

SS-Q1-L11-LONGING FOR GOD IN ZION

March 9-15, 2024

Adult

Sabbath School Lesson
Meat in Due Season

January February March 2024

PSALMS

1st Quarter



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Sabbath Afternoon—March 9, 2024

Scripture Reading for the Week:

Psalms 84:1-12; ; Psalms 122:1-9; Psalms 87:1-7; Galatians 3:28-29; Matthew 28:18-20; Psalms 46:1-11; Psalms 125:1-5

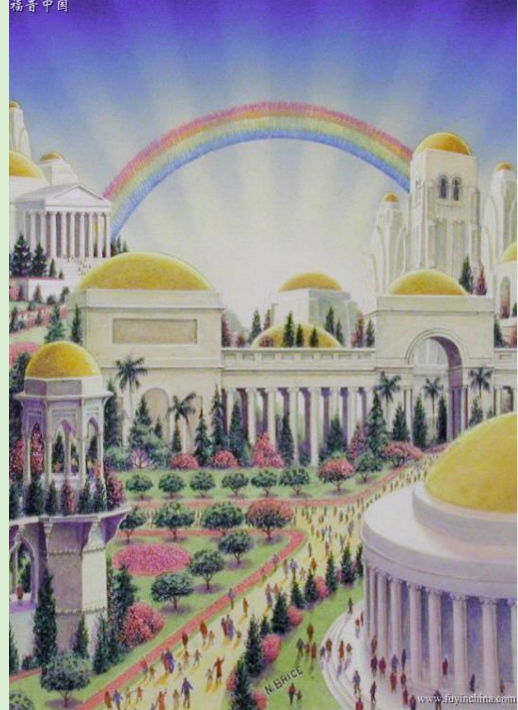
Thought for Meditation:

Enoch's heart was upon eternal treasures. He had looked upon the celestial city. He had seen the King in His glory in the midst of Zion. His mind, his heart, his conversation, were in heaven. The greater the existing iniquity, the more earnest was his longing for the home of God. While still on earth, he dwelt, by faith, in the realms of light. {Hvn 99.1}

Memory Text

“My soul longs, yes, even faints for the courts of the Lord; my heart and my flesh cry out for the living God” (Psalms 84:2)

This week's SS Lesson will describe the longings of the Psalmist for the court of the Lord, His judgment to the living primarily. This also includes the future fulfillment of this prophetic scene, which the book of Psalms also portrayed.



Outline of the Study

Sunday-March 10, 2024

A Day in Your Courts is Better than a Thousand-The Courts of Zion (Psalms 84)

Psalms 84:1-4; 27:4; 63:2; 65:4; 84:1-12; 15:1-2

Monday-March 11, 2024

Pray for the Peace of Jerusalem-The Peace of Zion (Psalm 122)

Psalms 122:1-9; 147:12-14; Deuteronomy 16:16; Numbers 1:50; Exodus 25:22; 2 Samuel 8:15; John 13:34-35; Isaiah 52:7; Isaiah 66:12-13

Tuesday-March 12, 2024

Zion-The Home of All Nations-Those Born in Zion (Psalms 87)

Psalms 87:1-7; 2:6; 15:1; 99:2; 87:1-7; 133:3; Isaiah 2:2; Micah 4:1; Nehemiah 7:5; Luke 2:1-3; Romans 3:22; 10:12; Galatians 3:28-29; Colossians 3:11; Daniel 2:34-35; 2:44-45; Matthew 28:18-20

Wednesday-March 13, 2024

Safety and Peace of Zion-The Refuge in Zion Psalm 46

Psalms 93:3-4; 124:2-5; 46:1-11; Matthew 8:23-27

Thursday-March 14, 2024

Immovable Like Mount Zion-The Immovable Mountain of Zion Psalm 125

Psalms 125:1-2; 5:12; 32:7; 32:10; 46:2; 125:3-5; 73:2-13; 94:3

Friday-March 15, 2024

**Insights and Further Study
From the Pen of Inspiration**

Sunday-March 10, 2024

A Day in Your Courts is Better than a Thousand-The Courts of Zion (Psalms 84)

Psalms 84:1-4; 27:4; 63:2; 65:4; 84:1-12; 15:1-2

“My soul longs, yes, even faints for the courts of the Lord; My heart and my flesh cry out for the living God” (Psalm 84:2)



They will Shine Brightly in the Courts of God

Men who are self-important, who are filled with the thought of their own superior abilities, overlook these humble, contrite workers; but not for one moment does God lose sight of them. He marks all that they do to help those in need of help. In the heavenly courts, when the redeemed are gathered home, they will stand nearest the Son of God. They will shine brightly in the courts of the Lord, honored by Him because they have felt it an honor to minister to those for whom He gave His life. **7T 25, 26.** {PH005 11.3}

The church on earth, united with the church in heaven, can accomplish all things. **7T 31.** {PH005 11.4}

Who are they? Please visit this site:

Meat In Due Season - 2. The 144,000 (google.com)

Every Part of God's Work Means Service

Industry in a God-appointed work is as much a part of true religion as is devotion. We are not to think that in any of the work essential in the building of the tabernacle one part was menial and the other not. Every part of God's work means service. He declares of his people, Ye are laborers together with God. We are to bear in mind that this world is the Lord's workshop. We are to bear the image of God, and every soul saved through the sacrifice of the Son of God must in this life be made complete in Christ. There is much to do in order to fit us for the courts of the Lord. The roughness of spirit, the coarseness of speech, the cheapness of character, must be put away, or we can never wear the garment woven in the heavenly loom,—the righteousness of Christ. {RH, July 4, 1899 par. 3}

Consider the following

Who comes to the courts of Zion?

- **Psalm 84:1-2, 10.** Those who ardently long for it
- **Psalm 84:3.** Small and great, lofty and humble

❖ Who is happy there?

- **Psalm 84:4.** Those who work in the work of God
- **Psalm 84:5, 12.** Those who trust in God and want to follow him

How do those who go there, act?

- **Psalm 84:6.** They turn sorrow into blessing
- **Psalm 84:7.** They grow every day in power

Since no human being can physically be in the courts of Zion (God's abode in Heaven), the Lord has given us prayer as the means to speak with Him and make our requests (**Psalm 84:8-9**).

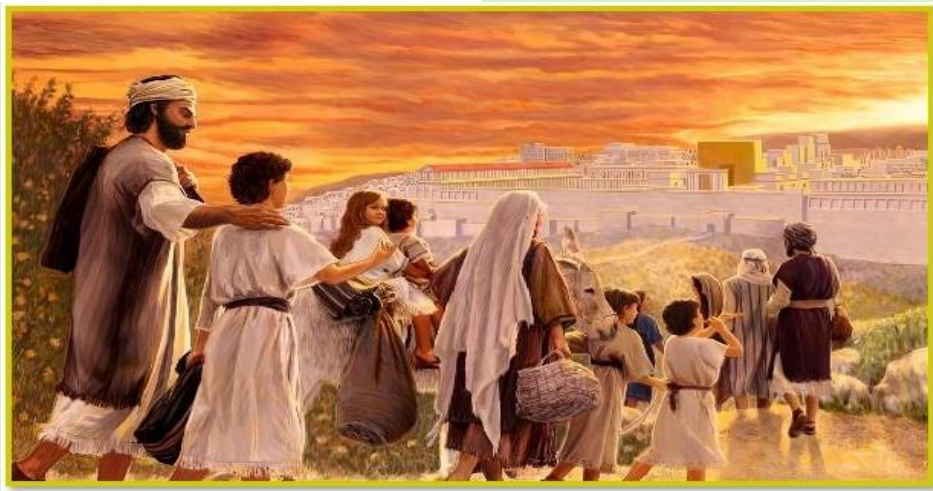
God answers our prayers and is for us the “sun”—from whose rays he radiates blessing—and a protective shield (**Psalm 84:11**).

Monday-March 11, 2024

Pray for the Peace of Jerusalem-The Peace of Zion (Psalm 122)

Psalms 122:1-9; 147:12-14; Deuteronomy 16:16; Numbers 1:50; Exodus 25:22;
2 Samuel 8:15; John 13:34-35; Isaiah 52:7; Isaiah 66:12-13

Pray for the peace of Jerusalem: “May they prosper who love you”
(Psalm 122:6)



The Sinners in Zion Must be Warned to Achieve Peace

In our largest churches the greatest evils exist, because these have had the greatest light. They have not a true knowledge of God, and of Jesus Christ whom he has sent. The leaven of unbelief is working, and unless these evils which bring the displeasure of God are corrected in its members, the whole church stands accountable for them. The deep movings of the Spirit of God are not with them; the glorious presence of the King of saints, and his power to cleanse from all moral defilement, are not manifest among them. Many come to the assembly as worshipers, like the door upon its hinges. They understand not the true application of the Scriptures, nor the power

of God. They have eyes, but they see not; ears have they, but they hear not; they continue in their evil ways, yet regard themselves as the privileged, obedient people who are doers of the word. A carnal security and ease in Zion prevail. Peace, peace, is sounded in her borders, when God has not spoken peace. They have forfeited the terms of peace; there is reason for an alarm to be sounded in all "my holy mountain." The sinners in Zion should be afraid, in a time when they do not expect it, sudden destruction will surely come upon all who are at ease. {RH, December 23, 1890 par. 10}

Escape for Thy Life-Warning from the Angels of God

The deadly lethargy of the world is paralyzing your senses. Sin no longer appears repulsive because you are blinded by Satan. The judgments of God are soon to be poured out upon the earth. "Escape for thy life" is the warning from the angels of God. Other voices are heard saying: "Do not become excited; there is no cause for special alarm." Those who are at ease in Zion cry "Peace and safety," while heaven declares that swift destruction is about to come upon the transgressor. The young, the frivolous, the pleasure loving, consider these warnings as idle tales and turn from them with a jest. Parents are inclined to think their children about right in the matter, and all sleep on at ease. Thus it was at the destruction of the old world and when Sodom and Gomorrah were consumed by fire. On the night prior to their destruction the cities of the plain rioted in pleasure. Lot was derided for his fears and warnings. But it was these scoffers that perished in the flames. That very night the door of mercy was forever closed to the wicked, careless inhabitants of Sodom. {5T 233.3}

Consider the following

Psalm 122 belongs to a group of psalms called "gradual," "ascension," or "pilgrim" psalms. They were sung as groups of pilgrims went to Jerusalem to celebrate the annual festivals.

As they ascended Mount Zion, the pilgrims burst into joyful praise: "Jerusalem, we are now within your gates!" (Ps. 122:2).

As they go up to Zion, everyone praises God (Ps. 122:4). It was also the time to resolve judicial problems and find justice (Ps. 122:5).

But what stands out most in **Psalm 122** is the prayer for peace:

- Peace to prosper (Ps. 122:6)
- Peace to have rest (Ps. 122:7)
- Peace to live in harmony (Ps. 122:8)

Those who rejoice in meeting God will seek the good of their church (Ps. 122:9).

Tuesday-March 12, 2024

**Zion-The Home of All Nations-Those Born in
Zion (Psalms 87)**

Psalms 87:1-7; 2:6; 15:1; 99:2; 87:1-7; 133:3; Isaiah 2:2;
Micah 4:1; Nehemiah 7:5; Luke 2:1-3; Romans 3:22;
10:12; Galatians 3:28-29; Colossians 3:11; Daniel 2:34-
35; 2:44-45; Matthew 28:18-20

*“And of Zion it will be said, “This one and that one
were born in her; and the Most High Himself shall
establish her” (Psalm 87:5)*



The Nation will be Humbled into the Dust

Said the angel: "Hear, O heavens, the cry of the oppressed, and reward the oppressors double according to their deeds." This nation will yet be humbled into the dust. England is studying whether it is best to take advantage of the present weak condition of our nation, and venture to make war upon her. She is weighing the matter, and trying to sound other nations. She fears, if she should commence war abroad, that she would be weak at home, and that other nations would take advantage of her weakness. Other nations are making quiet yet active preparations for war, and are hoping that England will make war with our nation, for then they would improve the opportunity to be revenged on her for the advantage she has taken of them in the past and the injustice done them. A portion of the queen's subjects are waiting a favorable opportunity to break their yoke; but if England thinks it will pay, she will not hesitate a moment to improve her opportunities to exercise her power and humble our nation. When England does declare war, all nations will have an interest of their own to serve, and there will be general war, general confusion. England is acquainted with the diversity of feeling among those who are seeking to quell the rebellion. She well knows the perplexed condition of our Government; she has looked with astonishment at the prosecution of this war--the slow, inefficient moves, the inactivity of our armies, and the ruinous expenses of our nation. The weakness of our Government is fully

open before other nations, and they now conclude that it is because it was not a monarchical government, and they admire their own government, and look down, some with pity, others with contempt, upon our nation, which they have regarded as the most powerful upon the globe. Had our nation remained united it would have had strength, but divided it must fall. **{1T 259.1}**

The Gospel of the Kingdom will Soon be Sounded

It is as true now as when the words were spoken to Israel of obedience to His commandments: "This is your wisdom and your understanding in the sight of the nations." Deuteronomy 4:6. Here is the only safeguard for individual integrity, for the purity of the home, the well-being of society, or the stability of the nation. Amidst all life's perplexities and dangers and conflicting claims, the one safe and sure rule is to do what God says. "The statutes of the Lord are right," and "he that doeth these things shall never be moved." **Psalm 19:8; 15:5. {PK 83.1}**

Long has God waited for the spirit of service to take possession of the whole church so that everyone shall be working for Him according to his ability. When the members of the church of God do their appointed work in the needy fields at home and abroad, in fulfillment of the gospel commission, the whole world will soon be warned, and the Lord Jesus will return to this earth with power and great glory. "This gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come." **Matthew 24:14. {Mar 123.6}**

The GOSPEL of the KINGDOM will be PREACHED

Please visit these sites for a complete study.

1. <https://sites.google.com/view/meatindueseason/6-the-establishment-of-the-kingdom-of-glory>
2. <https://sites.google.com/view/present-truth-lessons-2020/lesson-11-kingdom-of-glory>

Consider the following

Psalm 87:1-3. Zion surpasses all mountains. After the Temple was built, Zion encompassed Mount Moriah. No place could better teach the plan of Redemption.

Therefore, “Glorious things have been said of you, City of God” (**Ps. 87:3**).

Psalm 87:4-6. The sons and daughters of Zion. The salvation that emanates from Zion attracts people from all nations. All who accept this salvation will be recorded as born in Zion.

Psalm 87:7. The source of all inspiration. Praise arises when thinking of Zion. Mount Zion is that stone that, made into a mountain, fills the earth (**Dan. 2:44-45**). On that mountain we who are born on it will dwell forever (**Rev. 14:1**).

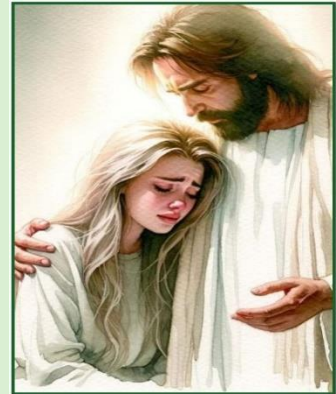
Wednesday-March 13, 2024

Safety and Peace of Zion-The Refuge in Zion

Psalm 46

Psalms 93:3-4; 124:2-5; 46:1-11; Matthew 8:23-27

“The Lord of hosts is with us; The God of Jacob is our refuge. Selah” (Psalm 46:11)



The Living Zeal in the Believers' Heart - Satan's stir the Power Beneath

We are far behind because the churches have folded their hands in a peace-and-safety attitude, and are at ease in Zion, doing almost nothing. {12MR 333.3}

When the living zeal should be in their hearts, now as before, Satan is stirring the powers from beneath to make one last desperate effort to convert the world to his

principles. He has his plans laid with satanic subtlety, and destruction cometh suddenly, while those who have the light, the warnings that such a crisis is before us, are almost unmoved. {12MR 334.1}

The Watchmen Upon the Walls of Zion-First to Catch the Tiding of the Saviour's Advent

The watchmen upon the walls of Zion should have been the first to catch the tidings of the Saviour's advent, the first to lift their voices to proclaim him near, the first to warn the people to prepare for his coming. But they were at ease, dreaming of peace and safety, while the people were asleep in their sins. Jesus saw his church, like the barren fig-tree, covered with pretentious leaves, yet destitute of precious fruit. There was a boastful observance of the forms of religion, while the spirit of true humility, penitence, and faith—which alone could render the service acceptable to God—was lacking. Instead of the graces of the Spirit, there were manifested pride, formalism, vainglory, selfishness, oppression. A backsliding church closed their eyes to the signs of the times. God did not forsake them, or suffer his faithfulness to fail; but they departed from him, and separated themselves from his love. As they refused to comply with the conditions, his promises were not fulfilled to them. {GC88 315.2}

The Sinners in Zion Should be Afraid-Sudden Destruction Come upon those at Ease
Many come to the assembly as worshipers, like the door upon its hinges. They understand not the true application of the Scriptures, nor the power of God. They have eyes, but they see not; ears have they, but they hear not; they continue in their evil ways, yet regard themselves as the privileged, obedient people who are doers of the word. A carnal security and ease in Zion prevail. Peace, peace, is sounded in her borders, when God has not spoken peace. They have forfeited the terms of peace; there is reason for an alarm to be sounded in all "my holy mountain." The sinners in Zion should be afraid, in a time when they do not expect it, sudden destruction will surely come upon all who are at ease. {RH, December 23, 1890 par. 10}

The Holy Spirit strives to make apparent the claims of God, but men pay heed only for a moment, and turn their minds to other things: Satan catches away the seeds of truth; the gracious influence of the Spirit of God is effectually resisted. Thus many are grieving away the Holy Spirit for the last time, and they know it not. {RH, December 23, 1890 par. 11}

Those who Come for Pardon, No Power can Take Out of His Hands

The cities of refuge appointed for God's ancient people were a symbol of the refuge provided in Christ. The same merciful Saviour who appointed those temporal cities of refuge has by the shedding of His own blood provided for the transgressors of

God's law a sure retreat, into which they may flee for safety from the second death. No power can take out of His hands the souls that go to Him for pardon. "There is therefore now no condemnation to them which are in Christ Jesus." "Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us;" that "we might have a strong consolation, who have fled for refuge to lay hold upon the hope set before us." **Romans 8:1, 34; Hebrews 6:18. {PP 516.3}**

Consider the following

Faced with the problems that may arise around us, "God is our refuge and strength, a very present help in trouble" (Ps. 46:1).

Those who do not know God act impetuously causing calamities, disasters, and wars (Ps. 46:2-3, 6). But God can stop these wars, and act in the face of calamity and disasters (Ps. 46:9).

Just as the verses that tell us about God's protection are scattered throughout Psalm 46, God lets his protective power show here and there (Ps. 48:5, 7-8, 11).

However, we must still wait for the definitive moment, when God will be "exalted among the nations; exalted [...] in the earth" (Ps. 46:10b).

Meanwhile, we are given the assurance that God, from his sanctuary, gives us life (Ps. 46:4), and asks us to wait patiently, maintaining our communion with Him: "Be still, and know that I am God" (Ps. 46:10a).

Please visit these sites for more revealed truths:

<https://sites.google.com/view/meatindueseason/5-mighty-stone-and-the-great-image-of-daniel-2>

<https://sites.google.com/view/meatindueseason/5-1-mighty-stone-and-the-great-image-of-daniel-2>

<https://sites.google.com/view/meatindueseason/6-the-establishment-of-the-kingdom-of-glory>

<https://sites.google.com/view/present-truth-lessons-2020/lesson-11-kingdom-of-glory>

Thursday-March 14, 2024

**Immovable Like Mount Zion-The
Immovable Mountain of Zion Psalm 125**

Psalms 125:1-2; 5:12; 32:7; 32:10; 46:2; 125:3-5;
73:2-13; 94:3

*“Those who trust in the Lord are like Mount
Zion, which cannot be moved, but abides
forever” (Psalm 125:1)*



THE 144,000 on the to Mount Zion

We were on our way to Mount Zion. As we were traveling along, we met a company who were also gazing at the glories of the place. I noticed red as a border on their garments; their crowns were brilliant; their robes were pure white. As we greeted them, I asked Jesus who they were. He said they were martyrs that had been slain for Him. With them was an innumerable company of little ones; they had a hem of red on their garments also. Mount Zion was just before us, and on the mount was a glorious temple, and about it were seven other mountains, on which grew roses and lilies. And I saw the little ones climb, or, if they chose, use their little wings and fly to the top of the mountains, and pluck the never-fading flowers. {Hvn 87.4}

Those who Trust in the Lord be As Mount Zion - Immovable

"They that trust in the Lord shall be as Mount Zion, which cannot be removed, but abideth forever. As the mountains are round about Jerusalem, so the Lord is round about His people from henceforth even forever." "He shall redeem their soul from deceit and violence: and precious shall their blood be in His sight." **Psalm 125:1-3; 72:14.** {AA 86.1}

"The Lord of hosts shall defend them; . . . the Lord their God shall save them in that day as the flock of His people: for they shall be as the stones

of a crown, lifted up as an ensign upon His land." **Zechariah 9:15, 16.**
{AA 86.2}

Consider the following

The chiasmus of **Psalm 125** shows us a great teaching:

- **Psalm 125:1.** Those who trust in God are immovable
- **Psalm 125:2.** God is always doing good to his people
- **Psalm 125:3.** Evil will not always reign, let us not stop trusting
- **Psalm 125:4.** God is always doing good to his people
- **Psalm 125:5.** If we stop trusting, we will be destroyed

There are times when it may seem better to let ourselves be overcome by sin, but let us continue to trust. God has something wonderful in store for us. "Peace be upon Israel" (**Ps. 125:5**).

Friday-March 15, 2024

Insights and Further Study

With pity and compassion, with tender yearning and love, the Lord is looking upon his tempted and tried people. For a time the oppressors will be permitted to triumph over those who keep God's holy commandments. All are given the same opportunity that was granted to the first great rebel to reveal the spirit that moves them to action. It is God's purpose that all shall be tested and tried, that he may see whether they are loyal or disloyal to the laws that govern the kingdom of heaven. To the last, God permits Satan to reveal himself as a liar, an accuser, and a murderer. Thus the final triumph of his people is made more marked, more glorious, more full and complete. The words of the prophet will then be fulfilled, "The day of vengeance is in mine heart, and the year of my redeemed is come." The song of the Lord's people will then be: "The Lord reigneth; let the people tremble: he sitteth between the cherubims; let the earth be moved. The Lord is great in Zion; and he is high above the people." {RH, December 4, 1900 par. 13}

Questions to Ponder Upon

1. What is Zion? What does it mean? What does it represent?
2. How is it related to our church and a place of refuge to God's people in the last days?
3. To what extent the judgment which God's people will have is related to the cleansing of the sanctuary above?
4. Is there peace in Jerusalem in the last days?
5. Who will be the inhabitants of Zion in the future, is it portrayed in prophecy?
6. Is the glorious promise of God (Eph. 5:7) with His people conditional or provisional?
7. Based on the passage above, {RH, December 4, 1900 par. 13}, why do God's people persistently rebel against Him, what is His intervention in this dilemma?

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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1888 Bible Readings for the Home Circle, SDA Pillars

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