

# SS-Q1-L7-Your Mercy Reaches Unto the Heavens

February 10-16, 2024

Adult

*Sabbath School Lesson*  
*Meat in Due Season*

January February March 2024

PSALMS

1st Quarter



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## Sabbath Afternoon—February 10, 2024

### Scripture Reading for the Week:

Psalms 136:1-26; 51:1-19; 130:1-8; 113:1-9; 123:1-4..

### Thought for Meditation:

The family of Noah looked with admiration and reverential awe mingled with joy upon this sign of God's mercy, which spanned the heavens. The bow represents Christ's love which encircles the earth, and reaches unto the highest heavens, connecting men with God, and linking earth with heaven. {1BC 1091.6}

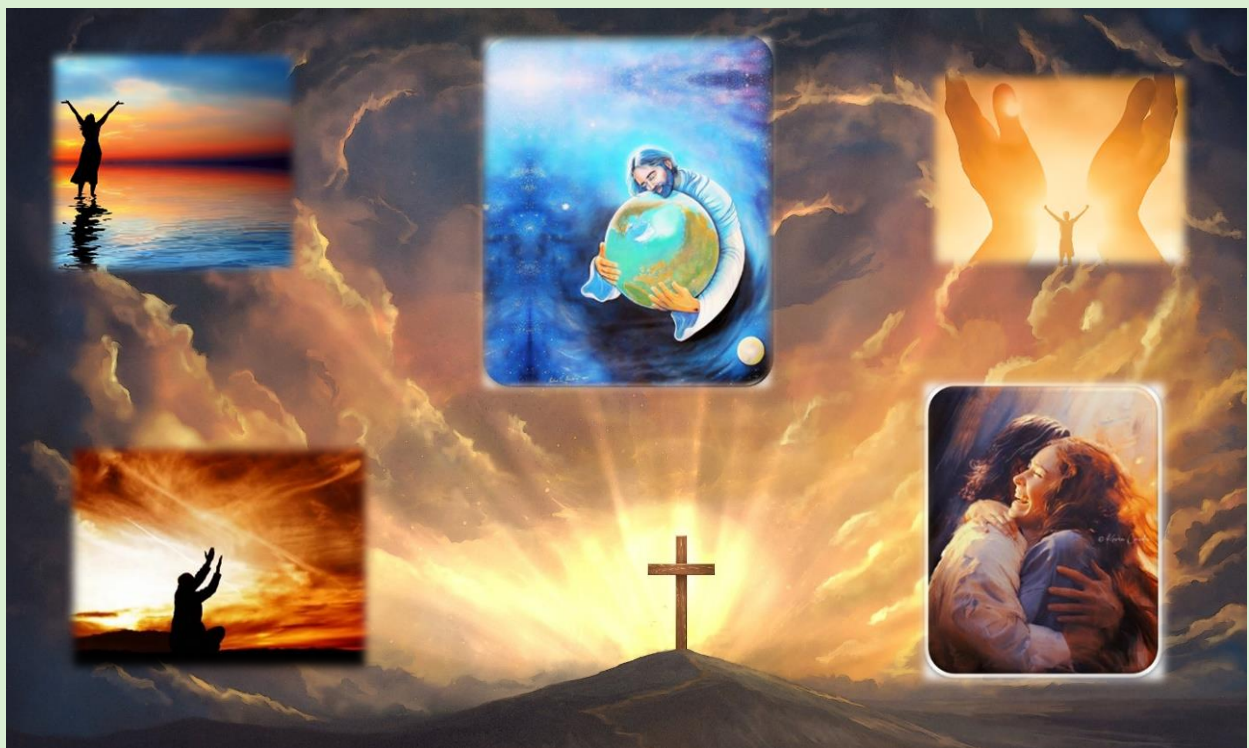
As we gaze upon the beautiful sight, we may be joyful in God, assured that He Himself is looking upon this token of His covenant, and that as He looks upon it He remembers the children of earth, to whom it was given. Their afflictions, perils, and trials are not hidden from Him. We may rejoice in hope, for the bow of God's

covenant is over us. He never will forget the children of His care. How difficult for the mind of finite man to take in the peculiar love and tenderness of God, and His matchless condescension when He said, "I will look upon the bow in the cloud, and remember thee" (RH Feb. 26, 1880). {1BC 1091.7}

### *Memory Text*

*"I will praise You, O Lord, among the peoples; I will sing to You among the nations. For Your mercy reaches unto the heavens, and Your truth unto the clouds" (Psalms 57:9-57:10).*

This week's SS lesson will describe the rich love and mercy of God to His people even to the extent that it reaches heaven. This includes the response of man to His matchless love and mercy.



# Outline of the Study

## God's Love

### **Sunday-February 11, 2024**

His Mercy Endures Forever-Love that Lasts Forever (Ps. 136)  
Psalms 136:1-26; Deuteronomy 4:19; Luke 2:10; John 3:16;  
Acts 15:17.

### **Monday-February 12, 2024**

Create in Me a Clean Heart-Love that Transform (Ps. 51)  
Psalms 51:1-5; 51:6-19. 2 Samuel 12:1-31; Exodus 34:6-7

### **Tuesday-February 13, 2024**

If You Lord Should Mark Iniquities-Forgiving Love (Ps. 130)  
Psalms 130:1-8; 51:9; 69:28; 27:14; 37:34; Daniel 7:10; Exodus  
32:32; Jeremiah 31:34-31:34; Micah 7:19-7:19; Hosea 6:1-6

## Human Response to the Love of God

### **Wednesday-February 14, 2024**

Praise to the Majestic and Merciful God-Praise and Trust  
(Ps. 113 and 123)  
Psalms 113:1-9; 123:1; Philippians 2:6-2:8

### **Thursday - February 15, 2024**

Forget Not All His Benefits-Blessing and Admiration (Ps. 103)  
Psalms 103:1-22; Isaiah 55:9-55:9; Genesis 49:25-49:25;  
Psalms 5:12; 1 Kings 8:66-8:66; Job 29:13-29:13

### **Friday-February 16, 2024**

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

**Sunday-February 11, 2024**

**His Mercy Endures Forever-Love that  
Lasts Forever (Ps. 136)**

Psalms 136:1-26; Deuteronomy 4:19; Luke  
2:10; John 3:16; Acts 15:17

*“Give thanks to the LORD, for he is good;  
His love endures forever” (Psalm 136:1)*



He has done marvelous works  
creating everything around us  
(Ps. 136:1-9)



He freed Israel from slavery  
and established them in the  
Promised Land (Ps. 136:10-22)



Currently, He cares for us,  
delivers us, and sustains us  
(Ps. 136:23-26)

### **Beloved for the Father's Sake shall Obtain Mercy**

"And so all Israel shall be saved: as it is written, There shall come out of Sion the Deliverer, and shall turn away ungodliness from Jacob: for this is My covenant unto them, when I shall take away their sins. As concerning the gospel, they are enemies for your sakes: but as touching the election, they are beloved for the father's sakes. For the gifts and calling of God are without repentance. For as ye in times past have not believed God, yet have now obtained mercy through their unbelief: even so have these also now not believed, that through your mercy they also may obtain mercy. For God had concluded them all in unbelief, that He might have mercy upon all. {AA 378.1}

"O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are His judgments, and His ways past finding out! For who hath known the mind of the Lord? or who hath been His counselor? or who hath first given to Him, and it shall be recompensed unto him

again? For of Him, and through Him, and to Him, are all things: to whom be glory forever." {AA 378.2}

### **From Christ Comes All Blessings, Forgiveness and Mercy**

David was pardoned of his transgression because he humbled his heart before God in repentance and contrition of soul and believed that God's promise to forgive would be fulfilled. He confessed his sin, repented, and was reconverted. In the rapture of the assurance of forgiveness he exclaimed, "Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man unto whom the Lord imputeth not iniquity, and in whose spirit there is no guile." The blessing comes because of pardon; pardon comes through faith that the sin, confessed and repented of, is borne by the great Sin-bearer. Thus from Christ cometh all our blessings. His death is an atoning sacrifice for our sins. He is the great medium through whom we receive the mercy and favor of God. He, then, is indeed the Originator, the Author, as well as the Finisher, of our faith.—Manuscript 21, 1891 (Manuscript Releases, vol. 9, pp. 300, 301). {CTr 150.5}

## **Consider the following**

Psalm 136 is an antiphonal song. In each of its 26 verses, one part of the chorus praises God, and the other part answers: "For his mercy endures forever."

What has God's eternal love driven by? [mercy]

- (1) He has done marvelous works creating everything around us (Ps. 136:1-9)
- (2) He freed Israel from slavery and established them in the Promised Land (Ps. 136:10-22)
- (3) Currently, He cares for us, delivers us, and sustains us (Ps. 136:23-26)

God's love does not affect only those who love Him, for He "gives food to every living thing" (Ps.136:25). Contemplating that love, the psalmist begins and ends his hymn by inviting us to praise God (Ps. 136:1, 26). Although he was a warrior

accustomed to battle, David never trusted his strength, his intelligence, or his skill in handling weapons. He owed all his victories to God, who always fought for him (Ps. 18:47-48)

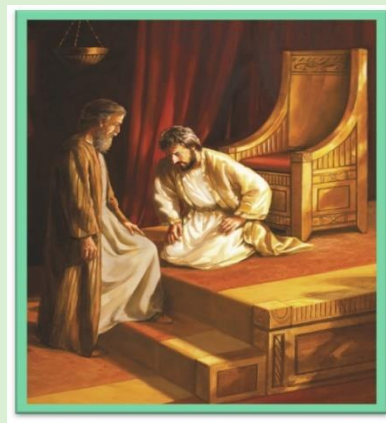
**Monday-February 12, 2024**

**Justice for the Oppressed - Divine Justice**

Create in Me a Clean Heart-Love that Transform (Ps. 51)

Ps. 51:1-5; 51:6-19; 2 Samuel 12:1-31; Exodus 34:6-7

*“Create in me a pure heart, O God, and renew a steadfast spirit within me” (Psalm 51:10)*



### **The Promise was Given-A New Heart and a New Spirit**

There was no excuse for the blindness of Israel in regard to the work of regeneration. Under the inspiration of the Holy Spirit, Isaiah had written, "We are all as an unclean thing, and all our righteousnesses are as filthy rags." David had prayed, "Create in me a clean heart, O God; and renew a right spirit within me." And through Ezekiel, the promise had been given, "A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put My Spirit within you, and cause you to walk in My statutes." Isaiah 64:6; Psalm 51:10; Ezekiel 36:26, 27. {DA 174.1}

### **Receive Divine Light, We are "Born Again!"**

The change of heart represented by the new birth can be brought about only by the effectual working of the Holy Spirit. . . . Pride and self-love resist the Spirit of God; every natural inclination of the soul opposes the change from self-importance and pride to the meekness and lowliness of Christ. But if we would travel in the pathway to eternal life, we must not listen to the whispering of self. In humility and contrition, we must beseech our heavenly Father, "Create in me a clean heart, O God; and renew a right spirit within me." Psalm 51:10. As we receive divine light, and cooperate with the heavenly intelligences, we are "born again," freed from the defilement of sin by the power of Christ. {FLB 137.4}

### **Press Our Case before God, Be Earnest and Sincere!**

There is a remedy for the sin-sick soul. That remedy is in Jesus. Precious Saviour! His grace is sufficient for the weakest; and the strongest must also have His grace or perish. {AG 87.5}

I saw how this grace could be obtained. Go to your closet and there alone plead with God. "Create in me a clean heart, O God; and renew a right spirit within me" (Psalm 51:10). Be in earnest, be sincere. Fervent prayer availeth much. Jacob-like, wrestle in prayer. Agonize. Jesus in the garden sweat great drops of blood; you must make an effort. Do not leave your closet until you feel strong in God; then watch, and just as long as you watch and pray, you can keep these evil besetments under, and the grace of God can, and will, appear in you. {AG 87.6}

### **Consider the following**

After his sin with Bathsheba, remorse gnawed at David's soul. Now he opened his heart before God and confessed his sin without mitigating or justifying it, aware of his inability to stop sinning (**Ps. 51:3-5**).

He knew that, out of his great love, God would cleanse his sin and completely blot out his transgression (Ps. 51:1-2, 7-9).

But David goes further. Ask for a transformation, the transformation we all need. God can and wants to do that miracle (Ps. 51:10).

Forgiveness and renewal of our being results in joy, testimony, songs and praise (Ps. 51:12-15).

And God delights in receiving our humble praise of love (Ps. 51:16-19).

**Tuesday-February 13, 2024**  
**If You Lord Should Mark Iniquities -**  
**Forgiving Love (Ps. 130)**

Psalms 130:1-8; 51:9; 69:28; 27:14; 37:34;  
Daniel 7:10; Exodus 32:32; Jer. 31:34-31:34;  
Micah 7:19-7:19; Hosea 6:1-6:2

*“If you, Lord, kept a record of sins, Lord, who could stand? But with you there is forgiveness, so that we can, with reverence, serve you” (Psalm 130:3-4)*



**Not by Profession, But the Fruit they Bear, Shows the Character of the True**  
The church has departed from the light, neglected her duties, abused her high and exalted privileges of being peculiar and holy in character, and thereby dishonored her God, like ancient Israel. They have violated their covenant to live for God and him only. They have joined in with the selfish and world-loving. Pride, the love of pleasure, and sin, are cherished, and Christ has departed. His Spirit has been quenched in the church. Satan works side by side with Professed Christians; yet they are so destitute of spirituality and discernment that they do not detect him. They have not the burden of the work. The solemn truths they profess to believe are not a reality to them. They have not genuine faith. Men and women will act out all the faith they in reality possess. By their fruits ye shall know them. Not their profession, but the fruit they bear, shows the character of the true. Many have a form of godliness, their names are upon the church records, but they have a spotted record in Heaven. The recording angel has written deeds. Their acts have been faithfully written. Every selfish act, every wrong word, every unfulfilled duty, and every secret



sin, with every artful dissembling, is faithfully chronicled in the book of records kept by the recording angel. {PH011 4.2}

### **Every Day, Angels of God Keep Records of Men's Transactions.**

During the time of trouble, the position of God's people will be similar to the position of Joshua. They will not be ignorant of the work going on in heaven in their behalf. They will realize that sin is recorded against their names, but they will also know that the sins of all who repent and lay hold of the merits of Christ will be canceled. Jesus says: "He that overcometh, the same shall be clothed in white raiment; and I will not blot out his name out of the book of life, but I will confess his name before my Father, and before his angels." The judgment of the dead has been going on, and soon the judgment will begin upon the living, and every case will be decided. It will be known whose names are retained upon the book of life, and whose are blotted out. Every day the angels of God keep a record of the transactions of men, and these records stand open to the eyes of angels, and Christ, and God. Those who have manifested true repentance for sin, and by living faith in Christ are obedient to God's commandments, will have their names retained in the book of life, and they will be confessed before the Father and before the holy angels. Jesus will say, "They are mine; I have purchased them with my own blood." {ST, June 2, 1890 par. 4}

## **Consider the following**

**Psalm 130 has two themes:**

### **(1) The forgiveness**

(a) Sin is a deep abyss from which the sinner cries out to God (**Ps. 130:1-2**). When listening to us, the Lord looks at us and... what does he see?

(i) If you fix your eyes on our sin we are finished (**Ps. 130:3**).

(ii) But God's loving eyes are fixed on the repentant sinner, and he grants him forgiveness (**Ps. 130:4**).

### **(2) The wait**

(a) This divine attitude generates hope. Therefore, we confidently wait to receive God's forgiveness.

(b) We especially wait for the glorious morning in which we hear from his lips: "Enter into the joy of your lord" (**Mt 25:21; cf. Ps. 130:5-6**).

(c) All of God's people participate in this eager wait, when “he will redeem Israel from all their sins” (Ps. 130:7-8).

## Human Response to the Love of God

**Wednesday-February 14, 2024**

**Praise to the Majestic and Merciful God-Praise and Trust (Ps. 113 and 123)**

Psalms 113:1-9; 123:1; Philippians 2:6-2:8.

*“Praise, the Lord, you his servants; praise the name of the Lord”  
(Psalm 113:1)*



### **A Necessity, A Firmer Reliance Upon a "Thus Saith the Lord"**

We need a more firm reliance upon a “Thus saith the Lord.” If we have this, we shall not trust to feeling, and be ruled by feeling. God asks us to rest in His love. It is our privilege to know the Word of God as a sure and tried guide, an infallible assurance. Let us work on the faith side of the question. Let us believe and trust, and talk faith and hope and courage. Let the praise of God be in our hearts and on our lips oftener than it is. “Whoso offereth praise glorifieth me” (Psalm 50:23). Keep the mind stayed upon God, and know the love of Christ as the Word of God reveals it. This

Word is life. Talk of Christ; call others to behold Him as your Redeemer. {OFC 255.4}

### **Inculcate Distrust of Human Power and Encourage Trust in Divine Power**

More than this--as all the lessons of Bible history teach--it is a perilous thing to praise or exalt men; for if one comes to lose sight of his entire dependence on God, and to trust to his own strength, he is sure to fall. Man is contending with foes who are stronger than he. "We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against wicked spirits in high places." Ephesians 6:12, margin. It is impossible for us in our own strength to maintain the conflict; and whatever diverts the mind from God, whatever leads to self-exaltation or to self-dependence, is surely preparing the way for our overthrow. The tenor of the Bible is to inculcate distrust of human power and to encourage trust in divine power. {PP 717.1}

### **God's Word is Our Assurance, just Trust and Praise Him!**

I will thank the Lord and praise His holy name. I will praise the Lord that in Him I can trust at all times. He is the health of my countenance and my strong tower into which I can run and be safe. He understands my necessities and He will give me the light of His countenance that I may reflect light upon others. I will not fail nor be discouraged. I look to Thee, my heavenly Father, to give strength and grace. . . . I will praise the Lord at all times and not wait for a happy flight of feeling. Then praise the Lord, for He is good, and His mercies will attend me morning, noon, and night. A happy flight of feeling is not evidence; His Word is my assurance. {TMK 266.5}

### **Think of Jesus' Merits and His Love**

The Lord knows that if we look to man, and trust to man, we are leaning on an arm of flesh. He invites our confidence. There is no limit to His power. Think of the Lord Jesus and His merits and His love, but do not seek to find the defects and dwell upon the mistakes that others have made. Call to your mind the things worthy of your recognition and your praise; and if you are sharp to discern errors in others, be more sharp to recognize the good and praise the good. You may, if you criticize yourselves, find things just as objectionable as that which you see in others. Then let us work constantly to strengthen one another in the most holy faith.--MS 151, 1898. {2MCP 637.2}

## Consider the following

**What reasons do Psalms 113 and 123 give us to praise and trust in the Lord?**

- (1) Because he is exalted above heaven and earth (**Ps. 113:4**)
- (2) Because, although he dwells on high, he humbles himself and comes down to our level (**Ps. 113:5-6**)
- (3) Because he lifts the poor and needy (**Ps. 113:7-8**)
- (4) Because he performs mighty miracles (**Ps. 113:9**)
- (5) Because he has mercy on us when we are despised (**Psalm 123**)

On the Cross, we can see, together, all these divine attributes. His great love led Jesus to humble himself “unto death” for us (**Phil . 2:8**). Is this not worthy of praise? Shall we not fully trust in this powerful and loving Savior?

**Thursday-February 15, 2024**  
**Forget Not All His Benefits-Blessing and**  
**Admiration (Ps. 103)**

Psalms 103:1-22; Isaiah 55:9-55:9; Genesis 49:25-49:25; Psalms 5:12; 1 Kings 8:66-8:66; Job 29:13-29:13.

*Praise the Lord, my soul, and forget not all his benefits” (Psalm 103:2)*



### **Everyone is Benefited by God's Blessings**

God wants you, dear invalid friends, to be cheerful, and cherish a meek and quiet spirit. You may meet your friends with cheerfulness and true courteousness, and you may throw a ray of sunshine into their path; and will you be the worse for so doing? Oh, no! You will have every ray of light you shed, reflected back upon you again. You will be benefited with the effort you make to be cheerful. It will be for your benefit, my invalid friends, to do all that you can to forget your sufferings. Get out

of doors as much as possible, and be benefited with the breezes and the blessed sunshine. Let the songs of the birds, and the beauties of nature, awaken holy and grateful feelings in your hearts, and lead you to adore your Creator who has anticipated your wants, and surrounded you with unnumbered tokens of his love and constant care. {HR, June 1, 1871 par. 11}

### **Direction to Study Several Psalm - Contains a Multifaceted Benefits**

How terrible it is when the acknowledgment of God is not made when it should be made! How sad to humble one's self when it is too late! Why, O why, do not men heed the invitation? The psalmist said, "When thou saidst, Seek ye my face, my heart said unto thee, Thy face, Lord, will I seek" [Psalm 27:8]. The whole of this psalm is excellent, and should be placed in the reading and spelling lessons of the classes. The twenty-eighth, twenty-ninth, and seventy-eighth psalms tell of the rich blessings bestowed by God upon His people, and of their poor returns for all His benefits. The eighty-first psalm explains why Israel was scattered. They forgot God, as the churches in our land are forgetting Him today. Read the eighty-ninth, ninetieth, ninety-first, ninety-second, and ninety-third psalms. My attention has been called to these matters. Shall we not consider the Word of the Lord? These things were written for our admonition, upon whom the ends of the world are come, and should they not be the objects of study in our schools? The Word of God contains instructive lessons, given in reproof, in warning, in encouragement, and in rich promises. Would not such food as this be meat in due season to the youth (MS 96, 1899)? {3BC 1142.1}

### **Consider the following**

What benefits does the Lord give us?

- (1) Forgive my iniquities (Ps. 103:3a)
- (2) Heal my ailments (Ps. 103:3b)
- (3) Rescue my life from the pit (Ps. 103:4a)
- (4) He crowns me with favors and love (Ps. 103:4b)
- (5) It satisfies me with good (Ps. 103:5a)
- (6) It rejuvenates me (Ps. 103:5b)
- (7) He does justice when I suffer violence (Ps. 103:6)
- (8) He makes his plans known to me (Ps. 103:7)
- (9) He loves me and will not be angry with me (Ps. 103:8-9)
- (10) He does not repay me according to my sin (Ps. 103:10-11)
- (11) He does not remember my sins (Ps. 103:12)
- (12) He knows that I will soon pass away, and he has mercy on me (Ps. 103:13-18)

—In response to these kindnesses, we join the angels in blessing the Lord (**Ps. 103:19-22**). Praise begins when one recognizes the majesty and works of God and responds in worship to his goodness, mercy, and wisdom.

## **Friday-February 16, 2024**

### **Insights and Further Study**

God is love. He has a care for the creatures He has formed. "Like as a father pitieth his children, so the Lord pitieth them that fear Him." Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God." What a precious privilege is this, that we may be sons and daughters of the Most High, heirs of God and joint heirs with Jesus Christ. Then let us not mourn and grieve because in this life we are not free from disappointments and afflictions. If in the providence of God we are called upon to endure trials, let us accept the cross and drink the bitter cup, remembering that it is a Father's hand that holds it to our lips. Let us trust Him in the darkness as well as in the day. Can we not believe that He will give us everything that is for our good? "He that spared not His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?" Even in the night of affliction how can we refuse to lift heart and voice in grateful praise, when we remember the love to us expressed by the cross of Calvary? **{5T 315.3}**

## **Questions to Ponder Upon**

1. Where can we draw comfort when we feel oppressed and persecuted?
2. What assurance does the Psalmist relay to the reader?
3. How do we portray God's mercy for the dying humanity in the present world?
4. Why there's a need to cry out, "create me a clean heart"?
5. How do sinners obtain divine forgiveness and in what way do they feel secure?
6. What hope does the experience of David place for us in this sinful generation?
7. Based on the statement above, **{5T 315.3}**, what comfort and assurance should people think in facing undesirable events in lives?

## From the Pen of Inspiration

*“You must not sink down discouraged. The fainthearted will be made strong; the desponding will be made to hope. God has a tender care for His people. His ear is open unto their cry. I have no fears for God's cause. He will take care of His own cause. Our duty is to fill our lot and place, live ... humble at the foot of the cross, and live faithful, holy lives before Him. While we do this we shall not be ashamed, but our souls will confide in God with holy boldness. [...]*

*My heart is fixed, trusting in God. We have a whole Saviour. We can rejoice in His rich fullness. I long to be more devoted to God, more consecrated to Him” EGW (Reflecting Jesus, December 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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**Glory be to the Lord Jesus Christ, Our Coming King!**