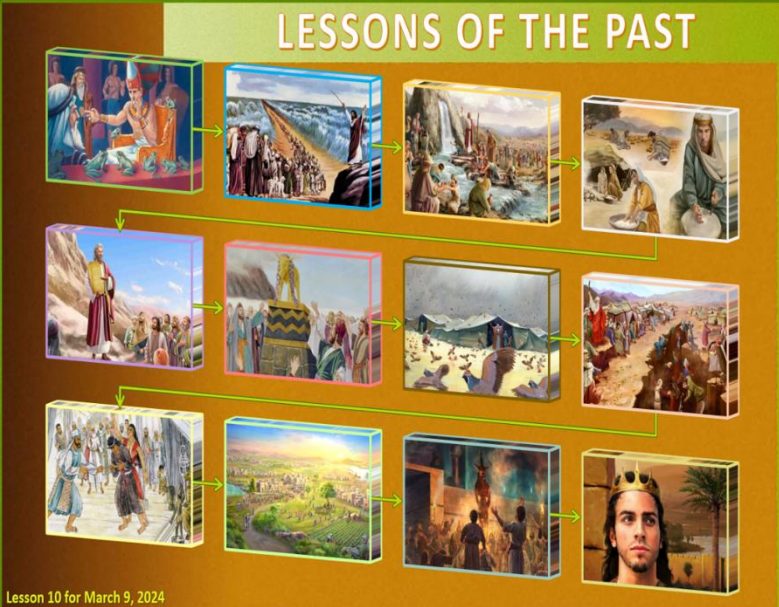


# SS-Q1-L10-LESSONS OF THE PAST

March 2-8, 2024

Adult  
Sabbath School Lesson  
Meat in Due Season  
January February March 2024

**PSALMS**  
1st Quarter



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Lesson 10 for March 9, 2024

## Sabbath Afternoon—March 2, 2024

### Scripture Reading for the Week:

Psalms 78:1-72; Psalms 105:1-45; Galatians 3:29; Psalms 106:1-48; Psalms 80:1-19; Numbers 6:22-27; Psalms 135:1-21.

### Thought for Meditation:

The Pioneers of the Message

In one of her communications to the brethren assembled in General Conference in 1913, Mrs. White referred to the increasing value of the lessons of past experience with which the pioneers in the third angel's message are familiar, and concerning which they can bear positive testimony. {LS 427.5}

"I greatly desire," she wrote, "that the old soldiers of the cross, those grown gray in the Master's service, shall continue to bear their testimony right to the point, in order that those younger in the faith may understand that the messages which the Lord

gave us in the past, are very important at this stage of the earth's history. Our past experience has not lost one jot of its force. {LS 428.1}

### Memory Text

*“Which we have heard and known, and our fathers have told us. We will not hide them from their children, telling the generation to come the praises of the Lord, and His strength and His wonderful works that He has done” (Psalms 78:3-4).*

This week's SS Lesson will search and describe the lessons that today's generation must learn from. It includes the wickedness and rebellion of the human race and the manifestations of God's faithfulness to His promises.



# Outline of the Study

**Sunday - March 3, 2024**

**The Lord's Unstoppable Faithfulness - The Rebellion of the People (Psalm 78)**

Psalms 78:1-72; Matthew 13:34-35.

**Monday - March 4, 2024**

**Remembering History and the Praise of God - God's Action (Psalm 105)**

Psalms 105:1-45; 96:1; 97:1; 78:1-72; Genesis 15:3-6; Galatians 3:29.

**Tuesday - March 5, 2024**

**Remembering History and Repentance (Psalm 106)**

Psalms 106:1-48.

**Wednesday - March 6, 2024**

**The Parable of the Lord's Vine-The Face of God Shines (Psalm 80)**

Psalms 80:1-19; Genesis 49:11-12; 22; Deuteronomy 7:7-11; Isaiah 5:1-7; Jeremiah 2:21.

**Thursday - March 7, 2024**

**The Lord's Supremacy in History (Psalm 135)**

Psalms 135:1-21; 9:4; 7:8; 54:1; Daniel 7:22; Exodus 20:8-11; Deuteronomy 5:12-15; 7:6-11; 1 Peter 2:9-10.

**Friday - March 8, 2024**

Insights and Further Study

From the Pen of Inspiration



**Sunday - March 3, 2024**

**The Lord's Unstoppable Faithfulness - The Rebellion of the People (Psalm 78)**

Psalms 78:1-72; Matthew 13:34-35.

*“But they continued to sin against him, rebelling in the wilderness against the Most High” (Psalm 78:17)*



**Lessons from the Rebellion**

I question whether genuine rebellion is ever curable. Study in Patriarchs and Prophets the Rebellion of Korah, Dathan, and Abiram. This rebellion was extended, including more than two men. [A COMPARISON IS HERE DRAWN BETWEEN KORAH'S REBELLION AND A CURRENT APOSTASY LED BY TWO MEN IN A CERTAIN FIELD. SEE ALSO PAGE 394.] It was led by two hundred and fifty princes of the congregation, men of renown. Call rebellion by its right name and apostasy by its right name, and then consider that the experience of the ancient people of God with all its objectionable features was faithfully chronicled to pass into history. The Scripture declares, "These things . . . are written for our admonition, upon whom the ends of the world are come" (1 **Corinthians 10:11**). And if men and women who have the knowledge of the truth are so far separated from their great Leader that they will take the great leader of apostasy and name him Christ our Righteousness, it is because they have not sunk deep into the mines of the truth. They are not able to distinguish the precious ore from the base material. {2SM 393.2}

## **One Man's Sin of Covetousness Affected the Whole Nation**

Keep your life free from love of money and be content with what you have. **Hebrews 13:5, R.S.V. {CC 119.1}**

Achan had fostered covetousness and deception in his heart, until his perceptions of sin had become blunted, and he fell an easy prey to temptation. Those who venture to indulge in a known sin will be more readily overcome the second time. The first transgression opens the door to the tempter, and he gradually breaks down all resistance and takes full possession of the citadel of the soul. Achan had listened to oft-repeated warnings against the sin of covetousness. The law of God, pointed and positive, had forbidden stealing and all deception, but he continued to cherish sin. As he was not detected and openly rebuked, he grew bolder; warnings had less and less effect upon him, until his soul was bound in chains of darkness. **{CC 119.2}**

## **Consider the following**

**By order of David**, Asaph was chosen from among the Levites as choir director (**1Chr. 15:1-4, 16-17; 16:4-5, 37**). He and his sons were prophets and composed psalms (1Chr. 25:1). In Psalm 78, Asaph recalls history from the Exodus to the days of David, intending to teach us important lessons (**Ps. 78:2**).

The intention of the Psalm is for us to remember how God has led his people, and deserves our praise. We must teach it to our children so that they do not become as rebellious as their ancestors were (**Psalm 78:1-8**).

God sent plagues to Egypt, divided the sea, directed them with a cloud by day and fire by night, and brought water out of the rock. The people did not believe that God could give them meat and bread. But He gave them quails and manna. Despite their rebellions, He did not destroy them (**Psalm 78:9-54**).

They were established in Canaan because God expelled its inhabitants. But they rebelled again, and God handed them over to the power of their enemies (**Psalm 78:55-64**).

**Finally, God rose to deliver his people again through David.**

He called a shepherd to shepherd his people. He put the scepter in Judah's hand and chose Jerusalem as his capital. Despite the rebellion, God was faithful then and remains faithful today (**Psalm 78:65-72**).

The many trying and remarkable experiences through which David had passed during his lifetime, had taught him the value of the nobler virtues, and led him to exclaim: "He that ruleth over men must be just, ruling in the fear of God. And he shall be as the light of the morning, when the sun riseth, even a morning without clouds; as the tender grass springing out of the earth by clear shining after rain." {RH, August 17, 1905 par. 13}

**God selected David, a humble shepherd, to rule his people.**

He was strict in all the ceremonies connected with the Jewish religion, and he distinguished himself by his boldness and unwavering trust in God. He was remarkable for his fidelity and reverence. His firmness, humility, love of justice, and decision of character, qualified him to carry out the high purposes of God, to instruct Israel in their devotions, and to rule them as a generous and wise monarch. {1SP 377.1}

**Monday - March 4, 2024**

**Remembering History and the Praise of God-God's Action  
(Psalm 105)**

Psalms 105:1-45; 96:1; 97:1; 78:1-72; Gen. 15:3-6; Galatians 3:29.

*"Give praise to the Lord, proclaim his name; make known among the nations what he has done." (Psalm 105:1)*







God made a covenant with Abraham, Isaac and Jacob (v. 8-11)



He protected them while they were weak (v. 12-15)

Saved Israel from famine through Joseph (v. 16-24)



When they were enslaved, he sent Moses and punished Egypt (v. 25-38)

He led Israel through the desert to the land of Canaan (v. 39-44)



### **The Scripture is the Whole Treasure House of Revelation and Knowledge**

When Jesus told His followers to search the Scriptures, He referred to the Old Testament Scriptures; for the New Testament was still unwritten. The Bible is made up of many parts--history, biography, song and praise, prayer, and prophecy. But all is inspired of God, and "is profitable for doctrine, for reproof, for correction, for instruction in righteousness." In the term "scripture" is included the whole treasure house of revelation and knowledge, in whatever form it is given. {RH, August 13, 1959 par. 11}

### **Parting Word of Courage and Confidence**

I do not expect to live long. My work is nearly done.... I do not think I shall have more Testimonies for our people. Our men of solid minds know what is good for the uplifting and upbuilding of the work. But with the love of God in their hearts, they need to go deeper and deeper into the study of the things of God. {CCh 359.3}

In reviewing our past history, having traveled over every step of advance to our present standing, I can say, Praise God! As I see what the Lord has wrought, I am filled with astonishment, and with confidence in Christ as leader. We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history. {CCh 359.4}

## **Consider the following**

In **Psalm 105** there is no mention of human errors. God's miraculous performance is exalted from the promise made to Abraham to inherit Canaan, until its fulfillment (Ps. 105:11, 44).

- God made a covenant with Abraham, Isaac, and Jacob (v. 8-11)
- He protected them while they were weak (v. 12-15)
- Saved Israel from famine through Joseph (v. 16-24)
- When they were enslaved, he sent Moses and punished Egypt (v. 25-38)
- He led Israel through the desert to the land of Canaan (v. 39-44)

*When remembering the story:*

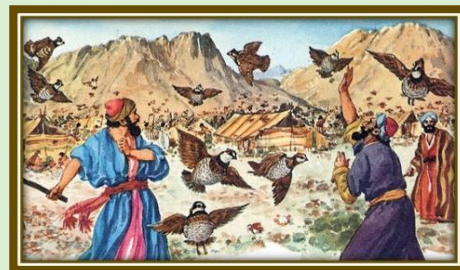
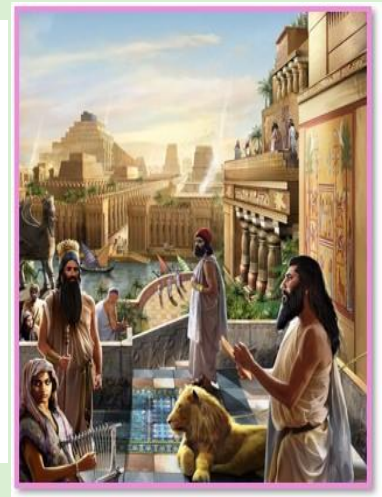
- We will praise God and speak of his wonders (v. 1-2)
- We will glory and be glad in God (v. 105:3)
- We will seek God (v. 105:4)
- We will be aware of God's judgments (v. 105:5-7)
- We will keep his commandments (v. 105:45)

**Tuesday - March 5, 2024**

## **Remembering History and Repentance (Psalm 106)**

Psalms 106:1-48

*"We have sinned, even as our ancestors did; " we have done wrong and acted wickedly... Yet he saved them for his name's sake, to make his mighty power known"*  
(Psalm 106:6,8)



### **The Penitential Psalm - Sad History of David's Life**

David repented of his sin, in dust and ashes. He entreated the forgiveness of God, and concealed not his repentance from the great men, and even servants of His kingdom. He composed a penitential psalm, recounting his sin and repentance, which psalm he knew would be sung by after generations. He wished others to be instructed by the sad history of his life. {TSB 96.1}



## **Sincere and Deep Repentance a Necessity - as in David's Life**

Thus in a sacred song to be sung in the public assemblies of his people, in the presence of the court--priests and judges, princes and men of war--and which would preserve to the latest generation the knowledge of his fall, the king of Israel recounted his sin, his repentance, and his hope of pardon through the mercy of God. Instead of endeavoring to conceal his guilt he desired that others might be instructed by the sad history of his fall. {PP 725.1}

David's repentance was sincere and deep. There was no effort to palliate his crime. No desire to escape the judgments threatened, inspired his prayer. But he saw the enormity of his transgression against God; he saw the defilement of his soul; he loathed his sin. It was not for pardon only that he prayed, but for purity of heart. David did not in despair give over the struggle. In the promises of God to repentant sinners he saw the evidence of his pardon and acceptance. {PP 725.2}

## **Consider the following**

The history of Israel is a history of sin and repentance, like the history of each of us. Psalm 106 reviews this story, emphasizing that each time Israel sinned, they suffered the consequences, but they were mitigated by divine grace (Ps. 106:7-8). God forgave them, and they returned to obeying Him... for a time (Ps. 106:12-13).

The intercession of Moses and Phinehas is highlighted, which are types of Jesus' intercession for us (Ps. 106:23, 28-31).

But God's patience has a limit. When the people went further, he handed them over to captivity. However, even in captivity, God showed his mercy (Ps. 106:39-46).

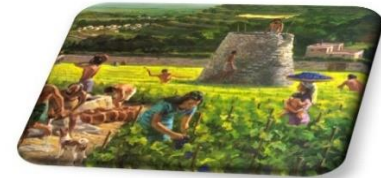
History gives us confidence that we can ask God for forgiveness, and receive deliverance from Him. Then we will praise Him for eternity (Ps. 106:47-48)

**Wednesday - March 6, 2024**

**The Parable of the Lord's Vine-The Face of God Shines (Psalm 80)**

Psalms 80:1-19; Genesis 49:11-12; 22;  
Deuteronomy 7:7-11; Isaiah 5:1-7; Jeremiah 2:21

*Restore us, O God; Make your face shine on us,  
that we may be saved” (Psalm 80:3)*



**Christ will Lead Us into the Threshold of the Infinite**

Let the glorious conceptions of God possess your mind. Let your life be knit by hidden links to the life of Jesus. He who commanded the light to shine out of darkness is willing to shine in your heart, to give the light of the knowledge of the glory of God in the face of Jesus Christ. The Holy Spirit will take the things of God and show them unto you, conveying them as a living power into the obedient heart. Christ will lead you to the threshold of the Infinite. You may behold the glory beyond the veil, and reveal to men the sufficiency of Him who ever liveth to make intercession for us. {COL 149.3}

**The 144,000, in Number, will Shine with the Glory of God (Eph 5:27; Rev 18:1-4)**

The living saints, 144,000, in number, know and understand the voice, while the wicked thought it was thunder & an earthquake. When God spake the time, he poured on us the Holy Ghost, and our faces began to light up and shine with the glory of God as Moses did when he came down from Mount Sinai, (Exodus 34:30-34.) By this time the 144,000 were all sealed and perfectly united. On their foreheads was written, God, New Jerusalem, and a glorious Star containing Jesus' new name... {DS, January 24, 1846 par. 1}

### **Stephen's Experience the Glorious Light of Christ's Countenance**

By faith look upon the crowns laid up for those who shall overcome; listen to the exultant song of the redeemed, Worthy, worthy is the Lamb that was slain and hast redeemed us to God! Endeavor to regard these scenes as real. Stephen, the first Christian martyr, in his terrible conflict with principalities and powers, and spiritual wickedness in high places, exclaimed, "Behold, I see the heavens opened, and the Son of man standing on the right hand of God." The Saviour of the world was revealed to him as looking down from heaven upon him with the deepest interest; and the glorious light of Christ's countenance shone upon Stephen with such brightness that even his enemies saw his face shine like the face of an angel. {RH, November 15, 1887 par. 6}

### **Changed into the Same Image from Glory to Glory**

"But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord." The glory mentioned is character, and by faith we become changed from character to character. "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." "Ye are the light of the world. . . . Let your light so shine before men, that they may see your good works and glorify your Father which is in heaven." {ST, April 17, 1893 par. 11}

### **Lord's Commendation: Good and Faithful Servants**

It is the faithfulness with which the endowment has been used that wins the Lord's commendation. If we desire to be acknowledged as good and faithful servants, we must do thorough, consecrated work for the Master. He will reward diligent, honest service. If men will put their trust in Him, if they will recognize His compassion and benevolence, and will walk humbly before Him, He will co-operate with them. He will increase their talents. {RH, April 9, 1901 par. 18}

*For a deeper insight into the study of the Establishment of God's Eternal Kingdom, please visit the links below:*

1. Present Truth Lessons 2020-Lesson 11: Kingdom of Glory (google.com)
2. Meat In Due Season-5. Mighty Stone and the Great Image of Daniel 2 (google.com)
3. Meat In Due Season-6. The Establishment of the Kingdom of Glory (google.com)



## Consider the following

In the book of Psalms, we find a very special psalm: Psalm 80, the psalm-parable.

Israel is compared to a vineyard that God moved from Egypt, planted in Canaan, and made it grow from the Mediterranean to the Euphrates (**Ps. 80:8-11**).

But God allowed the vineyard to be neglected, and his enemies to enter it to destroy it (**Ps. 80:12-13**).

For this reason, the psalmist begs the “Shepherd of Israel” to arise and save (**Ps. 80:1-2**). He is sure that God will hear him, and will make his face shine on his desolate vineyard (**Ps. 80:3, 7, 14, 19**).

Shine his face? What does this mean?

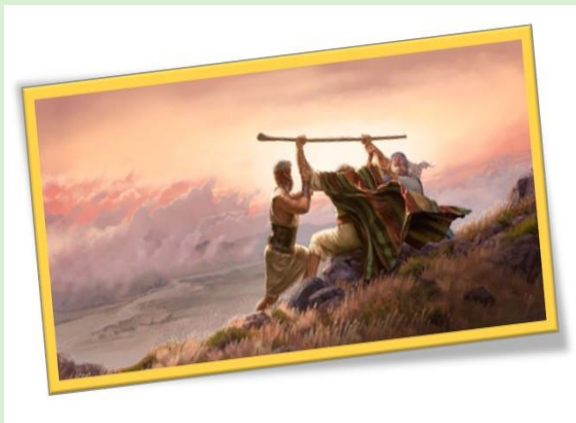
God's face shines for us when he shows us his mercy and grants us peace (Num. 6:24-26)

**Thursday - March 7, 2024**

### **The Lord's Supremacy in History (Psalm 135)**

Psalms 135:1-21; 9:4; 7:8; 54:1; Daniel 7:22;  
Exodus 20:8-11; Deuteronomy 5:12-15; 7:6-11; 1  
Peter 2:9-10

*“The Lord does whatever pleases him, in the heavens and on the earth, in the seas and in all their depths” (Psalm 135:6)*



## **Stage of Action - the Voice of God from Past Ages is Being Heard**

The voice of God, heard in past ages, is sounding down along the line from century to century, through generations that have come on the stage of action and passed away. . . . History and prophecy testify that the God of the whole earth revealeth secrets through His chosen light bearers to the world. . . . Nebuchadnezzar, through his terrible humiliation in the loss of his reason, was brought to see his own weakness, and to acknowledge the supremacy of the living God. . . . {CTr 180.4}

To the Saviour's words, "Believest thou?" Martha responded, "Yea, Lord: I believe that Thou art the Christ, the Son of God, which should come into the world." She did not comprehend in all their significance the words spoken by Christ, but she confessed her faith in His divinity, and her confidence that He was able to perform whatever it pleased Him to do. {DA 530.4}

## **The Supremacy of the Lord must Reign.**

The Lord urges His supremacy. But Satan well knows that the worship of the living God elevates, ennobles, and exalts a nation. He knows that idol-worship does not elevate, but that it degrades man's ideas, by associating with worship that which is base and corrupt. He is at work constantly to draw the mind away from the only true and living God. He leads men to give honor and glory to objects that human hands have made or to soulless creatures that God has created. The Egyptians and other heathen nations had many strange gods--creatures of their own fanciful imagination. {2SAT 182.2}

## **Consider the following**

We praise God for his goodness and power (**Psalm 135:1-5**).

How has God shown his goodness and power?

- In Creation (**Psalm 135:6-7**)
- At the time of the Exodus (**Psalm 135:8-9**)
- In the conquest of Canaan (**Psalm 135:10-12**)

We praise God because he will judge us with mercy (**Ps. 135:13-14**)

Since God's power in Creation and history is unparalleled in the world, God's people must always trust in Him and worship Him alone. As our Creator and Redeemer, God alone must we worship.

## Friday – March 8, 2024

### Insights and Further Study

*Success has attended the effort made in the past to sell "Object Lessons," because God's people have worked in co-operation with heavenly agencies; and success will attend the effort put forth in the future, if our people will still carry forward the work. As they patiently press on in this work, the Lord Jesus and His angels will open the way before them. All will receive grace for grace, as they give what they can, in time and influence, to the circulation of "Object Lessons."* {PH164 34.3}

## Questions to Ponder Upon

1. Why then is the world not filled with the glory of God?
2. Why do you not find human beings that are making it their aim and object to know God and to know Jesus Christ whom He hath sent?
3. Why do you not see the instruction coming from parents to children?
4. Why has it not been in past generations that the instruction has come from parents to children, and thus children have been trained and disciplined and educated so that the first lessons they shall teach their children will be lessons of God and Jesus Christ whom He hath sent?
5. What specific historical experiences that had been pointed out in the book of Psalms?
6. Was repentance a requirement in returning to God? Have you experienced repentance then?
7. Based on the passage above, {PH164 34.3}, what specific "Object Lessons" had been mentioned? How is it related to the present experiences of God's people?

## From the Pen of Inspiration

*“After the Fall He saw His sheep doomed to perish in the dark ways of sin. To save these wandering ones He left the honors and glories of His Father's house. [...] His voice is heard calling them to His fold, “a shadow in the daytime from the heat, and for a place of refuge, and for a covert from storm and from rain.” **Isaiah 4:6.** His care for the flock is unwearied. He strengthens the weak, relieves the suffering, gathers the lambs in His arms, and carries them in His bosom. His sheep love Him” E.G.W. (Patriarchs and Prophets, p. 190.3)*



## **Disclaimer**

This Sabbath School Lesson, Meat in Due Season Advanced Commentary is not to replace, discredit, disapprove, or discriminate against what had been made by the Sabbath School Department of General Conference of the Seventh-day Adventist but to uphold, advance, sustain, facilitate, clarify, and protect the essence of the truth taught in the Bible {**Isa. 8:20**} and the inspiration (through the Prophetic Ministration of Ellen G. White and somebody she predicted in **TM 475**).

## **For more information and inquiry**

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### **Short Links:**

Meat in Due Season: <https://bit.ly/meatindueseason>

Sabbath School Meat In Due Season Advanced Commentary:

<https://bit.ly/meatindueseason-ssl>

### **Present Truth Series:**

<https://bit.ly/presenttruth>

Advent Health Messages:

<https://bit.ly/adventmessage>

1888 Bible Readings for the Home Circle, SDA Pillars

<https://3angelscry.org>

Belt of Truth- <https://bit.ly/3lyomxj>

**Glory be to the Lord Jesus Christ, Our Coming King!**