

Each One! Bless One!

eBlessings' Bible Class Lessons
You Can Make a Difference!

Bible Class Lesson Twenty-Two:

GROWING YOUR SPIRIT SOUL

Chapter Five

Let It Go!

Key Scripture:

35 But love ye your enemies, and do good, and lend, hoping for nothing again; and your reward shall be great, and ye shall be the children of the Highest: for he is kind unto the unthankful and to the evil. 36 Be ye therefore merciful, as your Father also is merciful. (Luke) 48 Be ye therefore perfect, even as your Father which is in heaven is perfect. (Matthew)

(Luke 6:35-36; Matthew 5:47-48)

"The Four in One Gospel of JESUS"; page 78

Lesson Objective:

To increase our spiritual growth by increasing our understanding of how volunteering and helping others can help us lose that root of bitterness which we may harbor for someone else. This lesson teaches us, that as we help others who are living in the results of their past sin natures, if we are willing and open to change, we may develop more a Christ-like character which will allow us to desire to forgive those whose past sins have harmed us. **Spiritual Key:** Showing and having mercy towards others is a characteristic of Father God to which we must aspire. Spiritual growth is therein.

Lesson:

Let It Go!

Volunteer. Help others. Remember, it is more blessed to give than to receive. **(Acts 20:35)** You will be surprised how wonderful an experience it is to help others. Volunteering is a meaningful way to have a positive impact in your community. You can share your skill set with others or learn a new skill.

“Greater love hath no man than this, that a man lay down his life for his friends.”

John 15:13

Volunteering can give you new experiences allowing you to meet new people, experience new perspectives, and develop your interpersonal skills. You help not only your friends and relatives, but also strangers, so your reward will be great in Heaven.

“²⁷But I say unto you which hear, Love your enemies, do good to them which hate you, ²⁸Bless them that curse you, and pray for them which despitefully use you. ³¹And as ye would that men should do to you, do ye also to them likewise. ³²For if ye love them which love you, what thank have ye? for sinners also love those that love them. ³³And if ye do good to them which do good to you, what thank have ye? for sinners also do even the same.”

Luke 6:27-28, 31-33

Visit the sick and the aged in their homes. Visit a retirement home. Get involved in a prison ministry. Volunteer in a soup kitchen. Volunteer at the local hospital. Volunteer at the elementary school, middle school, or high school. Exercise the social aspect of your human nature.

When you help others:

- It takes your mind off your situation.
- You often realize that your situation is not the worst situation to be in.
- Gives you a change of venue; a change of location. Gets you out of the house.
- Gets the person to experience the physical touch of a loving, caring human being.
- Exposes you to different perspectives.
- Gives you an opportunity to share the positive nature of Christ.
- Shows others it is okay to share yourself.
- Helps you, as well as those you are helping, experience the mind and heart of Christ.

⁴²For I was an hungred, and ye gave me no meat: I was thirsty, and ye gave me no drink: ⁴³I was a stranger, and ye took me not in: naked, and ye clothed me not: sick, and in prison, and ye visited me not. ⁴⁴Then shall they also answer him, saying, Lord, when saw we thee an hungred, or athirst, or a stranger, or naked, or sick, or in

prison, and did not minister unto thee? ⁴⁵Then shall he answer them, saying, Verily I say unto you, Inasmuch as ye did it not to one of the least of these, ye did it not to me."

Matthew 25:42-45

QUESTIONS:

1. Why would Jesus Christ tell us to love our neighbors?
2. Why would Christ Jesus tell us to lend and not expect anything in return?
3. Why are we to be merciful like Father God?
4. Can there be love without mercy? Can there be mercy without love?
5. Does perfection come with being merciful?
6. How can volunteering help a person lose a root of bitterness or a choking vine of unforgiveness?
7. Why does the author say that spiritual growth is in showing mercy?
8. Why would The Messiah tell us to love our enemies?
9. Why would King Emmanuel tell us to do good to those who use us and take advantage of us?
10. How many times a day (give an estimate), do you exercise "The Golden Rule"?
11. Name some ways to get involved in the community. Name three ways that you are presently involved in the community.