

Sabbath School Lesson

INSIGHTS

Touch Point Ministry

SABBATH
SCHOOL
LESSON

1ST QUARTER
JAN | FEB | MAR 2026

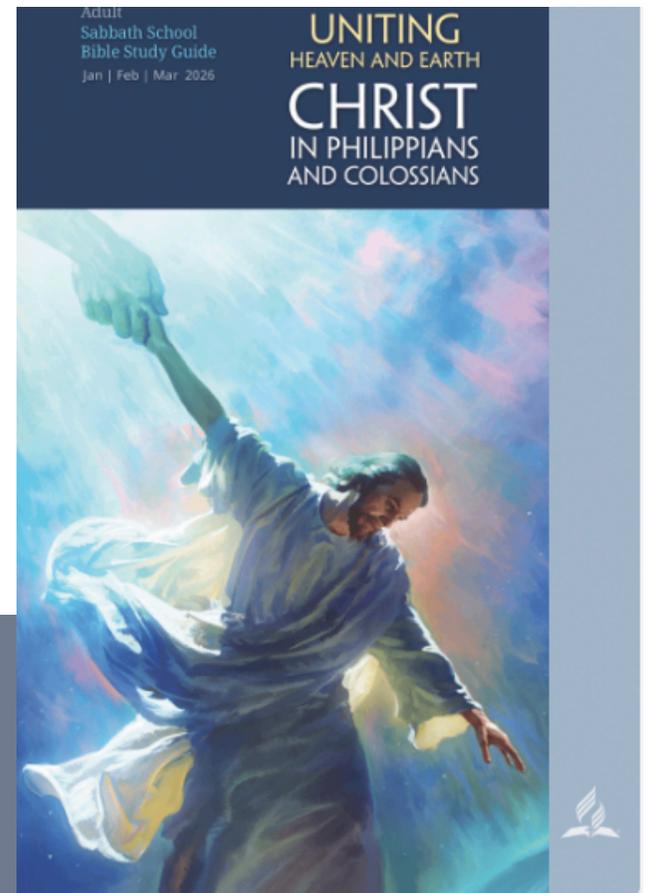
UNITING
HEAVEN AND EARTH
CHRIST
IN PHILIPPIANS
AND COLOSSIANS



**SABBATH
SCHOOL
LESSON**

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LESSON 10



COMPLETE IN CHRIST

**#JESUS: THE CENTRAL
MESSAGE OF MY LIFE**

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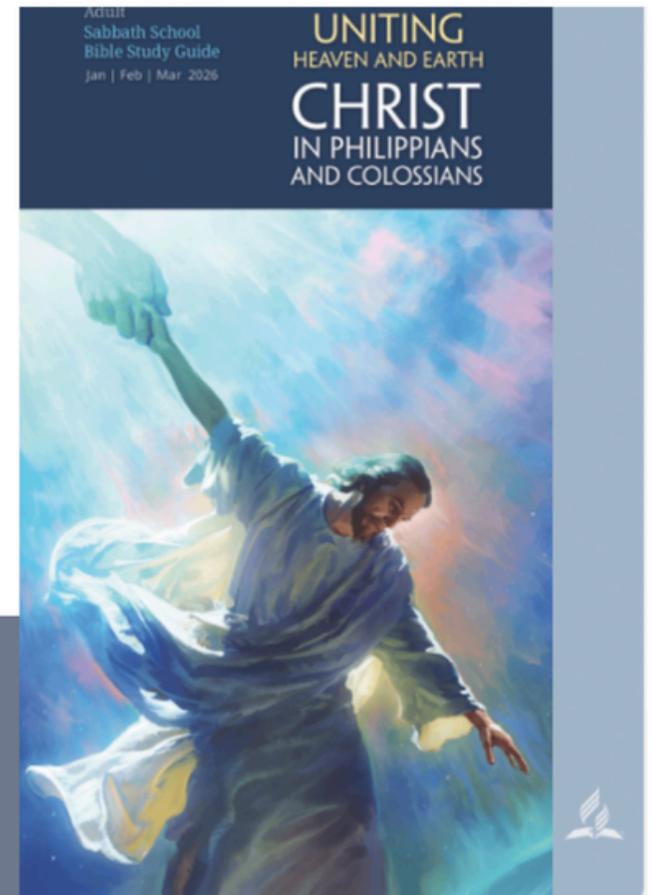
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LESSON 10



COMPLETE IN CHRIST

**#JESUS: THE CENTRAL
MESSAGE OF MY LIFE**

LESSON 10 - COMPLETE IN CHRIST

MEMORY TEXT

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“So let no one judge you in food or in drink, or regard-ing a festival or a new moon or sabbaths, which are a shadow of things to come, but the substance is of Christ”

(Colossians 2:16, 17, NKJV)

LESSON 10 - COMPLETE IN CHRIST

OPENING POINTS

WHO ARE YOU IN CHRIST

FALSE TEACHING: YOU NEED TO EARN GOD'S APPROVAL BEFORE YOU ARE CALLED HIS CHILD. YOU NEED TO PASS THE OBEDIENCE TEST BEFORE GOD WILL MAKE YOU HIS CHILD AGAIN. GOD CAN ONLY SAVE YOU IF YOU ARE GOOD ENOUGH. YOUR GOOD WORKS WILL HELP YOU MAKE GOD'S HEART FAVOR YOU.

GOSPEL TEACHING: EVERYTHING GOOD FOR ME IS GOD'S INITIATIVE. GOD LOVES ME EVEN BEFORE I KNEW HIM. MY SALVATION IS ALREADY GIVEN AND WORKED BY GOD. ONLY GOD CAN WORK FOR MY SALVATION, BLESSINGS, AND FAVORS, NOT ME. I ONLY NEED TO CHOOSE TO BE GOD'S CHILD AGAIN BECAUSE GOD HAS ALWAYS CHOSEN TO HAVE ME BACK.

INTRODUCTION

FALSE TEACHING: YOU DON'T NEED TO OBEY BECAUSE GOD LOVES YOU ANYWAY AND WILL ALWAYS FORGIVE YOU. GOD'S LOVE IS UNCONDITIONAL, SO HE WILL FORGIVE ME ANYWAY IF I COMMIT A MISTAKE.

WE USUALLY PANICK ABOUT THESE THOUGHTS WHEN WE PREACH ABOUT THE GOSPEL AND GOD'S LOVE. WE WERE RAISED TO FEAR THAT PREACHING THE GOSPEL WILL MAKE IT CHEAP, PEOPLE WILL TAKE LIGHTLY OF GOD AND HIS LOVE SO BETTER PREACH THE MESSAGE THAT PUT PEOPLE INTO FEAR AND REVERENCE MODE. THIS TOO IS A FALSE TEACHING.

ONE'S PERCEPTION OF THE MESSAGE DOES NOT TELL OF THE KIND OF MESSAGE BUT THE KIND OF HEART. REMEMBER THE GOOD SEED IN MATTHEW FEEL INTO DIFFERENT KIND OF HEARTS. IT IS NATURAL THAT EVEN THE (SEED) MESSAGE IS SO BEAUTIFUL BUT IT FELL TO A NOT HEALTHY HEART (SOIL), IT WILL NEVER GROW. IF IT DID NOT GROW, IT IS NOT BECAUSE THE SEED IS NOT GOOD, THE SOIL IS NOT GOOD IN THE FIRST PLACE. THERE ARE SO MANY WHO RECEIVED THE GOOD NEWS AND THEY WERE NOT THE SAME AGAIN.

Gospel THEMES

IT IS NOT THE TEACHING THAT CHANGES THE HEART, THE HEART IS ALREADY IN GOD, THAT IS WHY THE GOSPEL AND GODLY LIVING IS TAUGHT. THE GOOD MESSAGE GUIDES AND ENCOURAGES THE PERSON TO GROW EVEN MORE INTO THE LIKENESS OF CHRIST. A NEW HEART IS NEEDED TO RECEIVE THE GOOD MESSAGE. GOD IS THE VERY SOURCE OF THE NEW HEART. IN OUR CONVERSION, GOD GIVES US THE NEW HEART, THE NEW NATURE.

Gospel LIFE

THE WISDOM AND KNOWLEDGE FROM GOD COMES NOT BECAUSE OF THE RIGHT MESSAGE. THE RIGHT MESSAGE ACTUALLY AFFIRMS TO THE WORK THAT GOD IS ALREADY DOING IN THE PERSON'S LIFE. THERE ARE PEOPLE WHO CAN SPEAK OF GOOD MESSAGE BUT IT NEVER CHANGES THE HEART. THE GENUINE MATTER HERE IS THAT THE WISDOM OF GOD COMES FROM SOMEONE WHO HAS LIVED THE MESSAGE, NOT JUST SPOKEN IT. IT IS NOT THE WORDS, BUT THE CONDITION OF THE HEART THAT IS SEEN IN GENUINE LOVE, UNCONDITIONAL KINDNESS, AND FORGIVENESS.

LESSON 10 - COMPLETE IN CHRIST | SUNDAY

The Wisdom and Knowledge of God

ANSWER TO THE MAIN QUESTIONS

Q: What has been your experience with the need for "order" in your own spiritual life?

ANSWER:

ORDER DOES NOT COME FROM DOING LESS AND ORGANIZING A CONTROLLED SCHEDULE AND ENVIRONMENT. TRUE ORDER IS NOT FROM THE SITUATIONS OUTSIDE OF ME, BUT RATHER TRUE ORDER COMES FROM A HEART AT PEACE WITH GOD. TRUE ORDER LOOKS LIKE PEACE IN THE MIDST OF STORM, ASSURANCE IN THE MIDST OF HOPELESSNESS, COURAGE IN THE MIDST OF PAIN, ENDURANCE IN THE MIDST OF HARDSHIP, AND FAITH IN THE MIDST OF SILENCE. IN SHORT, IT IS THE PRESENCE OF GOD, IT IS THE PRESENCE OF A GOD WHO PROVIDES ALL THE STRENGTH AND PEACE I EXACTLY NEEDED.

WHEN I NEEDED ORDER, IT MEANS I NEEDED TO SETTLE IN THE HOPE AND ASSURANCE OF GOD'S PRESENCE IN MY VERY SITUATION NO MATTER WHAT.

Gospel THEMES

ACCEPTING CHRIST IS DEATH TO SELF, NOT BECAUSE YOU CAN KILL YOUR OLD SELF BY YOUR OWN STRENGTH AND DETERMINATION, BUT BECAUSE YOU ARE GIVEN THE NEW HEART UPON ACCEPTING CHRIST. IT IS THE NEW HEART THAT WILL NOT RECOGNIZE THE POWER AND DOMINION OF THE OLD SELF ANYMORE. THAT YOUR NEW HEART WILL ONLY DESIRE TO DO WHAT IS CONTRARY TO SELFISH NATURE OF THE OLD SELF.

Gospel LIFE

ALL GROWTH AND CHANGE COMES ONLY BECAUSE OF THE WORK OF GOD IN THE NEW LIFE OF THE PERSON. NO PERSON IS CHANGED IN HIS NATURE, TENDENCIES, DESIRES, OUT OF HIS OR HER OWN DETERMINATION OR MORAL POWER. ONLY THE WORK OF THE HOLY SPIRIT INSIDE THE NEW HEART OF THE PERSON THAT BRINGS GROWTH AND TRANSFORMATION. IT IS NOT JUST IMPORVEMENT BUT A TRANSFORMATION THAT ONLY THE PRESENCE OF GOD CAN GIVE AND DO.

ANSWER TO THE MAIN QUESTIONS

Q: What has been your own experience with what it means to die to self in order to receive Christ? Why must that be a continual process?

ANSWER:

DYING TO SELF DOES NOT COME BECAUSE OF OUR OWN DETERMINATION, REMEMBER A SINFUL HEART IS ONLY BENT TO DOING WHAT HE OR SHE THINKS IS RIGHT AWAY FROM GOD. DYING TO SELF OR THE DESIRE TO OBEY GOD IS ALREADY A PRODUCT OF THE WORKING OF THE HOLY SPIRIT INSIDE THE NEW HEART OF A CONVERTED PERSON. WE SHOULD NEVER ISOLATE THE TALK OF DYING TO SELF FROM REPENTANCE, JUSTIFICATION, AND CONVERSION. THIS DYING TO SELF SHOULD BE UNDERSTOOD AS A STATUS OF A PERSON THAT IS ALREADY CONVERTED, MEANING IT IS NOT AN OBLIGATION, OR A REQUIREMENT TO DIE TO SELF, BUT RATHER A NATURAL RESULT TO THE WORKING OF GOD IN THE HEART.

Gospel THEMES

WHAT WAS NAILED TO THE CROSS ARE ALL THOSE TRADITIONS AND STANDARDS MADE BY MEN THAT ARE NEVER PART OF WHAT GOD MEANT OF HOW HIS CHILDREN WOULD LIVE OUT THEIR LIVES AFTER ACCEPTING HIS WORKS AT THE CROSS. PAUL WAS DIRECT IN SAYING THAT THOSE INVENTED BY MEN, AND EVEN THOSE THAT ONLY POINT TO JESUS, ARE ALREADY NAILED AT THE CROSS. IT MEANS THEY ARE NOW TO FOCUS ON JESUS AS HE FULFILLED EVERYTHING, RATHER THAN ON WHAT THEY THINK THEY COULD DO. ALL MAN CAN DO IS NOT PART OF THE STORY IN THE WORK OF SALVATION.

Gospel LIFE

WHEN JESUS DIES FOR YOU, HIS DEATH IS FOR YOUR PAST, PRESENT, AND FUTURE SINS. YOU ARE JUSTIFIED DAILY BECAUSE THE COMPLETE POWER OF THE CROSS TO FORGIVE AND TAKE AWAY YOUR GUILT IS DAILY APPLIED TO YOU WHEN YOU FALL INTO UN INTENTIONAL, WEAKNESS DRIVEN, TEMPTATION DRIVEN MISTAKES OR WRONG DOING. THIS IS YOUR HOPE, WITH THE CROSS, YOU LOOK AT IT SECURED WITH THE TIMELESS HOPE OF GOD'S LONGING TO TAKE YOU BACK AS HIS CHILD.

Gospel THEMES

IT IS THE SPIRIT AND HEART OF WORSHIP THAT TRULY MATTER OVER WHAT YOU DO AND HOW YOU DO IT. THIS IS NOT ABOUT NOT DOING IT, BUT OBSESSING ON HOW IT SHOULD BE DONE, RATHER THAN THE POSTURE OF THE HEART, IS A VERY HUGE ERROR. TO OBSESS ON WHAT YOU THINK YOU CAN DO WELL SO GOD GOD WILL SEE YOU, IS ALREADY A WRONG PREMISE.

Gospel LIFE

IN OUR WORSHIP SERVICE AND LITERURGY, THE WHY OF THE THINGS WE DO, SHOULD ALWAYS BE IN THE TOP PRIORITY OF HEART EXAMINATION. WE SHOULD DO THINGS FOR THE RIGHT REASONS AND MOTIVATION. WE SHOULD CLEARLY SEE THE BIBLICAL TRUTH THAT WE CAN NEVER EVER BUY GOD'S PRESENCE, FAVOR, AND BLESSINGS WITH ANY GOOD WORKS. ALL THE GOOD WE DO IS DERIVATIVE OF OUR NEW HEART FROM GOD, AND THE WORKING OF THE HOLY SPIRIT IN THE NEW HEART.

ANSWER TO THE MAIN QUESTIONS

Q: Although the seventh-day Sabbath is not at issue here, how might you apply Paul's counsel about not passing judgment on others?

ANSWER:

THERE IS ONLY ONE CONCERN CONVERTED CHRISTIANS SHOULD BE BUSY ABOUT, AND IT IS TO LOOK AT THE CROSS, THE CHARACTER OF GOD IN JESUS, AND LOOK AT. WHEN WE LOOK AT JESUS AND GOD'S LOVE IN HIS HEART, OUR HEARTS WILL BE CHANGED AND WE WILL LEARN TO LOOK AT OTHERS IN THE SPIRIT AND EYES OF COMPASSION, KINDNESS, AND EMPATHY. IT IS EASY TO BE BUSY NOTICING WHAT OTHERS ARE SUPPOSED TO DO AND FORGETTING HOW MUCH WORK OURSELVES ALSO NEEDED TO HAVE.

Gospel THEMES

MANY CHRISTIANS WHO LEARNED TO ISOLATE THE MESSAGE OF SANCTIFICATION FROM THE WORK OF CHRIST. PERFECTING BEHAVIOR THROUGH CONSCIOUS EFFORTS, THEY PRIDE THEMSELVES IN THE ASSURANCE THAT THEY WERE ABLE TO FOLLOW THE RULES BETTER AND WELL. THEIR LIFE THEN BECOMES THE STANDARD AND THE LAW ON HOW TO LIVE, HOW THEY DO THINGS CAN EASILY BECOME THE RULES.

Gospel LIFE

THE PHARISEES ARE THE PERFECT EXAMPLE OF THE FEELING OF ASSURANCE FROM A WELL-DONE WORK. THE PHARISEES' RECOGNITION OF THEIR WORK PLACED THEMSELVES IN THE POSITION OF A JUDGE AND THE LAW. WHEN WE LOOK AT OUR GOOD WORKS, IT IS SO EASY TO BE FOOLED BY OUR OWN FOOLISHNESS INTO THINKING WE ARE BETTER AND RIGHT OVER THINGS THAN OUR PEERS. THEN WE START TO CONTROL GOOD BEHAVIORS, SET GOOD BEHAVIORS TO ACHIEVE, AND MAKE THE GOOD BEHAVIOR AS A MARK OF RIGHTEOUSNESS, DISREGARDING THE CONDITION OF THE HEART.

ANSWER TO THE MAIN QUESTIONS

Q: How can we make sure we understand that our only foundation for salvation is from what Jesus has done for us, outside of us, in place of us—regardless of whatever He does in us?

ANSWER:

IN OUR LIFE AFTER ACCEPTING JESUS AS OUR PERSONAL SALVATION, THE THEME OF OUR REPENTANCE, JUSTIFICATION, AND CONVERSION SHOULD NEVER COME OUT OF OUR MEMORY AND UNDERSTANDING WHO WE ARE NOW IN OUR SANCTIFICATION. ALL WE ARE LIVING AND HOW WE ARE LIVING IS NOT BECAUSE WE ARE TRYING TO REACH GOD BUT BECAUSE, WE ALREADY EXPERIENCED HIS SAVING GRACE.

FORGETTING THIS AND PUTTING OUR SANCTIFICATION IN ISOLATION FROM OUR INITIAL EXPERIENCE OF SALVATION THEN WE ARE DEFINITELY GOING DOWN THE ROAD OF ACHIEVING GOD'S FAVOR, PRESENCE, AND BLESSINGS, AND TO ITS WORSE EARNING OUR SALVATION THROUGH OUR RIGHTEOUS LIVING.

OUR RIGHTEOUS LIVING AND STRIVING TO OVERCOME OLD SELF IS NOT BECAUSE WE WANT TO BE SAVED BUT BECAUSE WE HAVE BEEN GIVEN THE NEW LIFE AND NEW HEART. OUR RIGHTEOUS LIVING IS AN EXPRESSION OF OUR LIFE IN JESUS AND NOT A STRIVING TO EARN GOD'S APPROVAL SO HE CAN SAVE US, BLESS US, OR FAVOR US.

REPENTANCE, THEN JUSTIFICATION AND CONVERSION, THEN SANCTIFICATION.

LESSON 10 - COMPLETE IN CHRIST

Reminder

Gospel Reality!

**GOD IS LOVE
AND THERE IS NO
OTHER MUCH
BIGGER REALITY!**

takeaway

GOOD NEWS

**#JESUS: THE
CENTRAL
MESSAGE
OF MY LIFE**

takeaway

HEART of the Gospel

#JESUS: THE CENTRAL MESSAGE OF MY LIFE

To say that Jesus is the central message of our life does not mean we are always strong. It means we recognize our weakness, and we know where our help comes from.

Jesus Christ is not merely the theme of our sermons. He is the answer to our hidden struggles. We struggle with pride. We want to be appreciated. We want to be seen. At times, we care too much about what others think. Sometimes we feel hurt when we are not recognized. We struggle with pride. We want recognition. We sometimes make ministry about ourselves. But when we look at Jesus—especially at the cross—we see humility and selfless love. That humbles us. These weaknesses remind us that our hearts still need transformation.

When Jesus is not at the center, we slowly place ourselves there. Our opinions become more important. Our success becomes the focus. Ministry turns into performance. Pride quietly grows.

LESSON 10 - COMPLETE IN CHRIST

takeaway

But when we look at Jesus—especially at the cross—we see humility. The Son of God chose to serve, to suffer, and to give Himself. That confronts our pride. It softens our hearts. It reminds us that greatness in His kingdom is not about being above others, but about loving others.

Making Jesus the center means:

- **Admitting we cannot change ourselves without Him.**
- **Allowing Him to correct our motives.**
- **Choosing humility when our ego seeks attention.**
- **Trusting Him in moments of insecurity.**

There are days we fail. There are moments we speak from pride instead of grace. Yet even in failure, we return to Him. For the message of our life is not that we are strong—but that He is merciful.

When Jesus is at the center, our weaknesses become places where His grace can work. And through daily surrender, He continues reshaping our hearts.

Lesson 10 - Complete in Christ

ANSWERS TO FRIDAY'S DISCUSSION QUESTIONS:

Q1 : What does it mean that in Christ "dwells all the fullness of the Godhead bodily," and that He "is the head of all principality and power" (Col. 2:9, 10, NKJV)? See also John 1:1, Hebrews 1:3, and 1 Peter 3:22.

ANSWER:

Colossians 2:9-10 teaches that Jesus Christ is fully God and fully sovereign. "In Him dwells all the fullness of the Godhead bodily" means that the complete divine nature resides in Christ in His incarnate form, affirming His full deity as also expressed in John 1:1 and Hebrews 1:3. "He is the head of all principality and power" declares His supreme authority over all spiritual beings and cosmic forces, as confirmed in 1 Peter 3:22. Together, these verses show that Christ is not subordinate to any power but is supreme, and believers are complete in Him without needing any other mediator or spiritual source of authority.

Lesson 10 - Complete in Christ

ANSWERS TO FRIDAY'S DISCUSSION QUESTIONS:

Q2 : We've all probably heard Colossians 2:14-16 used as an argument against the seventh-day Sabbath. What other problems, besides what the lesson this week brought out, come with the use of these texts to argue that we no longer need to keep the fourth commandment?

ANSWER:

Colossians 2:14-16 is often used to argue against the seventh-day Sabbath, but this interpretation creates several theological and contextual problems. First, the passage refers to "handwriting of requirements" and ceremonial regulations that were nailed to the cross, which most scholars understand as the record of debts or the ceremonial law—not the moral law written by God in the Ten Commandments. The Sabbath command is part of the moral law, written by God's finger, and is distinct from ritual ordinances. Second, if these verses abolished the Sabbath entirely, it would create inconsistency with the broader biblical witness where the Sabbath is rooted in creation (Genesis 2:2-3) and affirmed in the life and practice of Jesus and the apostles, including Jesus Christ who declared Himself "Lord of the Sabbath" (Mark 2:28). Third, interpreting the text as abolishing the moral Sabbath undermines the distinction Paul makes between ceremonial shadows and enduring moral principles. Thus, reading Colossians 2 as cancelling the fourth commandment introduces theological tensions and ignores the historical and literary context of the passage.

Lesson 10 - Complete in Christ

ANSWERS TO FRIDAY'S DISCUSSION QUESTIONS:

Q3 : How do you deal with those who insist that we must keep the ceremonial laws as well? Though, perhaps, one could find some spiritual or theological blessings in keeping them, what problems arise from insisting that they must be kept?

ANSWER:

Those who insist that the ceremonial laws must still be kept often overlook the biblical teaching that these laws pointed forward to the sacrificial work fulfilled in Jesus Christ. The main problem with requiring their observance today is that it challenges the New Testament understanding that Christ has fulfilled the sacrificial system, priesthood, and ritual regulations (see Hebrews). Insisting on their continued obligation risks implying that Christ's completed work is insufficient or incomplete. While studying or appreciating the ceremonial laws can provide spiritual insight into the meaning of redemption, making them binding for salvation or righteousness creates confusion between shadow and reality, and between type and fulfillment.

Lesson 10 - Complete in Christ

ANSWERS TO FRIDAY'S DISCUSSION QUESTIONS:

Q4 : Ellen G. White wrote above that we should regard the Bible "as the voice of God speaking directly" to us. Why must we, then, guard ourselves diligently against anyone or anything that would weaken our faith in the authority and inspiration of all Scripture, even the parts that, in places, might make us uncomfortable?

ANSWER:

We must guard our faith in the authority and inspiration of all Scripture because if we begin to question or weaken one part of the Bible, it can gradually affect our confidence in the whole message. The Bible is not merely a human book but the revealed word of God, given to guide, correct, and shape our lives—even in passages that challenge our understanding or make us uncomfortable. If we allow personal preference, culture, or outside opinions to determine which parts are trustworthy, we place human judgment above God's authority. Faithfulness to Scripture means trusting that God knows what is best and that His Word is reliable in every part, even when we do not fully understand it. In this way, believers remain grounded in truth and protected from teachings that distort or dilute biblical authority.