

SS-Q3-L6-INSIDE OUT

AUGUST 3-9, 2024

Adult
Sabbath School Lesson
Meat in Due Season
July Aug Sept 2024

THE BOOK OF
MARK
3rd Quarter



INSIDE OUT

Lesson 6 for August 10, 2024

[bit.ly/meatindueseason-ssl](https://3angelscry.org/)
<https://3angelscry.org/>

The image is a composite graphic for a Sabbath School lesson. On the left, there is a small inset image of a man in a white robe writing at a desk, with the text 'THE BOOK OF MARK 3rd Quarter' above it. To the right is a larger illustration titled 'INSIDE OUT' showing Jesus sitting at a table eating, while a woman in a purple dress pours water over his feet. A basket of oranges is on the table. The text 'Lesson 6 for August 10, 2024' is written in the bottom right corner of the illustration. Below the illustration are two URLs: 'bit.ly/meatindueseason-ssl' and 'https://3angelscry.org/'.

Sabbath Afternoon – Aug. 3, 2024

Scripture Reading for the Week:

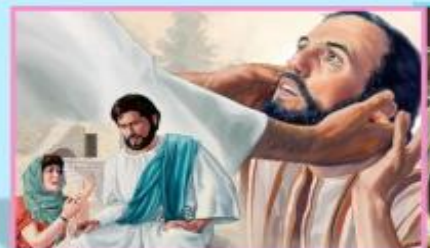
Mark 7:1-37; Isaiah 29:13; Exodus 20:12; Mark 8:11-21

Thought for Meditation:

In giving Jesus to the world God gave all heaven in one gift. Then why is it, when God has left nothing undone that could be done, that there are not more brought from darkness to light?--It is because the human will does not cooperate with the divine intelligences. If the Lord's will and way were carried out, humanity would be reached through humanity, and every lost prodigal would be brought home, and saved through the grace of our Lord Jesus Christ, who tasted death for every man. Sin would no longer exist. But it is humanity that bars the way. It is for lack of the copartnership of man, because of rebellion, that the way is blocked up. The revelation of God's truth comes to us through human agents. Christ came to the world as the Son of Man. This was the only way in which he could reach humanity. Jesus enters into humanity, that through his power and grace humanity may become partaker of the divine nature. "Ye are

laborers together with God." Man must cooperate with Jesus Christ, and through earnest endeavor work out his own salvation with fear and trembling; for it is God that worketh in us to will and to do of his good pleasure. Man works out what God works in, not by means of finite endeavor, but by the strength imparted through the divine nature. Those who are building up a Christlike character, will not, cannot, withhold their interest from the work of aiding Christ in seeking and saving that which is lost. {ST, January 1, 1894 par. 4} *The Signs of the Times*

Memory Text
“ ‘There is nothing that enters a man from outside which can defile him; but the things which come out of him, those are the things that defile a man’ ” (Mark 7:15).



This week's SS Lesson will dig deep into the mine of truth, the reality of conflicts between the true and the false, the Law of God versus the law of men, a command from God and the tradition of men. This also includes the contrast between the tradition of men and the declaration of the word of God to humanity.

Outline of the Study

The Problems of Tradition

Sunday - Aug. 4, 2024

Human Traditions Versus God's Commands - Substitute the Commandments of God

Mark 7:1-13; Mark 1:44; Mark 7:10-13; Mark 10:3-8; Mark 12:26; Mark 12:29-31; Exodus 30:17-21; Isaiah 29:13; Exodus 20:12

Monday - Aug. 5, 2024

Clean hands or Clean Heart? What Pollutes and What Doesn't

Mark 7:14-19; Leviticus 11:1-47; Mark 7:20-23.

Tradition and the Gentiles

Tuesday - Aug. 6, 2024

Crumbs for the Dogs - Little Dogs that surpass their Masters

Mark 7:24-30.

Wednesday - Aug. 7, 2024

Tongue - tied - Ear that are Left Open

Mark 7:31-37.

The Yeast of the Tradition

Thursday - Aug. 8, 2024

Watch Out for Bad Bread

Mark 4:10-12; Mark 6:30-44; Mark 8:11-13; Mark 3:1-35; Mark 8:14-21; Matthew 16:12.

Friday - Aug. 9, 2024

Insights and Further Study

From the Pen of Inspiration

Points to Ponder Upon

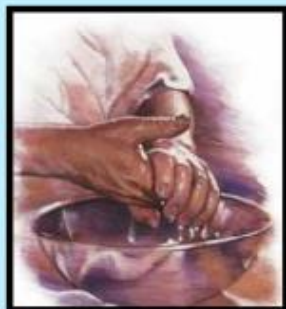
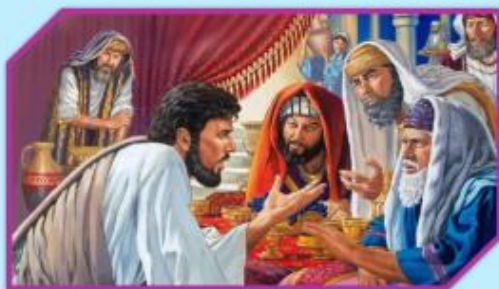
The Problem of Tradition

Sunday - Aug. 4, 2024

Human Traditions Versus God's Commands - Substitute the Commandments of God (Mark 7:1-13)

Mark 7:1-13; Mark 1:44; Mark 7:10-13; Mark 10:3-8; Mark 12:26; Mark 12:29-31; Exodus 30:17-21; Isaiah 29:13; Exodus 20:12

“And he continued, “You have a fine way of setting aside the commands of God in order to observe your own traditions.” **(Mark 7:9)**



Dim Light of Tradition and Human Speculation

The Scriptures need not be read by the dim light of tradition or human speculation. As well might we try to give light to the sun with a torch as to explain the Scriptures by human tradition or imagination. God's holy word needs not the torchlight glimmer of earth to make its glories distinguishable. It is light in itself--the glory of God revealed, and beside it every other light is dim. **{COL 111.1}** *Christ's Object Lesson (1900)*

The Great Standard of Obedience - The Law of God Unmixed with Human Tradition

The law of God unmixed with human tradition was presented by Christ as the great standard of obedience. This aroused the enmity of the rabbis. They had set human teaching above God's word, and had turned the people away from His precepts. They would not give up their man-made commandments in order to obey the requirements of the word of God.

They would not, for the truth's sake, sacrifice the pride of reason and the praise of men. When Christ came, presenting to the nation the claims of God, the priests and elders denied His right to interpose between them and the people. They would not accept His rebukes and warnings, and they set themselves to turn the people against Him and to compass His destruction. **{COL 304.4}** *Christ's Object Lesson, 1900*

No Laws Ordained by Ecclesiastical Authority

In the commission to His disciples, Christ not only outlined their work, but gave them their message. Teach the people, He said, "to observe all things whatsoever I have commanded you." The disciples were to teach what Christ had taught. That which He had spoken, not only in person, but through all the prophets and teachers of the Old Testament, is here included. Human teaching is shut out. There is no place for tradition, for man's theories and conclusions, or for church legislation. No laws ordained by ecclesiastical authority are included in the commission. None of these are Christ's servants to teach. "The law and the prophets," with the record of His own words and deeds, are the treasure committed to the disciples to be given to the world. Christ's name is their watchword, their badge of distinction, their bond of union, the authority for their course of action, and the source of their success. Nothing that does not bear His superscription is to be recognized in His kingdom. **{DA 826.1}** *The Desire of Ages, 1898*

Consider the Following

— Out of excess zeal, the Jews had extended a commandment addressed

to the priests to all people, to avoid ritual contamination **(Ex. 30:17-21)**.

— The question of the scribes and Pharisees was intended to prove that Jesus did not respect the Commandments **(Mark 7:5)**. But that question turned against him.

— Jesus did respect the Commandments. They were the ones who broke them and replaced them with their own traditions **(Mark 7:6-8)**.

— An example: If they dedicated something to God [*Corbán*] – a house became usufructuaries until their death, but they could not use it for any other purpose, such as helping their parents **(Mark 7:9-13)**.

Monday - Aug. 5, 2024
Clean hands or Clean Heart? What Pollutes and What Doesn't (Mark 7:14-24)

Mark 7:14-19; Leviticus 11:1-47; Mark 7:20-23.

“There is nothing outside of man that enters him that can defile him;
But what comes out of it is what defiles a man” **(Mark 7:15).**



The Gospel that Changes the Life

The gospel is to be presented, not as a lifeless theory, but as a living force to change the life. God desires that the receivers of His grace shall be witnesses to its power. Those whose course has been most offensive to Him He freely accepts; when they repent, He imparts to them His divine Spirit, places them in the highest positions of trust, and sends them forth into the camp of the disloyal to proclaim His boundless mercy. He would have His servants bear testimony to the fact that through His grace men may possess Christlikeness of character, and may rejoice in the assurance of His great love. He would have us bear testimony to the fact that He cannot be satisfied until the human race are reclaimed and reinstated in their holy privileges as His sons and daughters. {DA 826.2}
The Desire of Ages, 1898

Not Ignorant of Misery and Degradation

Rulers and law-makers are not ignorant of the misery and degradation, the horrible and unceasing crime that pollutes the world through the influence of the liquor-traffic. But though they are not ignorant, they do not take measures to stop the terrible traffic; but will they escape judgment? Hear what the Lord says: "The destruction of the transgressors, and of the sinners shall be together." Those who legalize sin, and those who are dealers in whisky, and those who are defiled by it, will be destroyed together. Let not the man who indulges in drink think that he will be able to cover his defilement by casting the blame upon the liquor-dealer; for he will have to answer for his sin and for the degradation of his wife and

children. "They that forsake the Lord shall be consumed." {RH, May 8, 1894 par. 6} *The Review and Herald*

Keep the Home Pure and Attractive, Guard the Association

The home must be kept pure and clean. Unclean, neglected corners in the house will tend to make impure, neglected corners in the soul. Mothers, you are the educators of your children, and you can do a great deal if you begin early to inculcate pure thoughts, by fitting up their rooms in a cleanly, tasteful, attractive manner. {CG 114.1}

Guard the Associations.--If parents desire their children to be pure, they must surround them with pure associations such as God can approve. {CG 114.2}

With what care parents should guard their children from careless, loose, demoralizing habits! Fathers and mothers, do you realize the importance of the responsibility resting on you? Do you allow your children to associate with other children without being present to know what kind of education they are receiving? Do not allow them to be alone with other children. Give them your special care. Every evening know where they are and what they are doing. Are they pure in all their habits? Have you instructed them in the principles of moral purity? If you have neglected to teach them line upon line, precept upon precept, here a little and there a little, let not another day pass without confessing to them your neglect to do this. Then tell them that you mean now to do your God-appointed work. Ask them to take hold with you in the reform. {CG 114.3} *Child Guidance, 1954*

Consider the Following

— The “sanctified meat” (of a sacrificed animal) became “unclean” when touched by someone ritually unclean (**Haggai 2:12-13**).

— In the Pharisaic tradition, this was extrapolated to any food (allowed by **Leviticus 11**), and to any person, whether impure or not. The question raised had nothing to do with the foods that could or could not be eaten, but with the way in which they were eaten (with purified–washed–or unpurified–unclean hands).

— But Jesus made it clear that clean food does not become unclean by eating it without performing the traditional rite (**Mark 7:18-19**).

— However, what really contaminates a person is what is inside them. Our sins arise from our desires and thoughts (**Mark 7:20-23**).

Tradition and the Gentiles

Tuesday - Aug. 6, 2024
Crumbs for the Dogs - Little Dogs that surpass their Masters (Mark 7:24-30)
Mark 7:24-30

“She answered and said to him, Yes, Lord; But even the dogs under the table eat the children's crumbs” (Mark 7:28)



“Leave first”

She could ask for second place and take advantage of the crumbs of the satiated.



“Puppies”

Domesticated dogs (not strays) were part of the family and could therefore enjoy its benefits.

Tradition and Formalism Destroy All Real Freedom

The ministry of Christ was in marked contrast to that of the Jewish elders. Their regard for tradition and formalism had destroyed all real freedom of thought or action. They lived in continual dread of defilement. To avoid contact with the "unclean," they kept aloof, not only from the Gentiles, but from the majority of their own people, seeking neither to benefit them nor to win their friendship. By dwelling constantly on these matters, they had dwarfed their minds and narrowed the orbit of their lives. Their example encouraged egotism and intolerance among all classes of the people. {DA 150.2}

Light Flowing from the Source of All Light

The bright beams of the Sun of Righteousness gave him spiritual discernment. His one desire had been to see Christ. The purity of his life corresponded to the light he had received, and he was prepared for the revelation of the great truth that this helpless infant was the Lord's anointed, even the Messiah. Joy and exultation transfigured his face as he held in his arms God's most precious gift to men. His illumined mind received the light flowing from the Source of all light. He saw that Christ was to be the hope of the Gentiles as well as of the Jews. The walls of tradition built up by Jewish prejudice did not exist in his mind. He realized that the Messiah was to bring redemption to all **(RH April 2, 1901)**. {5BC 1116.3} *SDA Bible Commentary, vol. 5, 1956*

Dwarfed the Minds and Narrowed the Orbit of Lives

They had received unsanctified and confused interpretations of the law, they had added tradition to tradition, they had restricted freedom of thought and action, till the commandments, ordinances, and service of God, were lost in a ceaseless round of meaningless rites and ceremonies. Their religion was a yoke of bondage. They had become so fettered that it was impossible for them to attend to the essential duties of life, without employing the Gentiles to do many necessary things which were forbidden the Jews to do for fear of contamination. They were in continual dread that they should become defiled. Dwelling constantly upon these matters had dwarfed their minds and narrowed the orbit of their lives. {3Red 13.1} *Redemption: Or the Miracles of Christ, the Mighty One, 1877*

Consider the following

- According to tradition, a Jew could not touch a Gentile (pagan, foreigner), enter his or her house, or eat with him or her.
 - In dealing with this Greek woman, Jesus seems to support these traditions **(Mark 7:26-27)**. In this description, the Jews are the children of God, and the pagans are “dogs” (domesticated dogs).
 - The woman caught the clues Jesus left in his message, held on to them by faith, and won the argument over Jesus! **(Mark 7:28)**.
- (1) “Leave first”: She could ask for second place and take advantage of the crumbs of the satiated.
 - (2) “Puppies”: Domesticated dogs (not strays) were part of the family and, therefore, could enjoy its benefits.

Wednesday - Aug. 7, 2024
Tongue - tied - Ear that are Left Open (Mark 7:31-37)
Mark 7:31-37.

“He looked up to heaven and with a deep sigh said to him, “Ephphatha!”
(which means “Be opened!”) **(Mark 7:34)**



Laying Up Treasure in Heaven

As he followed down the prophecies he saw that the inhabitants of the earth were living in the closing scenes of this world's history; yet they knew it not. He looked at the churches, and saw that they were corrupt; they had taken their affections from Jesus and placed them on the world; they were seeking for worldly honor, instead of that honor which cometh from above; grasping for worldly riches, instead of laying up their treasure in heaven. He could see hypocrisy, darkness, and death everywhere. His spirit was stirred within him. God called him to leave his farm, as He called Elisha to leave his oxen and the field of his labor to follow Elijah. **{SR 357.1}** *The Story of Redemption, 1947*

Warnings Placed in Similar Circumstances

So it will be found in the judgment. God's reproof has been plainly uttered against men and women who have sinned by corrupting their bodies and defiling their souls by licentiousness. They have the warnings to others placed in similar circumstances, who have been overcome by the tempter, and they know that the displeasure of God rested upon them. They have the example of Joseph and Daniel, who feared God. Joseph, when tempted, looked up to heaven, and realized that God's eye was upon him, and he exclaimed, "How can I do this great wickedness, and sin against God?" He also urged his duty to his master, who trusted him so fully, as a reason against it. **{TM 437.2}** *Testimonies to Ministers and Gospel Workers, 1923*

Attract Attention to Purity of Life, to Humility of Spirit, and to Devotion to God

He attracted attention to purity of life, to humility of spirit, and to devotion to God and His cause without hope of worldly honor or reward. He must divest religion of the narrow, conceited formalism which made it a burden and a reproach. He must present a complete, harmonious salvation to all. The narrow bounds of national exclusiveness must be overthrown, for His salvation was to reach the ends of the earth. He rejoiced in spirit as He beheld the poor of this world eagerly accepting the precious message which He brought. He looked up to heaven and said, "I thank thee, O Father, Lord of heaven and earth, because thou hast hid these things from the wise and prudent, and hast revealed them unto babes" (**Matthew 11:25**). . . . {TMK 50.4} *That I May Know Him, 1964*

Consider the following

— Upon arriving at Decapolis they brought a person to be healed. Taking him aside, he used a peculiar system to heal him (**Mark 7:32-34**). By his actions, Jesus allowed this man to exercise faith that He could heal him. As a result, many marveled at Jesus (**Mark 7:35-37**).

— But why did Jesus groan as he exclaimed, "Be open"? The deaf man could hear clearly, and the first words he heard were those of Jesus. But Jesus thought about those who, hearing, did not want to hear his words or receive his message.

— Jesus wants us to have our ears ready to listen to his messages, and also to hear the cry of those who need to hear a timely word from us.

The Yeast of the Tradition

Thursday - Aug. 8, 2024
Watch Out for Bad Bread

Mark 4:10-12; Mark 6:30-44; Mark 8:11-13; Mark 3:1-35; Mark 8:14-21; Matthew 16:12.

““Be careful,” Jesus warned them. “Watch out for the yeast of the Pharisees and that of Herod.” (**Mark 8:15**)



Beware of the Leaven/Yeast of Pharisee - Hypocrisy

Christ was interrupted on this occasion as on many similar occasions. And he wished his disciples to listen to the words he had to say, and not allow anything to attract and hold their attention. Therefore he warned them, "Beware of the leaven of the Pharisee, which is hypocrisy." They feigned a desire to get as close as possible to the inner circle. As the Lord Jesus presented truth in contrast to error, the Pharisees pretended to be desirous of understanding the truth, yet they were trying to lead his mind in other channels. Hypocrisy is like leaven, or yeast. Leaven may be hidden in the flour, and its presence is not known until it produces its effect. By insinuating itself, it soon pervades the whole mass. Hypocrisy works secretly, and if indulged, it will fill the mind with pride and vanity. There are deceptions practiced now similar to those practiced by the Pharisees. When the Saviour gave this caution, it was to warn all who believe in him to be on guard. Watch against imbibing this spirit, and becoming like those who tried to ensnare the Saviour. {GCDB, February 17, 1897 par. 3} *General Conference Daily Bulletin*

Walking in the Path of Self-denial and Sacrifice

He who overcomes must watch; for, with worldly entanglements, error, and superstition, Satan strives to win Christ's followers from Him. It is not enough that we avoid glaring dangers and perilous, inconsistent moves. We are to keep close to the side of Christ, walking in the path of self-denial and sacrifice. We are in an enemy's country. He who was cast out of heaven has come down with great power. With every conceivable artifice and device he is seeking to take souls captive. Unless we are constantly on guard we shall fall an easy prey to his unnumbered deceptions. {AG 332.4}

Warning, admonition, promise, all are for us, upon whom the ends of the world are come. "Therefore let us not sleep, as do others; but let us watch and be sober" (**1 Thessalonians 5:6**). . . . Watch against the stealthy approach of the enemy, watch against old habits and natural inclinations, lest they assert themselves; force them back, and watch. Watch the thoughts, watch the plans, lest they become self-centered. Watch over the souls whom Christ has purchased with His own blood. Watch for opportunities to do them good. **{AG 332.5}** *God's Amazing Grace, 1973*

Consider the following

- When they arrived at Dalmanuta, Jesus met the “deaf Pharisees,” who asked him for a sign of his authority (**Mark 8:10-11**).
- He refused to give them any sign. Nothing could convince those who did not want to be convinced. Disappointed, he left the region, embarking with his disciples (**Mark 8:12-13**).
- During the journey, Jesus spoke to them about the “yeast of the Pharisees,” that is, the teachings and traditions that permeated religion and corrupted it (**Mark 8:15**).
- The disciples did not understand the metaphor. They forgot that Jesus can make unlimited resources available to us (**Mark 8:16-21**)

Friday-August 9, 2024

Insights and Further Study

These examples of human steadfastness bear witness to the faithfulness of God's promises--of His abiding presence and sustaining grace. They testify to the power of faith to withstand the powers of the world. It is the work of faith to rest in God in the darkest hour, to feel, however sorely tried and tempest-tossed, that our Father is at the helm. The eye of faith alone can look beyond the things of time to estimate aright the worth of the eternal riches. **{AA 575.2}**

Jesus does not present to His followers the hope of attaining earthly glory and riches, of living a life free from trial. Instead He calls upon them to follow Him in the path of self-denial and reproach. He who came to redeem the world was opposed by the united forces of evil. In an un pitying confederacy, evil men and evil angels arrayed themselves against the Prince of Peace. His every word and act revealed divine compassion, and His unlikeness to the world provoked the bitterest hostility. **{AA 576.1}** *The Acts of the Apostles, 1911*

From the Pen of Inspiration

It will not do for us to float along with the current, guided by tradition and presumptuous fallacies. We are called laborers together with God. Then let us arise and shine. There is no time to spend in controversy. Those who have a knowledge of the truth as it is in Jesus must now become one in heart and purpose. All differences must be swept away. The members of the church must work unitedly under the great Head of the church. Let those who have a knowledge of the truth arise and shine.

“Cry aloud, spare not, lift up thy voice like a trumpet” **(Isaiah 58:1)**. No longer mutilate the truth. Let the soul cry out for the living God.” **EGW (Selected Messages, volume 1, page 108)**

Questions to Ponder Upon

1. How was Christ's response to the religious tradition which the Pharisees imposes to the people?
2. In what way does the truth a threat to the religious leaders?
3. What are the causes of contamination that a person may have?
4. When will a person be counted clean in the sight of God?
5. Who holds the heart of individual in a religious realm?
6. Is Christ's culture and custom relevant in the last days?
7. Based on the statement above, EGW **{AA 576.1}**, what does the examples and admonition given by God through His people?

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 another prophet she predicted in **TM 475**).

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