

**February 2025**



# **GRANT HILL MISSIONARY BAPTIST CHURCH**

## **SUNDAY SCHOOL ADULT LESSON GUIDE**

**THEME: EMBRACING CHRIST  
IN ALL CIRCUMSTANCES**

**1 Thessalonians 5:16-17**

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**Theme: “Embracing Christ in ALL Circumstances”**



**February 2025**

**1st Quarter**

**Unit 2 Theme: Put Off the Old, Put on the New**

**Our 1st Quarter Unit 2 theme for the month of February is Put Off the Old, Put on the New. When we put off the old and put on the new, we are representing the transformed life that we receive through Christ. We are characterized by righteousness, love, and good character. Our sinful nature, negative habits, and old way of thinking are transformed.**

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## **Lesson 1**

**February 02, 2025**

**Unit 2 Theme:** Put off the Old, Put on the New

**Lesson Topic:** A Willing Heart

**Lesson Scripture:** Proverb 3: 1-7

**Key Verse:** Whatsoever a man thinks in his heart so is he.

**Essential Questions:** What kind of heart do you have? How does the condition of your heart affect your actions? What happens when your mind and your heart are not in tune? According to the Bible, which should you listen to, your mind or your heart?

### **Lesson Aims**

At the end of this lesson, the participant will be able to understand:

1. The importance of having a willing heart
2. That we are our brother's keeper. We are required to look out for each other.
3. We lift up God when we pick up our brothers and sister who are in need.

### **Introduction**

How would you define “A willing Heart?” This is a simple question, isn't it? At the risk of offending your intelligence let's take a closer look at the question. Since we all know what a heart is, the first thing in the question that caught our attention is the word willing. How would you describe a heart that is willing? First of all, we can safely say that the heart is the most important organ in the body, in both the physical sense and the spiritual sense. In the physical sense the heart pumps life sustaining blood to all parts of our body. If the heart stops life stops, because the body shuts down. We also know that the heart is essential in maintaining our spiritual life. The bible says that out of the heart flows the issues of life (Proverbs 4:23). It also says that whatever a man thinks in his heart so is he (Proverbs 23:7). With this in mind we now know that every believer must have a willing heart because we are instructed to be concern about our fellowman and to be willing to help each other when there is a need. The willingness to help someone comes out of love for each other. This means that it has to start in the heart, not the mind. As a man thinks in his heart – therefore in order to carry out the mandate that we were given to love and care for one another we must have a willing heart. If you feel that you are lacking in the area of caring for or looking out for your fellowman, ask God to change your heart. He will take out that stony heart and give you a heart of love and compassion. That is the kind of heart that we will be discussing in today's lesson.

## Exposition

### Questions for Discussion

What is a willing heart? A willing heart is a spiritual quality that comes from God's love. It can help people:

1. Listen to God's message.
  - a. Out of the heart flows the issues of life. (Prov. 4:23)
  - b. Whatever a man thinks in his heart so is he. Prov. 23:7)
  - c. Love the Lord with all thy heart, mind, and soul. Duet. 6:5
  - d. Love the Lord your God, walk in all his ways, keep his commandments, and serve him with all your heart. (Joshua 22:5)
  - e. Trust in the Lord with all your heart (Prov. 3:3-7)
  - f. Find joy. Let the heart of those that seek the Lord rejoice.
  - g. Avoid having a deceitful heart. The heart is deceitful above all things and beyond cure. (Jeremiah 17:22)
  - h. Ask God to take away the stony heart and give you a heart of flesh. (Ezekiel 36: 26-27)
  - i. Let not your heart be troubled. (John 14:1)
  - j. Love the Lord with all your heart, with all your mind, with all your soul, and with all your strength. (Mark 12:30-31)
2. Respond in a way that blesses others.
3. Give up the urge to pursue their own plans.
4. Understand that obedience should be our true nature.
5. Put aside fear and doubt.
6. Prepare to serve God.

Why is a willing heart important to God?

- A willing heart is important to God because it demonstrates a desire to give to God; but not out of a sense of obligation. God is more interested in the motivation behind our actions than the amount we give

- God want our gift to be a willing gift, not an exaction. (2 Corinthians 9:5)
- God looks at our motives; he looks at how and why we do things, not just what we do.
- God is looking for a heart that is ready to be guided by his truth.
- God uses people with willing hearts. He uses people of all ages, background and skill sets, and he looks for a heart that is willing to be used.

## **The Lesson Applied**

### **How does having a willing heart help us as well as those who we are helping?**

1. It makes us happy. It's called a "helper's high." We feel like we are making a positive difference in the world. It starts in your community then spreads to the state, the nation and the world. The church should also play a major role in helping others. All of the church's ministries are required to be involved in some type of outreach service.
2. It helps build strong connections between the church and the community.
3. It causes you to become more appreciative of what you have. When you become aware of the hardship of others it gives you a new perspective on life.(I once cried because I had no shoes, then I met a man that had no feet).
4. For better health. Research has shown that there is a link between better health and helping each other. It lowers the rate of depression and puts you in a better mood.
5. It can help you find meaning in your life. Helping others creates a sense of meaning in our lives by allowing us to connect with others and seeing how our actions make a positive difference in their lives. A meaningful life isn't found but created through our actions. It starts with looking for ways to help others.
6. The most important reason is because we were instructed by God to do so.

#### Scripture References:

Proverbs 19:17  
 Hebrews 13:16  
 Matthew 5:42  
 Romans 12:13  
 Philippians 2:4

## Lesson 2

February 09, 2025

### Unit 2 Theme: Put off the Old, Put on the New

### Lesson Topic: How to Respond to God's Call

**Lesson Scripture(s):** Exodus 3:4; 1 Samuel 3:4; Luke 1:38

**“I am the Lord’s servant, may your word to me be fulfilled...”** Luke 1:38 NIV

**Essential Question:** How do we know when it’s God’s voice and not just our desires or the world’s expectations?

**Lesson Aims:** The participants are to understand that:

1. The response to God’s call should reflect living a life of faith that demonstrates trusting God, obeying His Word and giving Him the glory
2. When God calls, we either trust and obey or we walk the other way
3. We don’t have to know all the details if we know God is with us.

### Introduction

Do you know what the term “The Call of God” is referring to? Here’s what I found; God's calling is the divine invitation extended to us to enter into a relationship with Him, to fulfill His purposes, and live according to His will. This calling is both a personal and shared experience, encompassing the call to salvation, service, and sanctification. This call is not a commandment or an obligation but rather a gentle nudge of God’s love that sets our hearts with a desire to make a difference in the world.

In the Bible, there are numerous examples of God calling people to a specific purpose or mission. We read in Genesis 12:1-3, where God called Abraham to leave his homeland and become the father of a great nation. In Exodus 3:10, He called Moses to lead His people out of slavery in Egypt; and in 1 Samuel 3:4-10, He called Samuel to be a prophet and judge over Israel. In Luke 1:28-38, Mary was called to be the mother of Jesus. And there are many other examples we can read about. These callings often involved a direct encounter with God and a clear directive to act in obedience to His commands.

God has a unique plan and purpose for each of us, and He invites us to join with Him in bringing His kingdom to earth. That’s why responding to God's call is so important for us. For when we respond, we’re saying ‘**here I am**’ just like Moses, Samuel and Mary did, to the plans and purposes God has. We also acknowledge that we will trust Him to lead us into what may be unknown, as we surrender our own plans and desires in exchange for His. And He equips us perfectly for the commission He gives us. So, **let us look at just a few of God’s callings to us, and what our response should be.**

## Exposition

In the New Testament, the calling of God is expanded to include all believers. The Apostle Paul frequently speaks of this calling in his epistles. In Romans 8:28-30, Paul writes, "And we know that God works all things together for the good of those who love Him, who are called according to His purpose." This passage highlights the divine initiative in calling individuals to Himself and the ultimate purpose of conforming them to the image of His Son. The call of God can manifest in various ways. It may come as an instinct, a persistent dream, or a strong desire to pursue a particular path. It often stirs within us a sense of peace, excitement, and a deep longing for meaning and fulfillment. Listening to godly wisdom and paying attention to the signs around us can help us discern God's call.

1. The **Call to Salvation**: The primary part of God's calling is the call to salvation through Jesus Christ. This is a universal call extended to all humanity, inviting individuals to repent and believe in the Gospel. When we come to Christ for salvation we are repenting, turning away from our previous sinful life to follow Jesus, God's Word, and the Holy Spirit's leading. This means leaving what was familiar for something very new. We give up what became habits and normal in our lives to learn a new walk and way of life. This takes faith in God and confidence in Him that you gained more than you lost.

Second Timothy 1:9, states, "He has saved us and called us to a holy calling, not because of our works but by His own purpose and by the grace He granted us in Christ Jesus before time began."

**Our Response:** Our response will be obedience if we believe in the existence of God. If we believe what God has said, if we love God, fear God, and trust that He is seeking our good, and want to please Him, then obedience that comes from faith (Rom 1:5) bring salvation to us.

2. The **Call to Holiness**: Believers are called to live a life of holiness and obedience. This involves a transformation of character and conduct, aligning one's life with God's standards.

1 Peter 1:15-16, "But just as He who called you is holy, so be holy in all you do, for it is written: 'Be holy, because I am holy.'"

**Our Response:** Our response will be an expression of our reverence for His holiness, which involves aligning our lives with His standards and seeking to reflect His character in our actions and attitudes.

3. The **Call to Service**: God calls individuals to serve Him in various capacities within the body of Christ and the world. This includes spiritual gifts and vocations that contribute to the edification of the church and the advancement of God's kingdom.

Ephesians 4:1-4 encourages believers to "walk in a manner worthy of the calling you have received," emphasizing unity and service.

**Our Response:** is the willingness and readiness we should have when God calls us into His service. We are not to be restrained by our weaknesses and failures, nor think of our unworthiness. God is working in our lives NOW, and we are to respond NOW.

When God calls, we either trust and obey or we walk the other way. The appropriate response to God's calling is one of faith, obedience, and surrender. Throughout Scripture, those who responded positively to God's call experienced His guidance, provision, and blessing.

Whether you're feeling a gentle nudge from the Holy Spirit or a burning passion in your heart, know God's call for you is unique and significant. It may not always be easy, but it's always worth following. So trust in His plan. He will guide you to a life of purpose and fulfillment, as you begin each day responding to His call with **"Here I am Lord."**

### **Lesson Applied**

When God calls us, He often pushes us out of our comfort zone into new places, new activities, new responsibilities. By nature we shrink back from such radical changes in our lives, preferring instead to stay in familiar places, with familiar activities, and familiar responsibilities. Think of it in this way, for example when you take on a new job, those first few weeks can be so threatening, so uncomfortable that we often feel like turning back. But as with many of the biblical characters that God called, and as with us, God never fails to provide all that we need – courage (**David**), material resources (**Adam and Eve**), wisdom (**Solomon**), discernment (**Daniel, Paul**), vision (**Jacob, Joseph**), helpers (**Aaron, Elisha**), confidence in Him rather than ourselves, and even the words we need to say at just the right time. Recognizing and discerning God's call from other voices is critical for any of us as Believer seeking to follow His will. By prioritizing prayer, Bible study, and seeking counsel from other believers, we can cultivate the discernment necessary to hear His voice clearly. And when we do, we can trust His call and RESPOND with "Here I am" that will always lead us to a life of purpose and fulfillment.

Source(s): Crosswalk, Enduring Word Bible



**Unit 2 Theme:** Put of the Old, Put on the  
New

**Lesson Topic:** God's Special Plans For Your Life

**Lesson Scripture:** Psalms: 119:1-11;33-34

**Key Verses:** 2 Blessed are those who keep his statutes and seek him with all their heart. 3They do no wrong, but follow his ways. - *Psalms 119:2-3*

**Essential Question:** Whose plan are you following?

**Lesson Aims**

At the end of this lesson, the participant will be able to understand:

1. That we all have a purpose; both individual and collectively.
2. Our plan for our life must be in line with what God has already planned for us.
3. God's plan will be revealed to us. All we have to do is listen and follow his directions.

**Introduction**

I think we all realize the importance of making plans. It is essential that we plan where we are going and how we are going to get there. There is an often used Quote that says, "If you fail to plan, you plan to fail. When it comes to your career, they say that you should have a plan for where you want to be 5 years from now, 10 years or even 20 years from now. It is the same with your finance; you should set goals for where you want to be financially 10, 20, 30 years in the future. You also need a plan for where you want to be spiritually in the future. Our topic says that God has a plan for you. Does this mean that you shouldn't have a plan of your own? Heaven forbid! But it does mean that your plan should be in line with what God has already planned for you. Proverbs 16:9 says that "A man devises a plan in his heart, but it is God who directs his steps. We need to have a plan, but we must make sure that our plan is in line with what God has already planned for us.

**Exposition**

You have a purpose. You were placed on this earth for a reason. On the first Sunday in the new year, we talked about the beginning of man. We learned that God had a plan for man from the very beginning of time. Our days were ordained by him. He knows our "down-sitting and our uprising, he understands our thoughts before we even think them. Whatever you do in the Lord in the name of The Lord is a part of your purpose. Let the Lord order your steps.

A willing heart is a heart fill with “want to.” I want to do the will of the father. I want to live a life of service. I want to be what God says that I should be. If there is something we want to do

strongly enough we will find a way to get it done. Many times, we lay the blame for our failure on the enemy, but the bottom line may be that we just didn't have enough “want to.”

If you really want to be close to God, your willing heart will cause you to seek him with a new passion and you will discover your purpose. We said earlier that your days were ordained in the Lord. Whatever you do in the name of the Lord is a part of your purpose. Block out the noise and let the Lord order your steps.

### **Our Scripture Lesson – Psalms:119:1-11; 33-34. How can we walk in the way of the Lord?**

Blessed are those whose way is blameless (those with personal integrity). Who walk in the law and are guided by the precepts and the will of the Lord. Follow his precepts. (Verse 1)

Blessed are those that keep his statues and seek him with all of their heart. They do no wrong, but follow his precepts. They do no wrong but follow his ways. (Verse 2-3)

You have laid down your precepts so that they may be fully obeyed. (verse 4)

Oh if only I would have been steadfast in obeying your decrees, then I would not be ashamed when I consider all of your commands. (Verses 5-6)

I will praise thy name with a pure heart as I learn of your righteous laws. I will obey your decrees. Please do not forsake me.

How can I stay on the path of righteousness? By obeying your words. I seek you with all of my heart; do not let me stray from your commands. (verses 9-10)

I have hidden your words in my heart that I might not sin against you.

Direct my footsteps according to your words; let no sin rule over me. Redeem me from human oppression, that I may obey your laws. (Verses 133-134)

### **Discussion Questions**

1. If the Lord has a plan for your life before you were born, how can you have free will?
2. Was Judas following the plan for his life when he betrayed Jesus? (Remember Jesus prophesied that one of his disciples was going to betray him).
3. What is the difference between those who are called and those that are chosen?
4. Is there a connection between plan, purpose, and passion?

### **The Lesson Applied**

**God might reveal your purpose in many difference ways. Consider the ones listed below to be sure that you have not missed or overlook your calling**

1. A special revelation from God (a dream, vision, prophecy, or an inner whisper). Don't ignore it.
2. The advice of others.
3. The needs of the world. Look around and see what is needed in your community, your church, or even in the world.
4. It may be whatever you are most passionate about. Passion can, and often do, become purpose.
5. Consider your talent and gifts. Remember, talent comes from birth, gifts comes from God. Both can become purpose.
6. Your personal experiences. A life well-lived may be your purpose. Your life-living may lead others to Christ without you ever knowing it.

## Lesson 4

February 23, 2025

### Unit 2 Theme: Put off the Old, Put on the New

#### Lesson Topic: You Have A Purpose

**Lesson Scriptures:** Romans 8:28, Ephesians 2:10, John 10:10, Romans 13:14

**Key Verse:** Ephesians 2:10 (NKJV) For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

**Essential Question(s):** How can we live out the purpose we were created for?

#### Lesson Aim(s)

At the end of this lesson the participant will understand:

1. We have a God-centered spiritual foundation.
2. We have a transformed life when we choose to live for Christ.
3. We must replace old attitudes and thoughts with Christlike character.

#### Introduction

Romans 8:28 is a very familiar scripture. It is most often quoted during life situations that bring hardship or suffering. Those who love God can trust His goodness, His power, and His will to work out all things for our good. God is continuously working in the hearts and lives of Christians, of those who love Him and are called according to His purpose. The Lord is causing everything to fit together for our good and His glory. Let's dig deeper to our purpose here on earth.

#### Exposition

##### I. Why were we created?

**Ephesians 2:10 (NKJV): For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.**

In Ephesians 2, Paul teaches us that all who long for Christlike maturity would receive it through his writing. Enclosed within the Book of Ephesians is the discipline needed to develop into true children of God. Paul wanted us to establish a relationship as believers so God can fulfill the purpose and calling he has for us.

*Workmanship* refers to more than the product of creation; it also refers to the degree of skill with which the product is made. That degree of skill imparts value to the thing made. We are God's workmanship in that he created us. Everything God creates is of value, yet nothing in creation

compares to his work in creating mankind. We are God's workmanship in that he sanctifies us and fits us for service. He forms us the way he wants for his own pleasure and purposes.

We are God's workmanship in that he redeemed us. As God knew they would, mankind rebelled against his authority. They defiled God's workmanship and introduced sin into his perfect world.

## **II. What is God's plan for us?**

**Romans 8:28 (NKJV): And we know that all things work together for good to those who love God, to those who are the called according to His purpose.**

Sometimes when life gets messy, when we struggle through hardship or suffering, we can start to feel spiritually lost. We continue to deal with temptations, evil, calamities, pressures, and fears in this fallen world. For this reason, we must reinforce who we are and understand what's happening to us. Paul encourages believers to hold onto hope and the promises of God in these times. Remember that God is operating ceaselessly in the lives of those who love Him, sovereignly working out His redemptive plan. The Christian life is not a random, unintentional, haphazard existence. As God's children, believers are beckoned to a new life of realizing His good purposes for them. Paul encourages believers to hold onto hope and the promises of God in these times. Remember that God is operating ceaselessly in the lives of those who love Him, sovereignly working out His redemptive plan. The Christian life is not a random, unintentional, haphazard existence. As God's children, believers are beckoned to a new life of realizing His good purposes for them. God's purpose in calling us is twofold: for our good and His glory.

## **III. Why should we live for Christ?**

**John 10:10 (NKJV): The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.**

In John 10, Jesus is speaking to the Pharisees letting them know he is the Messiah, the one true God. Jesus is explaining that He is the way, the truth, and the life and that no one comes to the Father except through him. The thief, the devil has come to rob man of salvation. Those who, like the Pharisees, put manmade requirements on people for salvation are false teachers who "steal" people's ability to see the true means of salvation. The result of such thievery is death and destruction, as Jesus said the thief's plan is to "kill and destroy." We are not free of false teachers today. Jesus' path, on the other hand, led not only to life, but to life overflowing, life more abundantly. Jesus' path was the authentic and true path to righteousness and abundant life. It is by knowing truth, knowing God's voice, that we defend against the deceptions of those who would seek to steal, kill, and destroy. Life is in Jesus and him alone.

## **IV. How do we get a Christlike character?**

**Romans 13:14 (NKJV): But put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts.**

“*Put on Christ*” means to figuratively clothe oneself with the Lord Jesus Christ to reveal the glory of God to the world. Paul was talking about putting on spiritual clothing. Those who clothe themselves with the Lord Jesus are believers who do not focus on gratifying the desires of the

sinful nature. Rather than adapting ourselves to the pattern of this world, we are to be transformed by the renewing of our minds and the modification of our behavior into the model of Christ’s life on earth. We are clothed in Christ when we become so closely united with Jesus that others see him and not us.

### **The Lesson Applied**

The promise that God works all things together for our good does not mean that all things, taken by themselves, are good. Some things and events are decidedly bad, but God is able to work them *together* for good. Those who love God can trust his goodness, his power, and his will to work out all things for our good. Since his plan is always good, we can take confidence that, no matter our circumstances or environments, God is with us. Our decision to align our will with God’s and to always trust him will be rewarded. We will conclude that ALL things work according to his good and wise design.

References: Gotquestions.org, Holy Bible

## References

The lessons are based on the Grant Hill Missionary Baptist Church Sunday School Ministry writers understanding of the topics being discussed, and cited references listed, and given credit as written.



1. The Handbook of Bible Application
2. Gotquestions.org, Holy Bible
3. Source(s): BibleRef.com; www.christianwebsite.com; Our Daily Bread
4. Bible: NKJV, ISV
5. Source: <https://dailyverse.knowing-jesus.com/1-john-1-3>

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