Reality Check

Lesson 1, 2nd Quarter, March 28–April 3, 2026

Sabbath Afternoon March 28

Memory Text

"So the Father hath loved me, as have I loved you: continue ye in my love. KJV" – John 15:9

"Jesus sought to break the spell of infatuation which keeps men absorbed in earthly things, to direct their thoughts and affections in their true relation to God, to substitute for chains of material interest, the cords of spiritual love. Disciples, he taught that heaven and earth are linked together, and that a knowledge of divine truth prepares men better to perform the duties of everyday life. He spoke as one familiar with heaven, conscious of His relationship to God, yet recognizing His unity with every member of the human family." DA 254.1

"In all that He did, Christ was co-operating with His Father. Ever He had been careful to make it evident that He did not work independently; it was by faith and prayer that He wrought His miracles. Christ desired all to know His relationship with His Father. "Father," He said, "I thank Thee that Thou hast heard Me. And I knew that Thou hearest Me always: but because of the people which stand by I said it, that they may believe that Thou hast sent Me." Here the disciples and the people were to be given the most convincing evidence in regard to the relationship existing between Christ and God. They were to be shown that Christ's claim was not a deception." DA 536.1

Memory Text

"So the Father hath loved me, as have I loved you: continue ye in my love. KJV" – John 15:9

Sunday March 29

Our Condition

Read Revelation 3:14-17, where Jesus describes the spiritual condition of His people today. How well do these verses describe you personally?

"The message to the church of the Laodiceans is a startling denunciation, and is applicable to the people of the last generation. . . . . CM 96.1

"The Lord here shows us that the message to be borne to His people by ministers who has been called to warn the people is not a peace and safety message. It is a message of warning, but practical in every particular. The people of God are represented in the message to the Laodiceans as in a position of carnal security. They are at ease, believing themselves to be in an exalted condition of spiritual attainment. "Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and miserable, and poor, and blind, and naked." 3T 252.1

"Many have a false conception due come upon human minds than a confidence that they are right when they are all wrong! The message of the True Witness finds the people of God in a sad deception, yet they are deceived themselves. They think that their condition is satisfactory. They have not the slightest thought that they are deceived themselves that they are in an exalted spiritual condition, the condition of the people of God, when they are in a state of spiritual poverty, blindness, and nakedness. The testimony to the Laodiceans, as cutting and severe, cannot be a mistake, for it is the True Witness who speaks, and His testimony must be correct." 2T 252.4

What is His advice to us in Revelation 3:18, 19?

Almost every Christian denomination admits in some way that it is living in the time of the last of the seven churches of Revelation. But how many of them, or of us, are willing to accept the message of the Laodicean? 9GC1 12.5

The reason Laodicea is the special emphasis of church history, she carries the heaviest condemnation, because she is in need of nothing, actually she is in need of everything, not even knowing that she is "wretched, and miserable, and poor, and blind, and naked." And though counselled to buy gold tried in the fire (Inspired Truth) and "anointed" (eye-opening Truth), her only remedy, she does not care to invest, for the imaginer she has is all. 9GC1 12.6

If she continues in this lukewarm (satisfied) condition, she must certainly know that she will as it would be spued out. Yet, thus far, every effort has failed to bring her to her senses. Yet, I ask, she might see herself even as Isaiah saw himself. "Woe is me! for I am undone; because I am, of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the king, the Lord of hosts." Isa 6.5. 9GC1 12.9 2

Laodicea, the last church with the "wheat" and "tares" commingled, may be recognized amidst the many "tares" of Christendom by the work she is doing. She is pointed out by the very name. 9GC1 12 9.4

Monday March 30

Rebuke, Repent, and Reward

Read Revelation 3:20. What are we promised here? But what must we do to receive that promise?

"The True Witness says, "Behold, I stand at the door, and knock." Revelation 3:20. Every warning, reproof, and entreaty in the word of God or through His messengers is a knock at the door of the heart, a call to the soul to awake to the realities of eternity. Every impression of the Holy Spirit upon the heart is a knocking at the door. This impression of the Holy Spirit is disregarded, today, will not be as strong tomorrow. The heart becomes less impressible, and lapses into a perilous unconsciousness of the danger and ruin that are so near. Every warning sent, every invitation slighted in the judgment will not result from the fact that we have been in error, but from the fact that we have neglected heaven-sent opportunities for learning what is truth." DA 483.3

May it be fully realized now, Brethren, that to open one's door to the Lord does not mean to open one's door to the world, to the world, to the world, with its unpopular truth, yet and not let the other with theories of their own. The followers of Christ take time to examine for themselves what the Lord has spoken, and they are not deceived by the world. They are not deceived because they are not so excitable in trading to another to have an experience for them. Said the angel, "Curse ye the inhabitants thereof; because they came not to the help of the Lord."

"Men, women, and youth. God requires you to possess moral courage, steadiness of purpose, fortitude and perseverance, minds that cannot take the assertions of another, but which will investigate for themselves before receiving or rejecting, that will study and weigh evidence, and take it to the Lord in prayer." – Testimonies, Vol. 2, p. 139.

In fine, God's people are fearless, candid, diligent students, not automatons, not bigoted dogmatists, nor surface-observers.

"How many men in this age of the world fail to go deep enough. They rely upon the surface. They will not think closely enough to see difficulties and grapple with them, and will not examine every important subject presented for their consideration. They do not search for truth as for hid treasure. Many are excusable in trusting to another to have an experience for them. Said the angel, "Curse ye the inhabitants thereof; because they came not to the help of the Lord."

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Tuesday March 31

Everlasting Love

Genesis 2 : "In the creation of Adam God manifested the power of an omnipotent God. When God had made man in His image, the human form was perfect in all its proportions, but it was without life. Then a personal, self-existent being took from the earth the breath of life, and man became a living, breathing, intelligent being. All parts of the human organism were put in action. The heart, the veins, the lungs, the tongue, the hands, the feet, the senses, the faculties of the mind, all began their work, and all were placed under law. Man became a living soul. Through Jesus Christ a personal Deity was manifested to the human family." Patriarchs and Prophets, p. 45.

Genesis 3:8-19 : "The Lord visited Adam and Eve, and made known to them the consequence of disobedience. He told them that they should return to the ground from which they had come from the inspection, when they delighted, while in their innocence and holiness, to meet. "And the Lord God said unto the serpent, Because thou hast done this, thou art cursed above all cattle, and above every beast; and I was afraid, because I was naked, and I hid myself. And he said, Who told Thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldst not eat? Adam and Eve acknowledged the sin, but not because he needed confession, but because he needed the forgiveness, but for the conviction of the guilty pair. How doth thou become ashamed and fearful? Adam acknowledged his transgression, not because he was penitent for his great disobedience, but to cast reflection upon God. "The woman whom Thou gavest to be with me, she gave me of the tree, and I did eat." The woman was ready to charge her sin upon God. "The woman Thou hast given me, she gave me." The serpent beguiled me, and did eat." DA 39.2

Genesis 4:1 : "Christ lived in a carnal age, when moral power was very weak. Pollution was teeming all around him, yet he walked with God. He educated his mind to devotion,—to think on things that were pure and holy. His conversation was spotless and divine things, he was made a companion of God. He walked with him, and received his counsel. He had to contend with the powers of darkness, with the prince of the kingdom of evil. Satan, the prince of the kingdom of evil, sought to place his sentiments in the human mind. The atmosphere he breathed was impure, and he was tempted in every way that the human family are tempted. But he was tempted in the light, and he lived, and he was an example, not only for us, but for angels and fallen worlds. He was a representative of the saints living amid the perils and corruptions of the last days. For his faithful obedience, God gave him a place in his family, and he was to be a representative of his character, and he is to be translated to Heaven. They will be removed from a sinful and corrupt world to the pure joys of Heaven, and be with Jesus." 1T 340.1

Genesis 24:29 : "Self-denial, self-sacrifice, benevolence, kindness, love, patience, fortitude, and Christian trust are the daily fruits borne by those who are truly connected with God. Their acts may not be published to the world, but they themselves are daily wrestling with evil, and gaining victories which are recorded in the books of heaven. Angels are witnesses to their struggles, their strength gained by earnest prayer and constant watching theirselves. The ardent enthusiasm does not discern the struggles of these silent workers; but the eye of Him who seeth the secrets of the heart, knoweth and appreciateth every effort put forth in loveliness and meekness. It requires the testing time to reveal the true gold of love and faith in the character. When trials and perplexities come upon the church, then the steadfast zeal and warm affections of the Christian are developed." RH January 18, 1881, par. 12

Wednesday April 1

Abide

What did Jesus say in John 15:1-11? What does that mean for us?

"In my home I must daily seek peace and pursue it. . . . And although the body is suffering, and the nervous system embattled, we must not think that we are at liberty to speak frankly or to think that we can do our work as we please. We must not think that we can do our own work in our own way. We must not think that we can be independent. We are to abide in Christ. We are to be patient, gentle, and kind.

"When we frame excuses for selfishness, for evil thinking and evil speaking, we are educating the soul in evil, and if we continue to do this, it will become a habit to yield to temptation. We are then under the control of the evil one, and we are his servants." 2SM 236.1

"If we trust in ourselves, we shall certainly fail. Christ says, "Abide in me, and I in you. 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). 2SM 236.2

"What is the fruit that we are to bear?—The fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance against such there is no law" (Galatians 5:22, 23). 2SM 236.3

"As I contemplate these things, I felt more and more deeply the sin of neglecting to keep the soul in the love of God. The Lord does nothing without our cooperation. When Christ prayed, father, keep them in your name, he did not pray that they should be taken from the world, but that they should be kept. Abe unto God, through a living union with Christ, we trust in the promises, constantly gaining victories over the world, the flesh, and the devil. Christ says, "Without me ye can do nothing." Our souls are to be so closely united to God that we will be changed into his image, and be able to say, "I live, yet not I, but Christ liveth in me." Christ says, "Abide in me." Christ is the vine, we are the branches. We are to be so closely united to him, that we will be able to say, "I can do all things through Christ which strengthen me." Christ says, "Without me ye can do nothing." Christ is the source of all strength. Christ is the only fountain of life. There may be a counterfeit life, but there is no life in the subject for the eternal contemplation. It is by loving Him, copying Him, depending wholly upon Him, that we are to be transformed into His likeness." 5T 79.2

"Jesus says, "Abide in Me." These words convey the idea of rest, stability, confidence. Again He invites, "Come unto Me, . . . and I will give you rest." Matthew 11:28. The words of the psalmist are also full of meaning, "Rest in the Lord, and wait patiently for Him." "In quietness and in confidence shall be your strength." Psalm 37:7, Isaiah 30:15. This rest is not found in inactivity; for in the Saviour's invitation the promise of rest is united with the call to labor: "Take My yoke upon you, . . . and ye shall find rest." Matthew 11:29. The heart that rests most fully upon Christ will be most earnest and active in labor for him." SC 71.3

Friday April 3

Further Thought

"I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing. John 15:5.

"Said Christ, "I am the true vine, and my Father is the husbandman." "I am the vine, ye are the branches." "Except a man abide in me he is cast forth as a branch, and is withered; and men gather them and cast them into the fire, and they are burned." "Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples." John 15:1, 5, 2, 6. That unpruned branch may be cut out, and the vine be pruned, but the grapes will not be produced. The unpruned branch is not alone to be of discouragement. The Husbandman prunes it, that it may produce fruit unto life eternal. 1MR 130.3

"Whenever professed Christians are constantly flaunting their leaves of profession before the eyes of others, there is no fear that they will be the glory of God. Their religious life and experience seem satisfactory to themselves. They have exaggerated emotions, effusive expressions of fervor, and boastfulness. They are ever talking of their exercises of feeling and excitement. There is very little in their own souls that corresponds to their profession of faith. Self is their idol of perfection. They are continually talking of their perfection they make upon others than the inner life which is hidden with Christ in God. TMK 133.3

"Let everyone who would reveal Christ by being a doer of His Word, become rooted in Christ Jesus, rooted and grounded in the truth. Put away all self-assertion. Let being and acting the lessons of Christ Jesus speak of your perfect obedience to Jesus Christ. . . . TMK 133.4

The formation of the character must go on day by day, hour by hour. The inward working of the Holy Spirit is revealed outwardly by the appearance of holy, pleasant, and peaceable fruits of the grace of God. The inward life speaks in the outward action, in the producing of rich fruit. This is throwing forth the graces of him who hath called them out of darkness into his marvelous light. If the Lord Jesus is formed within, the hope of glory, the life will be rich in good works, corresponding with the truth which they profess to believe." TMK 133.5