

# SS-Q4-L9-The Source of Life

November 23-29, 2024

Adult

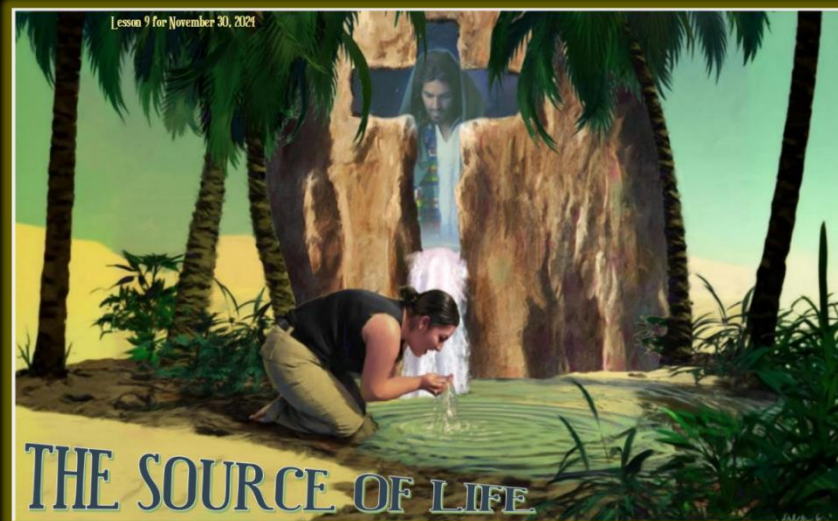
Sabbath School Lesson  
Meat in Due Season

Oct Nov Dec 2024

Themes in the  
GOSPEL of JOHN  
4th Quarter



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## Sabbath Afternoon—November 23, 2024

### Scripture Reading for the Week

[John 1:4](#); [John 10:10](#); [John 1:12-13](#); [John 6:61-68](#); [Numbers 13:23-33](#);  
[Matthew 4:1-4](#)

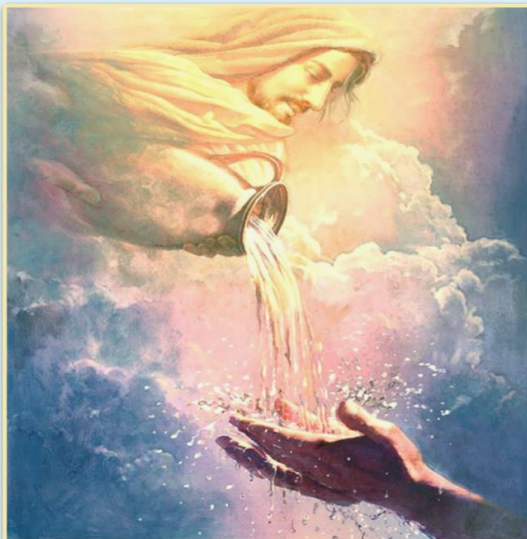
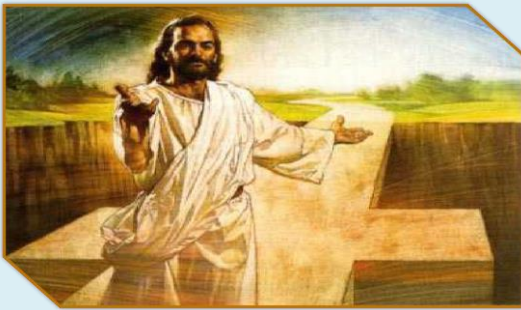
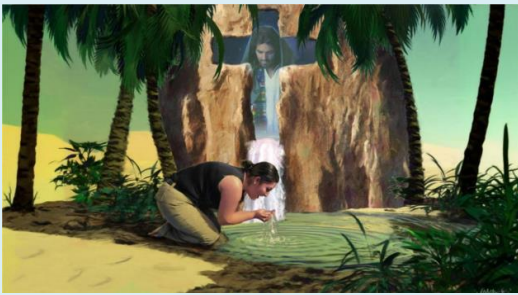
### Thought for Meditation

"In Him was life, and the life was the light of men. It is not physical life that is here specified, but *immortality*, the life which is exclusively the property of God. The Word, who was with God, and who was God, had this life. Physical life is something which each individual receives. It is not eternal or immortal; for God, the Life-giver, takes it again. Man has no control over his life. But the life of Christ was unborrowed. No one can take this life from Him. 'I lay it down of myself' (**John 10:18**), He said. In Him was life, original, unborrowed, underived." (*The Desire of Ages*, p. 530).

## Memory Verse

*“ I am the way, the truth, and the life. No one comes to the Father except through Me’ ” (John 14:6).*

"This week's Sabbath School lesson will lead us to a deeper understanding of Jesus Christ as the true Source of eternal life. It aims to strengthen our faith, encourage personal transformation through belief, and warn against the spiritual consequences of rejecting Christ's life offer.



## Outline of the Study

### **The Source of Life**

#### **Sunday-November 24, 2024**

##### **In Him Was Life, I am ... the LIFE**

[John 1:1](#), [4](#), [12-13](#), [29](#); [3:15](#) [16](#), [36](#); [4:14](#); [4:36](#); [5:21](#);  
[6:27](#); [6:40](#), [47](#), [54](#), [68](#), [40](#); [10:10](#), [27-28](#); [12:27](#); [14:19](#).

#### **Monday-November 25, 2024**

##### **The Words of Eternal Life-Jesus Offers Us LIFE**

[John 6:1-71](#); [3:15-16](#); [5:24](#); [6:40](#); [6:47](#); [8:31](#); [12:46](#); [20:31](#).

### **LIFE in Us**

#### **Tuesday-November 26, 2024**

##### **Believing and New Birth-Receive LIFE**

[John 1:12-13](#); [20:31](#); [1:12-13](#); [5:24](#), [38](#), [47](#); [16:7-8](#); [Romans 8:16](#);  
[10:17](#); [Ephesians 2:8](#); [1 Corinthians 1:17-24](#); [2:1-6](#).

#### **Wednesday-November 27, 2024**

##### **Rejecting the Source of Life-Accept or Reject LIFE**

[John 1:5](#); [John 1:10-11](#); [Hebrews 10:35](#); [Luke 18:8](#);  
[Numbers 13:23-33](#).

#### **Thursday-November 28, 2024**

##### **Condemnation - Rejection Results**

[John 3:18-21](#); [1:10](#); [3:36](#); [5:24](#), [38](#); [8:24](#); [12:47](#); [Matthew 4:1-4](#).

#### **Friday - November 29, 2024**

##### **Insights and Further Study**

##### **From the Pen of Inspiration**

##### **Points to Ponder Upon**



## The Source of Life

**Sunday - November 24, 2024**

**In Him Was Life, I am ... the LIFE**

[John 1:1, 4, 12-13, 29](#); [3:15-16, 36](#); [4:14](#); [4:36](#); [5:21](#);  
[6:27](#); [6:40, 47, 54, 68, 40](#); [10:10, 27-28](#); [12:27](#); [14:19](#).

*Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me. "' (John 14:6)*



**Purpose:** To establish Jesus as the divine Source of all life, emphasizing His role as Creator, Redeemer, and Sustainer.

**Christ as the Source of Life:** In her writings, EG White frequently reflects on John 1:4, where life in Christ is described as "the light of men." She asserts that this life is not derived from any external source but is inherent in Him as the Creator and sustainer of all existence. This self-existent life is offered to humanity through faith in Him (**John 3:15-16**)-**The Desire of Ages pages, 19-26 {1}**

1. God is the source of all life. **Psalm 36:9; Jeremiah 2:13; Job 12:9, 10; Psalm 66:8, 9; John 5:26; Acts 17:24, 25, 28.**
2. Life from God was imparted to man in the original creation. **Gen. 2:7.**
3. This life was forfeited through sin. **Gen. 2:17; 6; Romans 5:12, 15.**
4. The Son of God has life in himself, and he came to bring life to the human family. **John 5:25; 14:6; Colossians 3:4; John 10:10, 27, 28; 5:21; 6:33, 48; Romans 6:23; John 17:2; 1:4; 1 John 1:1-3.**

5. This life is received by receiving the Son of God. **2 Timothy 1:1; 1 John 5:11-13; John 3:15, John 3:36; John 20:30, 31; John 6:53-57; 1 Timothy 1:16; John 6:40; 4:14; 3:16.**
6. Those who reject Christ choose death. **Proverbs 8:36.**
7. Every sinner who turns to Christ is saved from death. **James 5:19, 20.**  
{2}

## **Christ the Source of Every Right Impulse**

### **Christ as the Giver of Life**

Jesus is described as having life in Himself and offering it to humanity. By receiving Christ, individuals gain eternal life. This life comes not from human effort but through divine connection with Christ, who is the "bread of life" and the source of spiritual nourishment.

### **Christ Revealed by God the Father**

"God reveals Christ to the sinner, and when he sees the purity of the Son of God, he is not ignorant of the character of sin. By faith in the work and power of Christ, enmity against sin and Satan is created in his heart. Those whom God pardons are first made penitent."-**The Review and Herald, April 1, 1890. COR 112.1**

### **Christ Draws the Sinner to Himself**

"Christ draws the sinner by the exhibition of His love upon the cross, and this softens the heart, impresses the mind, and inspires contrition and repentance in the soul."-**The Review and Herald, April 1, 1890. COR 112.2**

"Christ is constantly drawing men to Himself, while Satan is as diligently seeking by every imaginable device, to draw men away from their Redeemer."-**The Review and Herald, April 1, 1890 COR 112.3**

"As Christ draws them to look upon His cross, to behold Him whom their sins have pierced, the commandment comes home to the conscience. The wickedness of their life, the deep-seated sin of the soul, is revealed to them. They begin to comprehend something of the righteousness of Christ,

and exclaim, 'What is sin, that it should require such a sacrifice for the redemption of its victim? Was all this love, all this suffering, all this humiliation, demanded, that we might not perish, but have everlasting life?'"-**Steps to Christ, 31. COR 112.4**

### **Christ Gives Repentance**

"Repentance is as much the gift of Christ as is forgiveness, and it cannot be found in the heart where Jesus has not been at work. We can no more repent without the Spirit of Christ to awaken the conscience, than we can be pardoned without Christ."-**The Review and Herald, April 1, 1890. COR 112.5**

### **Christ the Source of Power**

"Christ is the source of every right impulse. He is the only one who can arouse in the natural heart enmity against sin. He is the source of our power if we would be saved. No soul can repent without the grace of Christ."-**The Review and Herald, April 1, 1890 COR 113.1**

### **Christ the Embodiment of Righteousness**

"The righteousness of God is embodied in Christ. We receive righteousness by receiving Him."-**Thoughts From the Mount of Blessing, 34. {3}**

### **Life Through the Cross**

White underscores that Christ's sacrifice on the cross is central to receiving life. By His death, believers are brought from spiritual death to a new life. This "resurrection life" begins with trust in Christ and manifests in transformation and empowerment to overcome sin. "His

### **Union with Christ**

She illustrates that just as branches draw life from the vine, believers must draw their spiritual life from Christ. This connection enables them to live according to His example, showcasing His character to the world.

### **Christ and Obedience**

Through His divinity and humanity, Christ bridges the gap between God and man. His life demonstrates that obedience to God's law is possible, and He imparts the power to do so. This union with Him is essential for a victorious Christian life.

**Eternal Life and Belief in Christ:** White also emphasizes that eternal life is a gift granted to those who believe in Jesus. This is portrayed in her reflections on verses such as **John 6:40**, which affirm that belief in Christ leads to resurrection and everlasting life. She explains that this promise of life is central to the gospel message.

**The Lamb of God:** In *The Desire of Ages*, White connects John the Baptist's proclamation in **John 1:29**, "Behold the Lamb of God," with Christ's mission to take away the sins of the world. She notes the profound implications of Jesus as the Lamb, both as a sacrifice for sin and as the giver of spiritual life.

**Christ's Life-Giving Presence:** White underscores that Christ's presence brings spiritual vitality, as in **John 10:10**, where He declares that He came to give life abundantly. His life on Earth modeled selfless service and a deep connection to God, offering a blueprint for true, abundant living.

"Jesus is going from door to door, standing in front of every soul-temple, proclaiming, 'I stand at the door, and knock.' As a heavenly Merchantman, He opens His treasures, and cries, 'Buy of Me gold tried in the fire, that thou mayest be rich; and white raiment, that thou mayest be clothed, and that the shame of thy nakedness do not appear.' The gold that He offers is without alloy, more precious than that of Ophir; for it is faith and love. The white raiment He invites the soul to wear is His own robe of righteousness; and the oil for anointing is the oil of His grace, which will give spiritual eyesight to the soul in blindness and darkness, that he may distinguish between the workings of the Spirit of God and the spirit of the enemy. Open your doors, says the great Merchantman, the possessor of spiritual riches, and transact your business with Me. It is I, your Redeemer, who counsels you to buy of Me."-**The Review and Herald, August 7, 1894.**

## Consider the Following

**"I am... the life."**

—Jesus has a characteristic distinguishing him from all created beings: he has life in himself (**John 5:26**).

Thanks to this quality, he gave up his life and took it up again (**John 10:17-18**).

—What motivated Jesus to come to Earth to give his life?

- (1) Revealing the Father to us (**John 14:8-9**). We had forgotten what God is like
- (2) Give us abundant life (**John 10:10**). In Jesus we can truly enjoy life here and now.
- (3) Taking our place (**Is. 53:5**). He suffered the punishment for us.
- (4) Dying to give us salvation (**Acts 4:12**). Only in Jesus can we obtain salvation
- (5) Take away the sin of the world (**John 1:29**). Not only does it erase our sin, but it will finally remove it.
- (6) Resurrect us on the “last day” (**John 5:28-29; 6:54**). When Jesus comes, we will be resurrected by Him
- (7) Give us eternal life (**John 3:14-15**). Finally, He will give eternal life to all of us who have believed in Him.

**Monday-November 25, 2024**

**The Words of Eternal Life-Jesus Offers Us LIFE**

[John 6:1-71](#); [3:15-16](#); [5:24](#); [6:40](#); [6:47](#); [8:31](#); [12:46](#); [20:31](#)

*"Simon Peter answered him, 'Lord, to whom shall we go? You have the words of eternal life.' " (John 6:68)*



**Purpose:** To show how Jesus offers eternal life through His teachings, inviting participants to trust in His words and promises.

Ellen G. White frequently highlights the significance of Christ's words as "the words of eternal life," emphasizing the transformative power of His



teachings and their role in leading to salvation. Here are some key insights from her writings related to the topic, especially in connection with **John 6**:

**Source of Spiritual Nourishment:** Ellen White describes Christ's teachings as the "bread of life," necessary for sustaining spiritual vitality. She explains that His words should be received by faith, just as physical bread is consumed for sustenance. This aligns with **John 6:35**, where Jesus declares, "I am the bread of life" (**referenced in *The Desire of Ages*, chapter 41**).

**Connection to Eternal Life:** White underscores the necessity of abiding in Christ to receive eternal life. She writes about the profound union between believers and Christ, achieved by receiving His word into their hearts. This reflects the message of **John 6:40** and **John 6:47**, where Jesus assures eternal life to those who believe (***The Desire of Ages*, p. 389**).

**Faith and Understanding:** In addressing the challenges of fully comprehending Christ's teachings, White points out that acceptance of His words requires faith rather than full intellectual understanding, emphasizing the importance of trust in divine truth (***Steps to Christ*, chapter 8**).

**A Life of Obedience:** Ellen White emphasizes that living out the principles taught by Christ is essential for experiencing eternal life. His words are not just to be heard but to be acted upon as a reflection of true discipleship (***Christ's Object Lessons*, p. 272**).

These insights show the deep spiritual connection Ellen White draws between Christ's words and the promise of eternal life.

## Consider the Following

### Jesus offers us life.

—When Jesus spoke of himself as the "bread of life" (**John 6:35**), he invited his listeners (and us) to "eat" that bread [that is, to know him and assimilate his words] (**John 6:51**).

—How does Jesus impart eternal life to us?

- (1) Through his words (**Jn. 5:24**)
- (2) By working to feed ourselves on Him (**John 6:27**)
- (3) By believing in Him (**Jn. 6:47**)
- (4) By following him (**Jn. 10:27-28**)
- (5) Desiring it more than physical life (**Jn. 12:25**)

(6) By giving us the Father's commandment (**Jn. 12:49-50**)

(7) When we come to know Him (**John 17:3**)

—And the best news is that Jesus offers eternal life freely to those who want it.

## LIFE in Us

**Tuesday-November 26, 2024**

**Believing and New Birth-Receive LIFE**

[John 1:12-13; 20:31; 1:12-13; 5:24, 38, 47; 16:7-8; Romans 8:16; 10:17; Ephesians 2:8; 1 Corinthians 1:17-24; 2:1-6](#)

*"Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband's will, but born of God." (John 1:12-13)*

**Purpose:** To emphasize the transformative power of faith and new birth in Christ, illustrating how belief grants believers the gift of eternal life.

### "Becoming Sons of God: The Promise of New Birth"

The natural growth cannot develop a symmetrical character. There must be a new birth. "As many as received him, to them gave he power to become the sons of God, even to them that believe on his name." "Which was born, not of blood, nor of the will of the flesh, but of God." "That which is born of the flesh is flesh; and that which is born of the Spirit is Spirit. Marvel not that I say unto thee, Ye must be born again." The believing soul is here represented in the words of Christ: "Ye know him, for he dwelleth with you, and shall be in you," and His promise to His followers is: "I will never leave you comfortless." **{KC 45.2}** *The Kress Collection (1985)*

### "Receiving Life through God's Word"

As our physical life is sustained by food, so our spiritual life is sustained by the Word of God. And every soul is to receive life from God's Word for himself. As we must eat for ourselves in order to receive nourishment, so we must receive the Word for ourselves. Yes, the Word of God is the bread of life. Those who receive and assimilate this Word, making it a part of every action, of every attribute of character, will grow strong in the strength

of God. It gives immortal vigor to the soul, perfecting the experience, and bringing joys that will abide forever. {ST, February 3, 1904 par. 15} *The Signs of the Times*.

### "Life Through Christ: Nourished by His Sacrifice"

And how much more are Christ's words true of our spiritual nature. He declares, "Whoso eateth My flesh, and drinketh My blood, hath eternal life." It is by receiving the life for us poured out on Calvary's cross, that we can live the life of holiness. And this life we receive by receiving His word, by doing those things which He has commanded. Thus we become one with Him. "He that eateth My flesh," He says, "and drinketh My blood, dwelleth in Me, and I in him. As the living Father hath sent Me, and I live by the Father: so he that eateth Me, even he shall live by Me." **John 6:54, 56, 57.** To the holy Communion this scripture in a special sense applies. As faith contemplates our Lord's great sacrifice, the soul assimilates the spiritual life of Christ. That soul will receive spiritual strength from every Communion. The service forms a living connection by which the believer is bound up with Christ, and thus bound up with the Father. In a special sense it forms a connection between dependent human beings and God. {DA 660.4}

## Consider the following

### Receive life

—In **John 1:12-13** we can see which is the human and which is the divine part in the process of salvation: we receive Jesus and believe in Him; Jesus makes us children of God by transforming us into new creatures.

—Receiving eternal life today is an interactive process between the Holy Spirit and us:

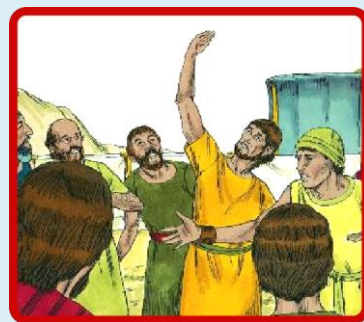
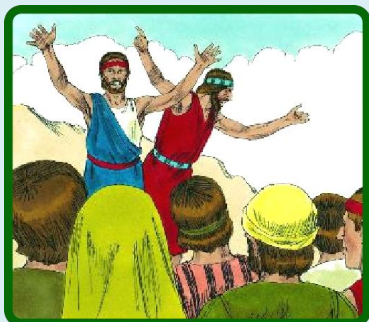
- (1) The Spirit gives us faith (**Eph. 2:8**) → We grow in it (**Rom. 10:17**)
- (2) The Spirit convicts us of our sin (**John 16:8**) → We repent (**Ps. 51:3**)
- (3) The Spirit leads us to Jesus (**John 15:26**) → We accept Him (**Acts 16:31**)
- (4) The Spirit makes us born again (**Jn. 3:5-6**) → We recognize him by being baptized (**Mt. 28:19**)

**Wednesday-November 27, 2024**

**Rejecting the Source of Life-Accept or Reject LIFE**

[John 1:5](#); [John 1:10-11](#); [Hebrews 10:35](#); [Luke 18:8](#); [Numbers 13:23-33](#)

*"Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life, for God's wrath remains on them"*  
**(John 3:36)**



### **"Rejecting Light as LIFE: The Risk of Ignoring Health Principles"**

God has placed it in our power to obtain a knowledge of the laws of health. He has made it a duty to preserve our physical powers in the best possible condition, that we may render to him acceptable service. Those who refuse to improve the light and knowledge that have been mercifully placed within their reach, are rejecting one of the means which God has granted them to promote spiritual as well as physical life. They are placing themselves where they will be exposed to the delusions of Satan. **{CTBH 111.2}** *Christian Temperance and Bible Hygiene (1890)*

### **"Rejecting Christ (Source of LIFE): The Danger of Discarding Scripture"**

Jesus would have the teachers of His doctrine diligently search the Old Testament for that light which establishes His identity as the Messiah foretold in prophecy, and reveals the nature of His mission to the world. The Old and the New Testament are inseparable, for both are the teachings of Christ. The doctrine of the Jews, who accept only the Old Testament, is not unto salvation, since they reject the Saviour whose life and ministry was a fulfillment of the law and the prophecies. And the doctrine of those who discard the Old Testament is not unto salvation, because it rejects that which is direct testimony of Christ. Skeptics begin with discounting upon the Old Testament, and it takes but another step to deny the validity of the New, and thus both are rejected. **{5BC 1094.1}** *SDA Bible Commentary vol. 5, 1956*



## Consider the following

### Accept or reject life.

—Encountering Jesus leads to a dichotomy: accepting or rejecting him. And this implies accepting or rejecting life... eternal life!

—Many make this decision out of doubt. They expect to believe in Jesus if science, philosophy, archaeology, or any other modern science can support the evidence for Jesus.

—This is nothing new. For example, 10 of the 12 spies sent by Moses to scout the Promised Land analyzed the evidence and concluded that God has no power to conquer this land (**Num. 13:31-33**).

—But two of them analyzed God, and found the evidence: He has the power to overcome (**Num. 14:6-9**).

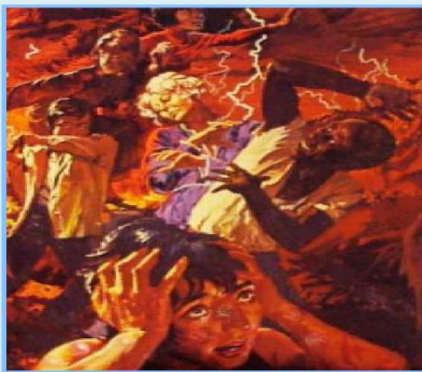
—What will your decision be, and on what basis will you make it?

**Thursday-November 28, 2024**

**Condemnation-Rejection Results**

[John 3:18-21](#); [1:10](#); [3:36](#); [5:24](#), [38](#); [8:24](#); [12:47](#); [Matthew 4:1-4](#)

*"Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son." (John 3:18)*



**Purpose:** To highlight the consequences of rejecting Christ, encouraging reflection on the importance of accepting His offer of salvation.

Ellen G. White addresses the concept of condemnation and its relationship to sin and salvation *in several contexts*:

- 1. Condemnation through Sin:** White emphasizes that condemnation results directly from sin, but God's grace offers a path to justification. She explains that through Adam's sin, death and condemnation entered the world, but Christ's sacrifice provides the gift of life and righteousness to those who believe. This underscores the balance between the inevitability of condemnation through sin and the opportunity for salvation through faith (Romans 5:12-18) [Ellen G. White Writings](#)
- 2. Condemnation and Truth:** She also speaks about condemnation in the context of rejecting truth. Those who reject God's commandments and replace them with human traditions place themselves under condemnation. True freedom, she teaches, comes from obedience to God's laws, and rejecting or altering these truths leads to spiritual deception and ultimate condemnation [Ellen G. White Writings](#)
- 3. Self-condemnation and Repentance:** White often highlights that the Spirit of God works in individuals to convict them of sin. This conviction can lead to self-condemnation, but its purpose is to draw people to repentance and transformation through Christ's grace. [Ellen G. White Writings](#); [Ellen G. White Writings](#)

### **"The Consequence of Rejecting Light: Heaven-Sent Opportunities Neglected"**

The condemnation that will fall upon the nations of the earth in this day will be because of their rejection of light, and will be similar to that which fell upon the kings of Babylon; it will be because they have failed to make the most of present light, present opportunities for knowing what is truth and righteousness. Our condemnation in the judgment will not result from the fact that we have lived in error, but from the fact that we have neglected heaven-sent opportunities for discovering truth. The means of becoming conversant with the truth are within the reach of all; but, like the indulgent, selfish king, we give more attention to the things that charm the ear, and please the eye, and gratify the palate, than to the things that enrich the mind, the divine treasures of truth. It is through the truth that we may answer the great question, "What must I do to be saved?" **{ST, July 27, 1891 par. 1}**

### **"Prophecy and Duty: Preserving Liberty in Faithfulness"**

Some may think that because it has been revealed in prophecy that our nation shall restrict the consciences of men, it must surely come; and that if

we make an effort to preserve our liberty, we shall be acting the part of unfaithful servants, and thus come under the condemnation of God. {RH, December 18, 1888 par. 6}

## Consider the following

### Rejection results

—The Bible is clear about the result of rejecting Jesus: falling under God's wrath and being condemned (**John 3:18-19, 36**).

—Given such a bleak outlook, why do so many reject Jesus?

—Jesus is light. His light illuminates us, and we can see ourselves as we are. All the evil in us (and there is much) is exposed (**John 3:20**).

—The worst thing is that remaining in darkness puts us on Satan's turf. He hates and destroys all his subjects. On the contrary, being in the light is taking refuge in the shelter of a loving God (**Ps. 91:1-4**).

—Let us follow Jesus' example to remain in the light and reject darkness: to take hold of the Word of God (**Mt. 4:1-4**).

## Friday-November 29, 2024

### Insights and Further Study

Ellen G. White often emphasized that Christ is the ultimate source of life—physically, spiritually, and eternally. Here are key insights from her writings related to this theme:

#### 1. Christ as the Source of All Life:

*"In Christ is life, original, unborrowed, underived. 'He that hath the Son hath life.' The divinity of Christ is the believer's assurance of eternal life."*— **Desire of Ages, p. 530**

#### Insight:

This highlights that true life—both temporal and eternal—comes from Christ alone. Our connection with Him determines our spiritual vitality.

#### 2. Spiritual Life Through the Word:

*"The Word of God is our source of life. It gives strength to the intellect and light to the soul. The Bible, accepted as the guide in life, uplifts man and connects him with God."*— **Review and Herald, March 31, 1904**

## **Insight:**

The Bible, as God's revealed Word, is an essential channel through which Christ imparts life and truth. Immersing ourselves in Scripture draws us closer to the Source of Life.

### **3. Life Through Abiding in Christ:**

*"As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me."*— **John 15:4; referenced in Steps to Christ, p. 69**

## **Insight:**

Our spiritual vitality and growth depend entirely on staying connected to Christ. Separation from Him leads to spiritual decay.

### **4. The Role of the Holy Spirit:**

*"It is the Spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life."*— **John 6:63, cited in Desire of Ages, p. 391**

## **Insight:**

The Holy Spirit, working through Christ's words, brings life and transformation. Relying on human strength alone is futile.

### **5. Eternal Life as a Gift:**

*"For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life."*— **John 3:16, often quoted in EGW writings**

## **Insight:**

Eternal life is a gift from God through Jesus Christ. It is received by faith and reflects God's immense love for humanity.

### **6. Practical Life in Service to Others:**

*"The life of Christ that gives life to the world is in His Word. It was by His Word that Jesus healed disease and cast out demons. By His word He stilled the sea and raised the dead."*— **Ministry of Healing, p. 122**

## **Insight:**

Christ's life flows through us as we share His Word and minister to others, becoming channels of His life-giving power.



## From the Pen of Inspiration

“All created beings live by the will and power of God. They are recipients of the life of the Son of God. However able and talented, however large their capacities, they are replenished with life from the Source of all life. He is the spring, the fountain, of life.... The life which He had laid down in humanity, He again took up and gave to humanity. “I am come,” He says, “that they might have life, and that they might have it more abundantly.”» **EGW (Sons and Daughters of God, August 18)**

## Questions to Ponder upon

1. How does the Bible define "life" physically and spiritually?
2. What examples from the Gospel of John illustrate Jesus as the Source of Life? (e.g., John 1:4, John 10:10, John 11:25-26)
3. How did Jesus demonstrate His role as the giver of life during His ministry?
4. What is the significance of Christ's "original, unborrowed, underived" life as described by Ellen G. White?
5. How can recognizing Christ as the Source of Life transform our relationships and priorities?
6. In what ways do people seek "life" from other sources, and why are these ultimately unsatisfactory?
7. What personal testimonies or experiences can you share about Christ giving you, life or renewal?

## Additional Readings for Personal Spiritual Growth:

1. [The Desire of Ages — Ellen G. White Writings](#)
2. [The Doctrine of Christ — Ellen G. White Writings](#)
3. [Christ Our Righteousness — Ellen G. White Writings](#)
4. [Believers Predestined Heirs of Eternal Life Hereafter | EGW Writings](#)
5. [EGW SDA Bible Commentary, vol. 7 — Ellen G. White Writings](#)
6. [Sermon/How to Become True Ministers of Christ \(Kansas City, Kansas, October 8, 1888\) Ms 4, 1888 — Ellen G. White Writings](#)

## **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**).

## **For more information and inquiry**

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