

SS-Q4-L10-The Way, the Truth, and the Life

November 30-December 6, 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–December 1, 2024

Scripture Reading for the Week

[John 13:1-20](#); [John 14:1-3](#); [Daniel 7:27](#);

[John 14:5-11](#);

[John 1:14](#); [Colossians 1:16-17](#); [John 5:38-40](#).

Thought for Meditation

By coming to dwell with us, Jesus was to reveal God both to men and to angels. He was the Word of God,-- God's thought made audible. In His prayer for His disciples He says, "I have declared unto them Thy name,"--"merciful and gracious, long-suffering, and abundant in goodness and truth,"--"that the love





wherewith Thou hast loved Me may be in them, and I in them." But not alone for His earthborn children was this revelation given. Our little world is the lesson book of the universe. God's wonderful purpose of grace, the mystery of redeeming love, is the theme into which "angels desire to look," and it will be their study throughout endless ages. Both the redeemed and the unfallen beings will find in the cross of

Christ their science and their song. It will be seen that the glory shining in the face of Jesus is the glory of self-sacrificing love. In the light from Calvary it will be seen that the law of self-renouncing love is the law of life for earth and heaven; that the love which "seeketh not her own" has its source in the heart of God; and that in the meek and lowly One is manifested the character of Him who dwelleth in the light which no man can approach unto. **{DA 19.2}** *The Desire of Ages, 1898*

Memory Verse

"No one has seen God at any time. The only begotten Son, who is in the bosom of the Father, He has declared Him" (John 1:18).

"This week's Sabbath School lesson will deepen the believers' understanding of Jesus's role in our faith journey, encourage them to follow Christ's example in daily life, and strengthen their faith in Christ's Nature and His promise to return.



Outline of the Study

The Way

Sunday - December 1, 2024

I Have Given You an Example - The Farewell (John 13:1-20)

[John 13:1-17:26](#); [14:1-16:33](#); [15:1-16:33](#); [Genesis 47:1-49:33](#);
[1 Chronicles 28:1-29:30](#).

Monday - December 2, 2024

The Assurance of His Return (John 13:31-14:4)

[John 14:1-3](#); [John 13:1-38](#); [Daniel 7:27](#).

Tuesday - December 3, 2024

I am the Way (John 14:5-8)

[John 14:5-6](#), [7-11](#); [1:1-18](#); [Exodus 33:17-34:9](#)

The Truth

Wednesday - December 4, 2024

I am the Truth

[John 1:14](#); [John 1:17](#); [John 8:32](#); [John 14:6](#); [John 15:26](#);
[John 8:44-46](#); [Colossians 1:16-17](#).

Thursday - December 5, 2024

Where to Find the Truth - The Scriptures and the Truth

[John 5:38-40](#), [46-47](#); [Luke 1:70](#); [24:27](#); [Matthew 22:31](#); [Acts 1:16](#).

Friday - December 6, 2024

Insights and Further Study

From the Pen of Inspiration

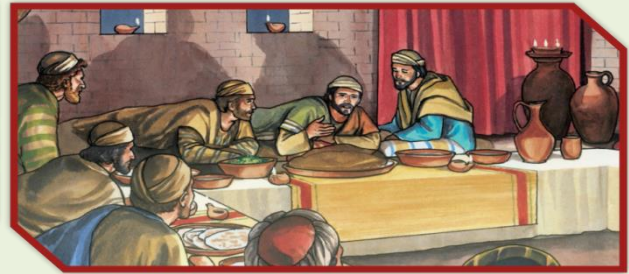
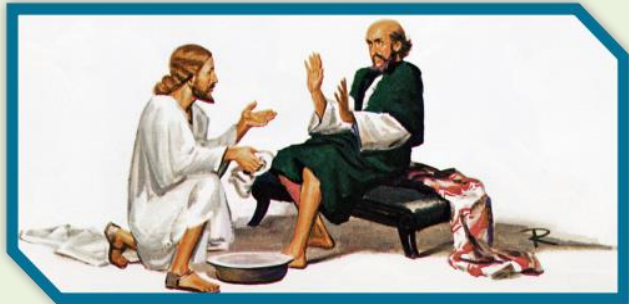
Points to Ponder Upon

The Way

Sunday - December 1, 2024

I Have Given You an Example - The Farewell (John 13:1-20)
[John 13:1-17:26](#); [14:1-16:33](#); [15:1-16:33](#); [Genesis 47:1-49:33](#); [1 Chronicles 28:1-29:30](#).

"Jesus, knowing that the Father had given all things into His hands, and that He had come from God and was going to God, rose from supper and laid aside His garments, took a towel and girded Himself" (John 13:3-4)



**"I Have Given You an Example -
The Farewell" (John 13:1-20)**

Christ's humility, the washing of feet, and
His farewell counsel.

On Christ's Example of Service:

"Christ Himself set the example of humility. He, the Lord of glory, clothed His divinity with humanity, that He might touch humanity. ... As an example, He washed the feet of His disciples." (***The Desire of Ages*, p. 644**)



On Love and Service:

"The example of Christ in washing the feet of His disciples illustrates the truth that it is only by humbling ourselves that we can be brought into a proper relationship with Christ." (***The Desire of Ages, p. 650***)

Christ's Servant Leadership:

"The whole life of Christ had been a life of unselfish service. 'Not to be ministered unto, but to minister,' had been the lesson of His every act. But not yet had the disciples learned the lesson. At this last Passover, Jesus repeated His teaching by an illustration that impressed it forever on their minds and hearts." (***The Desire of Ages, p. 642***)

Washing the Disciples' Feet:

"In performing the act of washing the feet of His disciples, Christ gave evidence that He would do any service, however humble, that would make them heirs with Him of the eternal wealth of heaven's treasure." (***The Desire of Ages, p. 644***)

On John 13:3-4 (Christ's Knowledge and Action):

"Knowing that the Father had given all things into His hands, He was fully conscious of His divinity; but He had laid aside His royal crown and kingly robe, and had taken the form of a servant." (***The Desire of Ages, p. 643***)

Teaching Humility and Service:

"Christ's example forbids exclusiveness at the Lord's Supper. It teaches us that the hour of greatest spiritual privilege is the hour of the greatest peril. Pride and self-seeking cause discord and dissension." (***The Desire of Ages, p. 650***)

John 13:1-17:26 (Christ's Farewell and Final Teachings)

Christ's humility, betrayal prediction, the commandment to love, and the promise of the Holy Spirit.

On Christ's Farewell Discourse:

"In His farewell discourse, Jesus gave to His disciples an assurance of divine help and a promise of eternal companionship. He pointed them to the source of their strength." (***The Acts of the Apostles, p. 541***)

On Love as the New Commandment (John 13:34-35):

“The love of Christ is to control our hearts. As a sacred trust, it is to be kept pure and holy.” (*The Desire of Ages*, p. 678)

Consider the Following

The way:

The farewell (John 13:1-20).

—For three and a half years the disciples had been arguing about who would be the greatest (**Mark 9:34; Luke 9:46; 22:24**). Jesus had been trying to teach them true leadership. On His last night with them, He did so by using an example they would never forget.

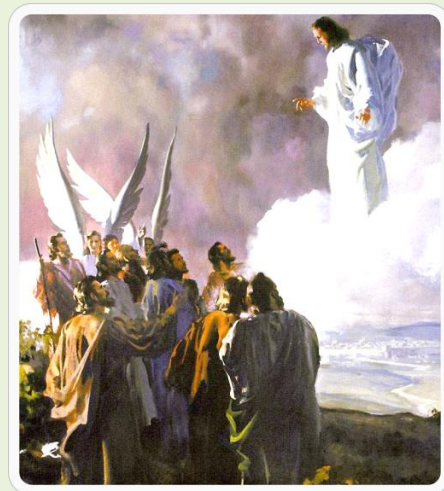
—Taking on the role of a servant, the Lord washed His disciples' feet (**John 13:4-5**). Peter refused to be thus served but soon gave in (**John 13:6-9**).

—Since we are all equal before God, power and authority must be used to serve others with true humility (**Jn. 13:12-16**). Such humility should be a hallmark of followers of Jesus.

Monday - December 2, 2024
The Assurance of His Return (John 13:31-14:4)
[John 14:1-3](#); [John 13:1-38](#); [Daniel 7:27](#).



"And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also" (John 14:3)



"The Assurance of His Return" (John 14:1-3)

Christ's promise to return and prepare a place for believers.



In John 14:3:

"Christ's ascension to heaven was the signal that His followers were to receive the promise. ... And the assurance He gave them that He would come again, confirmed the hope of every believer." (***The Desire of Ages, p. 832***)

On Preparing for Christ's Return:

"The exact time of Christ's second coming is not revealed. ... The time is not to be so definitely known, that anyone shall make a preparation for the last trial, by sowing or reaping." (***The Great Controversy, p. 518***)

On Heaven's Preparedness:

"Heaven is a ceaseless approaching to God through Christ. The longer we are in the heaven of bliss, the more and still more of glory will be opened to us." (***The Desire of Ages, p. 331***)

Christ's Consciousness of His Mission:

*"Jesus knew that His hour was come; He Himself was the true Passover Lamb, and on the day the Passover was eaten, He was to be sacrificed. He was in the shadow of the cross, and the pain was torturing His heart." (***The Desire of Ages, p. 643***).*



Consider the Following

The assurance of his return (John 13:31-14:4).

—The announcement of Jesus' departure troubled the apostles (**Jn. 13:33, 36**). Where was Jesus going? "To prepare a place for you" (**Jn. 14:2**).

—He immediately assured them that it was not a definitive separation. HE WOULD CERTAINLY return to take them to the place He would prepare (**John 14:1-3**).

—The parting was going to be hard. Jesus was going to die. Once resurrected, He would remain with them for only a few days. Then... He would disappear. When that time came, the apostles would know that the farewell was not final. Jesus had a job to do, and then He would return (**Acts 1:10-11**).

—Jesus never lies. He promised to return and he will do so. Soon we will join the apostles in welcoming Jesus and accompanying him to the rooms that will be prepared for us in Heaven.

Tuesday - December 3, 2024

I am the Way (John 14:5-8)

[John 14:5-6](#), [7-11](#); [1:1-18](#); [Exodus 33:17-34:9](#)

"Thomas said to Him, "Lord, we do not know where You are going, and how can we know the way?" (John 14:5)



Christ as the exclusive way to the Father, the disciples' need for guidance, and the revelation of God through Jesus.

On Christ Being the Only Way:

"Christ declared, 'I am the way, the truth, and the life.' If this is true, the opposite statement is also true. If men refuse to accept Christ as the way, they must perish in their sins. For Christ is the only way of salvation." (The Review and Herald, June 17, 1890)

Thomas's Question and Christ's Response:

"When Thomas expressed his doubts and his lack of understanding, Jesus replied, 'I am the way, the truth, and the life.' He did not merely point the way or teach the truth, but He declared Himself to be the way and the truth." (The Desire of Ages, p. 663)

Christ as Our Path to Heaven:

"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." (The Desire of Ages, p. 530)

Christ as the exclusive path to salvation and truth.

On Following Christ's Path:

"The path that He marked out is so plain and simple that the wayfaring man, though a fool, need not err therein. Christ Himself is the Way; Christ Himself is the Truth and the Life." (The Desire of Ages, p. 493)

The Only Path to Eternal Life:

"The world's Redeemer, the only begotten Son of God, has identified Himself with man's necessities and sorrows and afflictions, and for each one He says: 'I am the way, the truth, and the life.' There is but one way to heaven, and that is through Christ." (Testimonies for the Church, vol. 8, p. 209)

On Thomas's Question:

"Thomas was troubled. He longed for a clearer knowledge of the way that he was to take, and Jesus explained, 'I am the way.' All that man needs to know of God has been revealed in the life and character of His Son." (The Desire of Ages, p. 662)

In John 14:7-11 (Knowing the Father through Christ)

Seeing Christ is Seeing the Father:

"'If you had known Me,' Christ said to His disciples, 'you would have known My Father also.' In Christ, God is revealed. To know Christ is to know the Father." (The Desire of Ages, p. 663)

On the Unity of the Father and the Son:

"The Father is in the Son, and the Son is in the Father. ... If Christ is in you, 'the hope of glory,' you will bear the same fruit as Christ." (Christ's Object Lessons, p. 282)

In Exodus 33:17-34:9 (God's Character Revealed to Moses)

Revelation of God's Character:

"When Moses asked to see God's glory, the Lord passed before him and proclaimed, 'The Lord, the Lord God, merciful and gracious, longsuffering, and abundant in goodness and truth.' This is God's character, revealed fully in Christ." (Patriarchs and Prophets, p. 329)

Christ as the Visible Representation of God:

"In the Old Testament, Christ was the spiritual Rock that followed Israel in the wilderness. ... When Moses saw the glory of God on Mount Sinai, he was seeing the character of Christ." (The Desire of Ages, p. 20)

Consider the following

"I am the way" (John 14:5-11).

—When Jesus announced that He was leaving, Peter asked, "Where are You going?"

(Jn. 13:36). Shortly afterward, Jesus said to them, "And you know where I am going, and you know the way" **(Jn. 14:4)**. To this, Thomas replied that they did not yet know where He was going, so they could not know the way to get there either **(Jn. 14:5)**.

—Jesus was going to God, the Father **(Jn. 13:3)**. Jesus himself is the way for us to reach the Father **(Jn. 14:6-7)**.

- (1) If we walk the WAY, imitating Jesus...
- (2) We will learn more and more of the TRUTH...
- (3) And when Jesus gives us eternal LIFE...
- (4) We will be able to see the Father face-to-face

—Jesus is the most profound representation of God. The way Jesus acted, and the love He showed in dying for us, are an exact reflection of the Father's character and love.

The Truth

Wednesday - December 4, 2024

I am the Truth

[John 1:14](#); [1:17](#); [8:32](#); [14:6](#); [5:26](#); [8:44-46](#); [Colossians 1:16-17](#).

"Jesus said to him, 'I am [...] the truth'" (John 14:6)



Christ as the embodiment of truth, revealing God's character and leading us to spiritual freedom.

Christ as the Complete Truth:

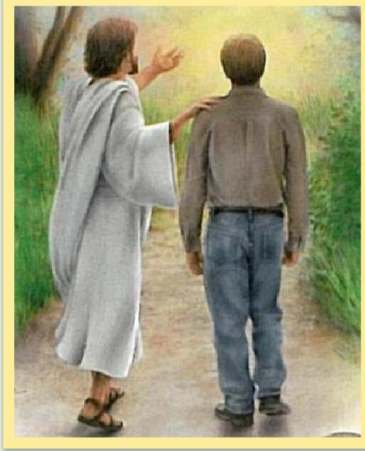
"Christ is 'the way, the truth, and the life.' To every soul, Christ is the truth, the living way that leads to the Father. In Him alone is truth to be found." (The Desire of Ages, p. 663)

The Truth in Christ's Life and Teachings:

"The truth as it is in Jesus is not cold and lifeless. ... It is full of warmth, life, and glory. The revelation of God through Christ brings salvation to the soul." (Testimonies for the Church, vol. 6, p. 54)

In John 1:14, 1:17 (The Word Made Flesh)

Jesus as the embodiment of grace and truth.



Truth and Grace in Christ:

“In Christ is perfect harmony with truth. He is the embodiment of truth. He is the living representation of the Law of God. Through Christ, the grace and truth of the Father’s character shine forth.” (The Desire of Ages, p. 389)

God’s Glory in Christ:

“The glory that rested upon Christ was a manifestation of the character of God. ‘Full of grace and truth,’ He came to reveal the Father.” (The Desire of Ages, p. 20)

In John 8:32 (The Truth Shall Set You Free)

Spiritual freedom through the truth of Christ.

The Liberating Power of Truth:

“The only way in which we can gain a more perfect apprehension of truth is by keeping the heart tender and subdued by the Spirit of Christ. ... The truth frees the soul from the bondage of sin.” (Christ’s Object Lessons, p. 129)

Freedom through Obedience to Truth:

“Obedience—the service and allegiance of love—is the true sign of discipleship. ... It is the truth that makes us free, and the Spirit of God will lead us into all truth.” (Steps to Christ, p. 60)

In Colossians 1:16-17 (Christ’s Preeminence and Authority)

Christ as Creator and Sustainer, the source of all truth.

Christ’s Supremacy in Creation:

“In Christ is life, original, unborrowed, underived. In Him is all truth. ‘By Him were all things created, ... and by Him all things consist.’” (The Desire of Ages, p. 530)

Christ Holds All Things Together:

“The same creative energy that brought the world into existence is in the Word of God. This Word imparts power; it begets life. Every command is a promise. Accepted by the will, received into the soul, it brings with it the life of the Infinite One.” (Education, p. 126)

In John 8:44-46 (Truth vs. Lies of the Enemy)

Christ as the truth in contrast to Satan’s lies.

The Source of Truth and Deception:

“Satan is the author of falsehood, but Christ is the truth. The prince of darkness works through deception; Christ brings the light of truth, and with it, freedom.” (The Desire of Ages, p. 258)

Victory through Truth:

“By a lie, the enemy first gained control over humanity. By the truth, Christ will redeem His children. The word of truth is our defense against the wiles of Satan.” (Testimonies for the Church, vol. 5, p. 171)

Consider the following

“I am the truth.”

—John relates truth to the three Persons of the Deity:

- (1) The truth comes from the Father (**Jn. 8:40**)
- (2) Jesus is the truth (**Jn. 14:6**)
- (3) The Comforter is the Spirit of truth (**Jn. 15:26**)

—Truth is not something that has to do with human beings, it is a concept that emanates from God.

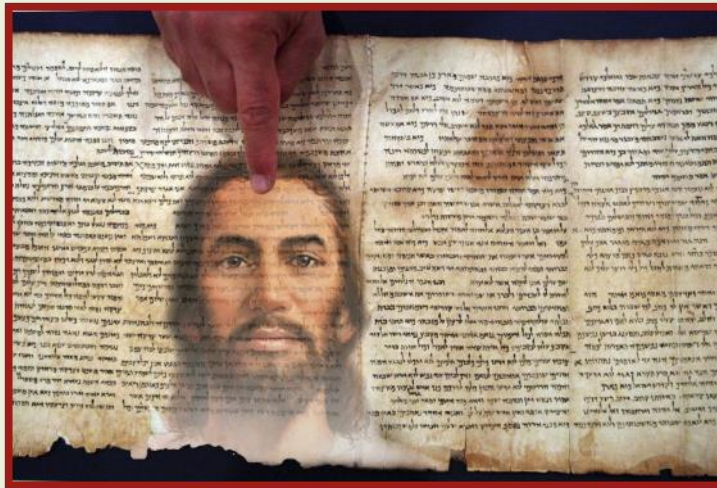
—Believing “my truth” will not change me. Believing “the Truth” will renew my soul for eternal life. Because absolute truth is not a concept or a theory, it is a Person: Jesus Christ.

—Jesus dispels the darkness of falsehood and confusion and makes it possible for us to see everything from the right perspective. Through Jesus we are able to correctly interpret the world around us.

Thursday - December 5, 2024

Where to Find the Truth - The Scriptures and the Truth
[John 5:38-40, 46-47](#); [Luke 1:70](#); [24:27](#); [Matthew 22:31](#); [Acts 1:16](#).

"And beginning at Moses and all the Prophets, He expounded to them in all the Scriptures the things concerning Himself." (Luke 24:27)



In John 5:38-40, 46-47 (The Scriptures Testify of Christ)

The Bible reveals Christ, and a true understanding of Scripture leads to Him.

The Scriptures Center on Christ:

"The whole Bible tells of Christ. From the first record of creation—for 'without Him was not anything made that was made'—to the closing promise, 'Behold, I come quickly,' we are reading of His works and listening to His voice." (Education, p. 190)

The Jews' Misunderstanding of Scripture:

"The Jewish leaders studied the Scriptures, but without spiritual insight. They refused the Saviour, failing to see that the Old Testament pointed to Christ. The Scriptures will not save apart from Christ." (The Desire of Ages, p. 212)

In Luke 24:27 (Christ Expounded the Scriptures)

All Scripture points to Jesus, and true understanding comes through Him.

Christ Revealed in All Scripture:

"Beginning at Moses, the very Alpha of Bible history, Christ expounded in all the Scriptures the things concerning Himself. Had He first made Himself known to them, their hearts would have been satisfied. But it was necessary for them to understand the testimony borne to Him by the types and prophecies of the Old Testament." (The Desire of Ages, p. 796)

The Emmaus Road Experience:

"These disciples had been with Jesus during His ministry, but they did not understand the prophecies that related to Him. The truth had been buried beneath the rubbish of rabbinical lore. Christ unfolded these prophecies to them, showing how they had been fulfilled." (Christ's Object Lessons, p. 116)

In Matthew 22:31 (The Authority of Scripture)

Christ's use of Scripture emphasizes its divine authority and truth.

Christ's Reference to Scripture:

"In His contest with the rabbis, Christ declared, 'Have ye not read that which was spoken unto you by God?' The Scriptures are to be accepted as God's voice, addressing us personally." (The Desire of Ages, p. 390)

In Acts 1:16 (Scripture Fulfilled in Christ)

The reliability of prophecy and the centrality of Christ in Scripture.

The Certainty of Prophecy:

"All the predictions given by Christ concerning the destruction of Jerusalem were fulfilled to the letter. Every prophecy concerning the last days will also come to pass. Prophecies regarding Christ as the Messiah assure us of the truthfulness of Scripture." (The Great Controversy, p. 25)

Scripture's Role in Building Faith:

“The Bible is the most comprehensive and instructive history which men possess. It came fresh from the fountain of eternal truth, and a divine hand has preserved its purity through all ages.” (Testimonies for the Church, vol. 5, p. 25)

On the General Theme of Scripture Revealing Truth:

The Bible is the ultimate source of truth, leading us to Christ.

Scripture as the Standard:

“The Bible is the standard by which all teaching and experience must be tested. It is the means of revealing Christ to the world. Every truth essential for salvation is found within its pages.” (The Great Controversy, p. 593)

The Role of the Bible in Spiritual Growth:

“It is the first and highest duty of every rational being to learn from the Scriptures what is truth, and then to walk in the light and encourage others to follow their example.” (The Great Controversy, p. 598)

Consider the following

Where to find the truth.

—Jesus is the truth, but He is gone. Where then can we find the truth? In the Scriptures (i.e., the Bible), Jesus Himself said that “they are the ones who testify about Me” (**Jn. 5:39**).

—On the road to Emmaus, Jesus reviewed the Old Testament so that two of his disciples could understand His mission (**Lk. 24:25-27**).

—Peter based his Pentecost speech on biblical texts to introduce Jesus (**Acts 2:16-17, 25, 34**). So did Paul and the other authors of the New Testament. Thus, thanks to the New Testament we can better understand the Old.

—Thus, the Bible is the light that allows us to see the Path that leads us to the Truth (**Ps. 119:105**). Thanks to it, our universe makes sense; we understand the existence of God; we know our origin; and it is the key to understanding the glorious future that awaits us.

Friday - December 6, 2024

Additional Insights and Further Study

On the Centrality of Scripture in Knowing Christ (John 5:38-40, 46-47)

Scriptures Testify of Christ:

“The Scriptures are the great agency in the transformation of character. Christ prayed, ‘Sanctify them through Thy truth: Thy word is truth’ (John 17:17). If studied and obeyed, the Word of God works in the heart, subduing every unholy attribute.” (The Desire of Ages, p. 390)

A Warning Against Mere Intellectual Study:

“Many who are professors of religion have no connection with God. They believe the Bible, but do not live by its teachings. To know what constitutes pure and undefiled religion, they must study the life of Christ and practice His teachings.” (Testimonies for the Church, vol. 5, p. 224)

On Christ Revealing Himself Through Scripture (Luke 24:27)

Christ is the Key to Understanding Scripture:

“As the disciples heard their Master explaining the Old Testament Scriptures in the light of all that had happened, their hearts glowed with a new faith. Every fact of Christ’s life, death, and resurrection was made plain.” (Christ’s Object Lessons, p. 130)

The Need for Spiritual Understanding:

“Without Christ, the Old Testament is not fully comprehended. The New Testament does not contradict the Old. Both are the words of Christ. The Old Testament sheds light upon the New, and the New upon the Old. Each is a revelation of the glory of God in Christ.” (The Desire of Ages, p. 799)

On Scripture's Authority and Fulfillment (Acts 1:16)

Prophecy and Its Role in Building Faith:

“The Word of God is unchanging, and the prophecies given in the Bible will all be fulfilled. God’s providences in the past give assurance for the future. In His Word, we find light to guide us and promises to strengthen us.” (The Great Controversy, p. 25)

Importance of Prophetic Study:

“The Bible was given for practical purposes. The prophecies, so often misapplied or neglected, are intended for our instruction. God has given these warnings so that we may be ready.” (Evangelism, p. 194)

On Scripture as the Source of Truth (Matthew 22:31)

The Word of God as the Standard:

“In His Word, God has given men the knowledge necessary for salvation. The Holy Scriptures are to be accepted as an authoritative, infallible revelation of His will. They are the standard of character, the revealer of doctrines, and the test of experience.” (The Great Controversy, p. 7)

Encouragement to Search the Scriptures:

“The Bible is God’s voice speaking to us, just as surely as if we could hear it with our ears. If we realized this, with what awe would we open God’s Word, and with what earnestness would we search its precepts!” (Testimonies for the Church, vol. 6, p. 393)

On the Scriptures Pointing to Christ’s Character:

The Scriptures Lead Us to Christ:

“The truths of the Bible are as pearls hidden. They must be searched, dug out by painstaking effort. Those who seek for the hidden treasure will find it. Christ is the truth; the Word of God leads to Him.” (Christ’s Object Lessons, p. 111)

The Power of Truth in Scripture:

“There is nothing more calculated to energize the mind and strengthen the intellect than the study of the Word of God. No other book has the power to elevate the thoughts and give vigor to the faculties as does the Bible.” (Testimonies for the Church, vol. 5, p. 703)

From the Pen of Inspiration

“There are not many ways to heaven. Each one may not choose his own way. Christ says, “I am the way: ... no man cometh unto the Father, but by Me.” Since the first gospel sermon was preached, when in Eden it was declared that the seed of the woman should bruise the serpent's head, Christ had been uplifted as the way, the truth, and the life. He was the way when Adam lived, when Abel presented to God the blood of the slain lamb,

representing the blood of the Redeemer. Christ was the way by which patriarchs and prophets were saved. He is the way by which alone we can have access to God." **EGW (The Desire of Ages, pg. 663)**

Questions to Ponder upon

1. How does this passage (John 13:1-20) reflect Christ's love and humility?
2. How does the context in John 13:1-38 enhance the understanding of Christ's return?
3. What does the reference to Christ's kingdom in Daniel 2 and 7 tell us about His role when He returns?
(See: [Sabbath School - Meat In Due Season Advanced Commentary - 3. From Mystery to Revelation](#) ;
[Sabbath School - Meat In Due Season Advanced Commentary - 8. From the Stormy Sea to the Clouds of Heaven](#))
4. How does this passage (John 14:5-8) challenge our understanding of salvation and the path to God?
5. What deeper truths can be found in John 1 regarding the nature of Christ as the Way to the Father?
6. How does John 14:6, where Jesus claims to be "the Truth," define the nature of truth in the Christian faith?
7. How do Matthew 22:31 and Acts 1:16 help establish the reliability and importance of the Scriptures in knowing the truth?

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!