Purpose:

Encouragement to desire more of the Bible, more prayer, and more missionary involvement. These are the ways God intends to nurture us, and it is a privilege to experience God’s blessings through each of these activities, bringing us closer to Jesus.

Key Instructions:

This interactive Sabbath School program is one where the church will be encouraged through music. Worship songs are to be sung with the congregation alternately between the reading of Bible passages and other quotations. The readings and worship songs are divided into the three elements that God wants to use to nurture us: Bible, prayer, and missionary service. You may choose to alternate between these three subjects or focus on one at a time.

A list of suggested songs and quotations is provided for you to choose the ones best for your program. Feel free to use other worship songs that your congregation knows that speak of these three elements. Depending on the time you have for the Sabbath School program, choosing two songs for each subject may be a good idea.

Introduction:

“The melody of praise is the atmosphere of heaven; and when heaven comes in touch with the earth, there is music and song—‘thanksgiving, and the voice of melody.’ Isaiah 51:3.” (Ellen G. White, Education, p. 161) Today’s program will be one in which we will experience this blessing.

I invite you to “Sing to God, sing praises to His name; Extol Him who rides on the clouds, By His name YAH, and rejoice before Him” (Psalm 68:4).

God wants to nurture us, and it is through three essential elements that He does so. Today we will sing to encourage each other to experience God’s blessings through these three spiritual activities that will nurture us for greater growth: Reading the Bible, praying, and engaging in
missionary service. Let’s sing about these three privileges that God gives us to engage with Him.

1. The Bible

Suggested songs related to the Word of God
Seventh-day Adventist Hymnal No. 272, “Give Me the Bible”
Seventh-day Adventist Hymnal No. 152, “Tell Me the Story of Jesus”
Seventh-day Adventist Hymnal No. 271, “Break Thou the Bread of Life”
Seventh-day Adventist Hymnal No. 273, “Lord, I Have Made Thy Word My Choice”
Seventh-day Adventist Hymnal No. 277, “For Your Holy Book We Thank You”

John 6:50, 51: “This is the bread which comes down from heaven, that one may eat of it and not die. I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world.”

Jeremiah 15:16: “Your words were found, and I ate them, And Your word was to me the joy and rejoicing of my heart; For I am called by Your name, O LORD God of hosts.”

Revelation 1:3: “Blessed is he who reads and those who hear the words of this prophecy, and keep those things which are written in it; for the time is near.”

Ellen G. White, Testimonies for the Church, vol. 8, p. 53: “Let nothing, however dear, however loved, absorb your mind and affections, diverting you from the study of God’s word or from earnest prayer.”

Ellen G. White, The Great Controversy, p. 94: “The character of Wycliffe is a testimony to the educating, transforming power of the Holy Scriptures. It was the Bible that made him what he was. The effort to grasp the great truths of revelation imparts freshness and vigor to all the faculties. It expands the mind, sharpens the perceptions, and ripens the judgment. The study of the Bible will ennoble every thought, feeling, and aspiration as no other study can. It gives stability of purpose, patience, courage, and fortitude; it refines the character and sanctifies the soul. An earnest, reverent study of the Scriptures—bringing the mind of the student in direct contact with the infinite mind—would give to the world men of stronger and more active intellect, as well as of nobler principle, than has ever resulted from the ablest training that human philosophy affords. ‘The entrance of Thy words,’ says the psalmist, ‘giveth light; it giveth understanding.’” [Psalm 119:130].”
2. Prayer

Suggested Songs related to prayer
Seventh-day Adventist Hymnal No. 499, “What a Friend We Have in Jesus”
Seventh-day Adventist Hymnal No. 478, “Sweet Hour of Prayer”
Seventh-day Adventist Hymnal No. 488, “At First I Prayed for Light”
Seventh-day Adventist Hymnal No. 318, “Whiter Than Snow”
Seventh-day Adventist Hymnal No. 505, “I Need the Prayers”

Psalm 55:17: “Evening and morning and at noon I will pray, and cry aloud, And He shall hear my voice.”

Psalm 66:19-20: “But certainly God has heard me; He has attended to the voice of my prayer. Blessed be God, who has not turned away my prayer, Nor His mercy from me!”

Colossians 1:9: “For this reason we also, since the day we heard it, do not cease to pray for you, and to ask that you may be filled with the knowledge of His will in all wisdom and spiritual understanding.”

Ellen G. White, *The Great Controversy*, p. 525: “It is a part of God’s plan to grant us, in answer to the prayer of faith, that which He would not bestow did we not thus ask.”

Ellen G. White, *That I May Know Him*, p. 78: “Christ has urged that His people pray without ceasing. This does not mean that we should always be upon our knees, but that prayer is to be as the breath of the soul. Our silent requests, wherever we may be, are to be ascending unto God, and Jesus our Advocate pleads in our behalf, bearing up with the incense of His righteousness our requests to the Father.”

3. Missionary Service

Suggested Songs related to missionary work
Seventh-day Adventist Hymnal No. 359, “Hark! the Voice of Jesus Calling”
Seventh-day Adventist Hymnal No. 366, “O Where Are the Reapers?”
Seventh-day Adventist Hymnal No. 580, “This Little Light of Mine”
Seventh-day Adventist Hymnal No. 367, “Rescue the Perishing”
Seventh-day Adventist Hymnal No. 582, “Working, O Christ, With Thee”

Isaiah 41:10: “Fear not; for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteousness right hand.”
Joshua 1:9: “Have not I commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go.”

Ephesians 4:11-13: “And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, for the equipping of the saints for the work of ministry, for the edifying of the body of Christ, till we all come to the unity of the faith and of the knowledge of the Son of God, to a perfect man, to the measure of the stature of the fulness of Christ.”

Ellen G. White, *Selected Messages*, vol. 3, p. 15: “Union is strength, and the Lord desires that this truth should be ever revealed in all the members of the body of Christ. All are to be united in love, in meekness, in lowliness of mind. Organized into a society of believers for the purpose of combining and diffusing their influence, they are to work as Christ worked. They are ever to show courtesy and respect for one another. Every talent has its place and is to be kept under the control of the Holy Spirit.”

Ellen G. White, *Welfare Ministry*, p. 309: “The Lord Jesus means that you shall be blessed in imparting to His needy, suffering ones. He has made men His copartners. ‘We are labourers together with God.’ Has not Christ, by both precept and example, plainly taught us what we should do? We are to work, imbued with His Spirit, as we look to the cross, ready if He bids us, to leave all for His sake. He who lives to please himself is not a Christian. He has not been created anew in Christ Jesus.”

**Conclusion:**

Let us enjoy the privilege it is to come closer to Jesus every day as we study His Word, connect with him in prayer, and work side by side to fulfill his call. Let us desire more of the Bible, more prayer, and more missionary involvement because it is through these three elements that God can make us stronger, nurturing our faith.

1 Corinthians 10:3, 4: “All ate the same spiritual food, and all drank the same spiritual drink. For they drank of that spiritual Rock that followed them, and that Rock was Christ.”