A **strong relationship** with **Jesus** is built not only by **hearing His Word**, but by **obeying** and **living it** every day.

# May 29: Friday - Further Thought

**Read:** Lift Him Up, “Secret Prayer and Bible Study,” October 12, p. 299.

## Summary

- **Satan's rebellion** against **God** has always involved attacking **God's law** and **character**.
- Because of this, many people **misunderstand** the **purpose** of **God's law** today.
- **Jesus** did not come to **remove** the law.
- He came to **fulfill it** and show its **true meaning** through His **life** and **teachings**.
- **God's law** reflects His **character** of **love, justice, holiness, and faithfulness**.
- When people **respected God's Word** in **Bible times**, **spiritual revival** and **reform** often followed.
- **Sin** damages our **relationship** with **God** and with **others**.
- **God's law** helps **protect relationships** by teaching believers how to **love God** and **love people** properly.
- **Knowledge** of **God's Word** is **important** because it helps Christians **grow spiritually** and **avoid deception**.
- But **knowledge** alone is **not enough** unless it leads to a **transformed life**.
- **Seventh-day Adventists** are called to **uphold** both **the law** and the **gospel** together.
- **Obedience** is **important**, but **salvation** comes only through **Jesus Christ** and **His righteousness**.
- On the **day of judgment**, believers **cannot depend** on their own good **works** to save them.
- Our **only hope** is the **perfect righteousness** of Jesus.

**Question:** How can believers **obey God's law** without becoming **legalistic**?

**Answer:** Believers avoid **legalism** by remembering that **salvation** comes **through Jesus alone, not through** human obedience. Christians **obey God** because they **love Him** and **appreciate** His **grace**.

**Reflection:** Am I **depending** more on **my own goodness**, or on the **righteousness of Jesus**?

**Takeaway:** **God's law** reveals **His character** and **guides believers** in daily life, but **only Jesus can save** through **His grace** and **righteousness**.