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# **The Sweetest Voice**

The Holy Scriptures

As women, we possess some characteristics that distinguish us quite significantly from men. Perhaps the most famous is our unique ability in communication. We speak more than 20 thousand words per day, while they speak about 7 thousand. It is true that there are exceptions, but as a rule, we truly enjoy talking. And how wonderful it is that we were created by a God who delights in communicating with us every day, listening to our longings, and speaking to our hearts. Believe me, hearing the voice of God through reading the Bible is the sweetest melody one can hear. He says: "Come to Me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28).

- 1. How can we go to God and learn about Him? John 5:39
- 2. For what purpose was the Bible written? II Timothy 3:15; Romans 15:4

The Bible consists of 66 books, with 39 in the Old Testament and 27 in the New Testament. It contains 1,189 chapters and 31,102 verses. Its composition spanned a period of approximately 1,600 years and was written in three languages: Hebrew, Greek, and Aramaic. Currently, the Bible is the best-selling and most read book in the world, translated into more than 2,000 different languages.

- 3. Where can we find the sweetest truth? John 17:17
- 4. What does the psalmist compare the Bible to? Psalms 119:105
- 5. Who wrote the Bible, and how much of it is inspired? 2Peter 1:21; 2 Timothy 3:15-16

Let's reflect: Although the Bible was written by human authors (with the exception of the Ten Commandments, Exodus 31:18), its words do not reveal the thoughts of men but the thoughts of God because they were directed by the Holy Spirit. It is wonderful to be able to trust the Bible. When we read it, our character is transformed.

- 6. Does the Bible have an expiration date, or can it be altered? Isaiah 40:8; Malachi 3:6; Revelation 22:18-19
- 7. What should we do to understand the Bible? Acts 8:26-31; Isaiah 28:10
- 8. What is God's sweet invitation for those who know His Word? James 1: 22; Revelation 1:3

#### Sweet Truth for Us Women!

The Bible is also for our days. It was inspired with each of us women and our families in mind.

As we set aside a moment each day for the reading of this book, we will enjoy greater intimacy with God, learn important concepts, and understand His will. We will see that its counsel and warnings are reliable guides, and its promises are a source of comfort. In its stories, we will perceive the tendencies of the human heart and its struggle for a better life. We will realize that the desires of women today are not different from those of women in the past. We will discover a message suitable for the needs of the exact moment we are living in.

### **Additional Texts**:

- Hebrews 1:1, 2 God communicates with us through the ministry of prophets and through Jesus.
- Exodus 17:14; 24:4 God reveals Himself to the prophet, and the prophet writes what he receives from the Lord.
- Deuteronomy 17:19 We should read the Bible every day.
- Jeremiah 15:16 We should accept His guidance and put it into practice.

### Faith and Action Commitment:

I believe that the Bible is the inspired Word of God.

### Starting this week:

- O Set aside time each day to be in the presence of the Lord.
- Read at least one Psalm per day.
- O Seek God's help if you encounter a challenging situation.
- Choose and write below the names of three people to share what you have learned today about the importance of listening to His voice through reading the Bible.
- 🔿 Verse to memorize: Psalm 119:105

Name:

### How Sweet it is to Speak with God

### The Privilege of Prayer

In a conversation with a friend who had experienced depression in the past, she shared that at the height of her emotional crisis, all she longed for was the comfort and attentive ears of her mother.

Indeed, it is very comforting to find a friendly embrace with attentive ears and wise words to guide, support, and love us unconditionally. Unfortunately, in modern times, this loving attitude has become rare, and we often end up suffering.

The sweet truth is that God is available 24 hours a day, 7 days a week, 365 days a year, waiting for us to hear our prayers and engage in conversation. We can openly talk to Him through prayer, sharing everything that is in our hearts. He is the great friend who is available to listen to us, meet our needs, understand our feelings, and wipe away all our tears.

The Lord affirms in Psalm 50:15 that if we seek Him in times of distress, He will be with us. With this certainty, we can have hope and strength to face any situation.

### 1. How often should we pray? 1 Thessalonians 5:17; Psalms 55:17

Prayer is a connection established between divinity and humanity, which can occur at all times and in any place. God desires to hear and respond to every prayer lifted to heaven.

2. What requirements established by God are important for Him to answer our prayers? 1 John 5:14; James 4:3; Matthew 21: 22

We don't need to fear asking according to His will, after all, He always knows what is best for us. In Matthew 7:7-11, we read that He is more willing to give us good things than earthly parents are willing to give to their children. After asking within His will, then we need to believe, trust, and wait in peace for the blessing (Hebrews 11:6).

- 3. In whose name should we pray, and what is the best way to pray? John 14:13-14; Matthew 6:6
- 4. For whom else should we pray? 1 Timothy 2:1 e 2; James 5:16

We can and should pray for one another. These prayers for others are called intercessory prayers. When we do this, we are imitating Jesus. He spent nights in intercessory prayer for people when He lived on earth.

### **Additional Texts**:

- Luke 11:1 The disciples asked Jesus to teach them how to pray.
- Matthew 6:9-13 JJesus teaches the model prayer, the Lord's Prayer.
- Luke 22:40 Prayer is a resource to overcome temptation.

### Sweet Truth for Us Women!

It's reassuring to know that we have an open and unblocked communication system to speak with our Heavenly Father. For those of us who appreciate being remembered and valued, we rely on the faithful presence of a God who is a companion in both good and bad times in life. In Isaiah 49:15, He declares that He never forgets us. When we pray, it's interesting to include the following elements:

- **Moment of Worship:** Glorifying God's name for His love and greatness.
- **Moment of Gratitude:** Thanking God for everything He is and does for us.
- **Moment of Intercession:** Supplicating blessings in the lives of other people.
- Moment of Confession: Declaring our sins without reservation.
- Moment of Petition: Supplicating for personal needs.

### Faith and Action Commitment:

- I believe that prayer is "opening the heart to God as to a friend" and the key that "unlocks the storehouses of heaven where are treasured the riches of omnipotence." (Steps to Christ, page 93)
- I desire to develop intimacy with God through prayer.

### Starting this week:

- Pray upon waking up and before going to bed.
- Assist your children, if you have them, in developing the habit of prayer.
- Pray before meals to express gratitude and seek blessings on the food.
- Write down the name of someone for whom you will intercede and the reason.
- Verse to memorize: 1 Thessalonians 5:17

Name:

### A Sweet and Inexhaustible Source

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### The Trinity

Water is essential for human life and, in fact, more crucial than solid food, as our body is composed of an average of 70% water. Water can be found in liquid, solid (ice), or gaseous (vapor) form. Regardless of how it appears, it will always be water. Moreover, each form imparts a different function to water. We steam vegetables, bathe using the liquid form, and preserve food with the solid form.

This is a faint illustration to help us understand how God is. We will never fully comprehend our Creator, but we can glimpse some things about Him.

- 1. According to biblical teaching, who is the only God? Deuteronomy 6:4; Ephesians 4:5-6.
- 2. What did God say about Himself and His sovereignty? Isaiah 43:10-11; 44:6

### 3. How is Jesus Christ presented in the Bible?

John 1:1-3,14	
John 8:58	
John 10:30	
Isaiah 9:6	
Colossians 2:9	

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Knowing that Jesus is fully God is synonymous with constant comfort and assurance. Similarly, we need to know the Person of the Holy Spirit. He is not merely an influence, energy, or virtue of God acting on Earth.

# 4. Comment on these three personal characteristics of the Holy Spirit.

1 Corinthians 12:11
John 14:26; 16:13
Ephesians 4:30

When Jesus returned to heaven, He sent the Holy Spirit, the Comforter. Like God the Father and God the Son, the Holy Spirit is God composing the divinity and acting in our lives supernaturally, with its main task being to help, comfort, and teach us..

### 5. Observe these characteristics of God:

Omniscient	Psalms 139:1-4
Omnipresent	Psalms 139:7-12
Almighty	Matthew 19:26
Eternal	Psalms 90:2; Isaiah 57:15
Immutable	Malachi 3:6; James 1:17
Just and Kind	Psalms 145:9; 19:7-9
Loving	1 John 4:8

6. How can the unity between God the Father, God the Son, and God the Holy Spirit working as one God be perceived in the Bible?

Genesis 1:26
Matthew 3:16-17
2 Corinthians 13:13
Matthew 28:18-19

Just as water is water regardless of its state (solid, liquid, or gas), meaning the same substance in three different forms, God is God, whether He is the Father, the Son, or the Holy Spirit (the same essence in three different persons) working for our eternal happiness. As Seventh-day Adventists, we believe in this unity called Trinitarianism.

### Sweet Truth for Us Women!

The knowledge of the Trinity is crucial for us. We have a God who is all-powerful, possesses all knowledge and wisdom, understands all our thoughts, feelings, and needs, and is always present, never leaving us alone. This is incredible and reassuring. He is as essential to our lives as water. If we face the heat of difficulties, the constant presence of this God sustains us. If we confront the cold of disappointments, His warm presence warms us. If we feel apathetic, tired of routine, just a sip of this Water renews our hope.

### Faith and Action Commitment:

I believe in the Trinity and accept to love the Triune God, allowing Him to be the Lord of my life.

### Starting this week:

- O Drink 6 to 8 glasses of water per day. Drink water upon waking up and before bedtime, followed by reading the Bible and prayer.
- Pray in every situation, for the Divinity can help you, comfort you, and provide security.
- Share this "Water" with the three chosen people from before so that they may learn to trust in this wonderful God.

Verse to memorize: Isaiah 43:11

Name:



# A Sweetness Turned Bitter

The origin of evil

Have you ever mistakenly replaced an ingredient in a recipe and ended up ruining the entire dish? When in a hurry or cooking in someone else's kitchen, there's a risk of making mistakes that compromise the food.

When God created life and the universe, He planned everything to be perfect, good, and happy. Unfortunately, someone added the wrong ingredient intentionally to damage what God intended, and today we live with evil and its consequences.

Human wickedness has increased and seems to be limitless. It's sad to witness daily abuses, violence, and crime. We live in a state of almost constant insecurity. When we look at all the existing evil, we ask ourselves: how did all this originate? To find this answer, we need to know a little about angels, who are created beings by God.

- 1. What sweet truth does the Bible present about the ministry of angels? Hebrews 1:14; Psalms 91:11
- 2. Against whom did "the dragon and his angels" fight, and what was the result? Revelation 12:7-9
- 3. Which biblical description applies to the rebellious angel and his rebellion? Ezekiel 28:13-17

4. What was the problem with his aspirations? Isaiah 14:12-14

Sin mysteriously originated in Heaven (Revelation 12:7) as a result of the choice (the right to free will) of an angel named Lucifer. He held, below Christ, the highest honor among celestial beings. He was the foremost of the cherubim, but pride took hold of his heart, and envy as well, as he desired to be equal to God. As a result, and for deceiving thousands of angels, he was expelled from Heaven and cast down to Earth along with a third of the angels.

### 5. What role did he play in the fall of our first parents? 2 Corinthians 11:3

God's Guidance to Adam and Eve: Genesis 2:15-17	Satan's Guidance: Genesis 3:1-5

6. What are the consequences of the couple's disloyalty? Genesis 3:16-19; Romans 6:23

Doubting and not following God's guidance is a sad thing.

- 7. What does Satan do today to deceive us? 2 Corinthians 11:14,15
- 8. What hope of victory do we have if we fall into Satan's deceptions? Genesis 3:14,15

### Sweet Truth for Us Women!

Adam and Eve were expelled from Eden when they sinned. This moment was very sad for them, but especially for God because sin distanced the creature from its Creator. Despite doing wrong things that also displease God, whenever we ask for forgiveness and seek Him, He will forgive us and welcome us with open arms.

### Additional Study:

Why didn't God destroy Satan immediately?

- 1. So that his true intentions and real malignancy would be known, and there would be no doubt about God's justice and love.
- 2. So that no one would serve Him out of fear but out of love. The day will come when Satan and his angels will be destroyed (Malachi 4:1; Revelation 20:9-10,14).

### Faith and Action Commitment:

I desire to stand by God, accepting His guidance through His Word.

### Starting this week:

- Tell those who suffer that all the sadness and misfortune in the world are consequences of sin but that there is hope in Jesus.
- Stand for good through words, actions, and the practice of forgiveness.
- Ask forgiveness from God whenever you hurt His heart.
- If there is someone you need to forgive, include that person in your prayer and ask God to help you forgive.

Verse to memorize: Romans 6:23

Name:

# A Not So Sweet Moment

Separated by death

One of the most challenging situations in a person's life is when they have to face death. There is no pain comparable to losing someone you love. We are never prepared to face this kind of loss because we were originally created to enjoy eternal life. In God's ideal plan, the reality of death did not exist, and that is why we suffer so much when confronted with this enemy that, according to the biblical promise, will ultimately be overcome. There are several uncertainties regarding this topic, so to better understand what death is, we need to recall how life originated.

 How was the creation of the human being? Genesis 1:27; 2:7

Dust of the earth + divine breath = living soul (person/human being)

2. According to the Bible, what is the soul? Genesis 2:7; 46:27; Deuteronomy 10:22; Acts 2:41

When the Bible speaks of the soul, it is referring to a person or the life of that person. The word "spirit" comes from Hebrew and means breath.

### 3. Read the texts to complete:

Behold, all souls are\_\_\_\_\_; the soul that sins, \_\_\_\_\_ We are sinners, this is why we die, and so we are not \_\_\_\_\_. Ezekiel 18:4

And the \_\_\_\_\_\_ returns to the earth as it was, and the \_\_\_\_\_\_ returns to God who gave it. Ecclesiastes 12:7

When someone dies, they lose the prerogative of being a person, they have no sense of time or anything happening around them. If the dead could see their loved ones going through needs, difficulties, and sadness, Heaven would not be heaven for them. They would not find joy in enjoying this place.

- 4. Find out in 1 Timothy 6:14-16 if there is someone immortal and who would that be?
- 5. How did Jesus refer to death? John 11:11-14; John 6:39 e 54
- 6. What hope do we have regarding the death of those who believe in Jesus? When will this happen? I Thessalonians 4:14, 16-17; 1 Corinthians 15:22-23
- 7. How many resurrections will there be, and who are they for? Daniel 12:2; John 5:24, 28-29

If the dead went directly to heaven or hell, there would be no need for the day of resurrection to receive reward. The resurrection of Jesus is the assurance that the dead will be raised. Read 1 Corinthians 15:19. Therefore, those who have died will be resurrected first, and then enter heaven.

### Additional information:

- There is only an opportunity for salvation for human beings while they are alive. When they die, they are unaware of anything (Ecclesiastes 9:5).
- There is no biblical text that states that the soul or spirit is an intelligent entity with conscious existence indepen-

dent or apart from the body.

- The Lord recommends in Deuteronomy 18:10-11 not to consult the dead, as fallen angels are capable of impersonating someone (2 Corinthians 11:13).
- The lake of fire, purgatory, or anything of that kind is not hell as a place of torment but something that will happen when Satan and the wicked are destroyed forever (Revelation 20:9; Proverbs 2:22; Psalms 37:10).

### Sweet Truth for Us Women!

Very soon, we will no longer suffer the pain of separation. Death will be overcome. Jesus gives us the assurance that we will be able to reunite with our loved ones who died faithful. Rainy days may bring melancholy to the heart, but the rising sun renews joy within us. Feel comforted when looking at the sun. Just as it rises with each new dawn, those who have slept in the Lord will also rise when our Savior, the Sun of righteousness, comes to take us.

### Faith and Action Commitment:

I believe that those who die will remain in the grave until the return of Jesus, and it is my desire to prepare for that day, to be transformed and receive eternal life.

### Starting this week:

- Firmly believe in the resurrection of the saved in Jesus and keep your heart at peace, knowing that God is your comfort.
- Share the message that we will reunite with those who now sleep in the Lord with anyone who is sad about the loss of a loved one.

Verse to memorize: 1 Thessalonians 4:16

Name:

# **The Sweetest Love Story**

### Jesus' Sacrifice

Have you ever been moved by a love story that began beautiful and perfect until something tragic completely changed the course of things? That's exactly what happened in the Garden of Eden. God created man and woman to live in perfection, purity, without any suffering, far from any danger or sadness. However, God, our infinitely loving Father, provided a fabulous plan to redeem His children.

This plan, known by Christians as the Plan of Salvation, shows us that the love story that began back in Eden will indeed have a happy ending.

# 1. What is the most damaging consequence of sin? Isaiah

Sin causes separation between man and God and leads us to death because God is life, and without Him, there is no life.

### 2. How can we be saved from our sins? Ephesians 2:8

We have no solution within ourselves for the problem of sin (Jeremiah 2:22). No matter how good, honest, and generous we are, we cannot guarantee our salvation. We are saved solely by the grace of Christ through faith in Him. However, this does not mean we can deliberately disobey, even though we may fall into disobedience. 3. Who alone can save us, and who provided our salvation? John 3:16; Luke 19:10; Acts 4:12

Jesus' death was substitutionary; in other words, he died in our place. And that's why his death forgives us and saves us. Check it out by reading the verses from: Isaiah 53:4-6; 2 Corinthians 5:21; Romans 5:6-9; 1 Peter 2:24.

4. What are the two main steps to be forgiven? Acts 3:19

1st STEP	2nd STEP

- 5. In addition to repentance, what should we do immediately to obtain God's forgiveness? 1 John 1:9
- 6. How does God act when there is repentance and confession? Hebrews 8:12
- 7. What are the 5 fundamental ingredients to enjoy salvation in Jesus?

1	Acts 16:30,31
2	Matthew 19:16,17
3	Matthew 24:13
4	John 8:10,11
5	Mark 16:16

**Let's reflect:** How can I, by the power of God, apply these ingredients in my life and confirm my salvation through the grace of Jesus?

- 8. What should we do when we feel weak, discouraged, or even overcome by sin? Matthew 11:28-29
- 9. What is the sweetest invitation that Jesus extends to those who desire to enjoy the salvation He offers? Hebrews 4:7; Revelation 22:17

#### Sweet Truth for Us Women!

We dream of having someone who is truly passionate about us throughout life, and today, we discover that we have a God who is passionate about us, who spares no sacrifices to show that He loves us and desires to save us.

Nothing good we could do would grant us access to heaven. Only through the death of a righteous one (and Jesus is the only righteous one) could the debt of sin be paid. Our part is to accept His sacrifice on the cross and make Him the only Lord and Savior. The happy ending to this story depends only on you and me.

### Faith and Action Commitment:

I accept the salvation found only in Christ Jesus and desire to confess my sins and receive His forgiveness.

### Starting this week:

- Pray every day, confessing your sins to God, believing that His sacrifice is sufficient for the forgiveness of sins.
- Take care of your body, engage in physical activity, and improve your diet because you are a very special woman to God.
- Share with the three selected friends that they can obtain salvation in Christ who gave His life for them.
- ) Verse to memorize: John 3:16

Name:

# **The Sweetest Hope**

The Second Coming of Jesus

Have you ever experienced being away from home and felt anxious to return?

Although our home is the most precious place on earth, we sometimes go through pains, disappointments, illnesses, conflicts, and sorrows. Imagine living in a place entirely yours, where there is no danger or negative feelings. Well, it is such a place that Jesus went to prepare for all of us.

### 1. What is the sweetest promise we can find in the Bible? John 14-1-3

There are more than 2,500 Bible verses that talk about His second coming, and 300 of them are in the New Testament. This promise will be fulfilled because Christ always keeps His promises.

### 2. List what else the Bible states about the return of Jesus:

1 Thessalonians 4:16	
Daniel 2:44	
Revelation 1:7	
Matthew 24:30	

The second coming of Jesus will be magnificent with many grand sounds and thousands of angels, and it will be a worldwide event as everyone will see Him simultaneously, including those who were involved in His death and will be resurrected to witness His return

- 3. Who alone knows the date of Jesus' coming? Matthew 24:36
- 4. What sweet victory will be established at Jesus' return? Isaiah 25:8-9
- 5. Jesus' return also has another purpose recorded in Matthew 16:27. Find out what it is

Jesus is both King and Judge. He will bring judgment to every human being according to their choices and actions. Each will receive their reward according to their deeds.

6. What will happen to the dead in Christ and the living who remain faithful? 1 Thessalonians 4:16-17; 1 Corinthians 15:51-54

Faithful Living	
Faithful Dead	

7. What will happen to those who did not prepare for Jesus' return? Revelation 6:15-17; 2 Thessalonians 2:8

Terror will seize those who rejected or were indifferent to Jesus. They will wish to flee, but they won't be able to, being consumed by the glory of God.

- What should we do while waiting for His return? Luke 21:36
- 9. What great achievement will be reached before Jesus' return? Matthew 24:14
- 10. Complete the sentence expressing what those who love God will say when He is returning. Isaiah 25: 9

"Behold, this is our\_\_\_\_God, in whom we\_\_\_\_; He will save us. This is the \_\_for whom we waited; let us be glad and rejoice in His\_\_\_\_\_."

### Sweet Truth for Us Women!

Jesus' coming will mark the beginning of a new world without wars, famines, diseases, inequalities, injustices, sufferings, sorrows, pains, and tears. In short, we will return to our original home! It will be a sweet joy to live in such a world. However, the greatest privilege awaiting us is to be forever in the presence of Jesus, to touch the marks left by the nails and thorns, and to thank Him for such immense love.

### **Additional study**

Other information from Jesus about the time of His return:

- 1 Thessalonians 5:1-4 The day of His coming will come like a thief, but we don't need to be caught off guard.
- 2 Timothy 3:1 The days before Jesus' coming will be difficult.
- Revelation 21:1 e 2 The new Jerusalem will be the city where the Lord will take the saved.
- 2 Timothy 4:8 All who are eagerly awaiting His coming with love will receive the crown of righteousness.

### Faith and Action Commitment:

I desire to be prepared for this sweet encounter with Jesus when He returns for the second time.

### Starting this week:

- Thank God for the promise of Jesus' second coming and share it with your family and friends.
- O Maintain hope when faced with situations of sadness or suffering, for Jesus will return, and all of this will end.

Write down the names of people you would like to be with you when Jesus returns and what you will do to help these people make it a reality. Write down what you will do to help these people make it a reality.

Verse to memorize: John 14:1-3

Name:

# **The Sweetest Day is Approaching**

### Signs of the Second Coming

Have you stopped to analyze what great confusion our world is becoming? Have you noticed that something very strange is happening to our planet? Natural disasters have increased, we've never seen so many heinous crimes, violence, wars, and a globally imbalanced economy. What do all these facts tell us?

These crises announce that our world is deteriorating because a significant event, for the history of this planet, is about to happen. Today's study points out the signs indicating the sweet return of Jesus.

- 1. What special request did Jesus' disciples make Matthew 24:3
- Besides all these signs, Jesus presents one last sign that immediately after it, "the end will come." What is this sign? Matthew 24:14
- 3. Check the texts below and see how the Bible makes clear the signs indicating the soon return of Jesus. Mark with an X those that are happening.

- 1. Wars and preparations for wars (Matthew 24:6-7).
- 🔘 2. Famines, plagues, or diseases (Matthew 24:7).
- O 3. Earthquakes in various places (Matthew 24:7).
- 4. Increase in crime and wickedness (Matthew 24:12).
- 5. Increase in wealth for a few and global poverty (James 5:1-3).
- O 6. Labor issues and conflicts (James 5:4-6).
- 7. False security and peace (1 Thessalonians 5:3).
- 🔘 8. Increase in human knowledge and science (Daniel 12:4).
- 9. Fear and distress (Luke 21:25-27).
- 🔘 10. Insatiable pursuit of pleasures (2 Timothy 3:1-4).
- 🔘 11. Moral and religious decline (Matthew 24:4,5,11,24).
- 🔘 12. Abandonment of biblical truths (2 Thessalonians 2:3-4).
- 13. Increase in false religions (2 Peter 2:1).
- 14. Religious unbelief and belief in fables (Luke 18:8; 2 Timothy 4:4).
- 15. Social injustices (James 5:4).
- 16. False Christs and false prophets (Matthew 24:24).
- 17. Difficult times and economic crisis (2 Timothy 3:1; James 5:1-3).
- 18. Satanic manifestations (1 Timothy 4:1-2).
- 🔵 19. Disbelief in the return of Jesus (2 Peter 3:3-4).

- 4. What warning does Jesus give about these signs? Luke 21:28
- 5. What is the sweetest truth that Jesus offers us in the context of these signs John 3:36; Mark 13:13

### Sweet Truth for Us Women!

Dear friend, it's sad to see the decadence of humanity and the world, but at the same time, it's comforting to know that all of this indicates that our beloved Savior is already on His way to fetch us. As we look at so many catastrophes in the world, the decline of morality, the rebellion of children, the indifference of parents, this great global economic crisis, and all the other signs we studied today, we don't need to despair because there is hope that the day of our liberation is approaching.

### Faith and Action Commitment:

I believe that the signs indicate we are in the final moments of this world, and I want to prepare to meet Jesus.

### Starting this week:

Note down the signs you have seen or read about since last week that indicate the proximity of Jesus' coming.

Share this topic with your family and those three friends for whom you have been praying. Show them the Bible passage below, which brings the hope of Jesus' coming.

Verse to memorize: Luke 21:28

Name:

# **Pode Um Julgamento Ser Doce?**

### Juizo final

Have you ever felt unjustly treated, been judged, or participated in a trial? These situations are extremely uncomfortable for us women. However, when we are in the right, when we are innocent, we don't need to fear, as judgment is a moment of liberation and justice.

There are unquestionable statements in the Bible about the establishment of a judgment to which every human being will be subjected. Each will be judged based on the light they had access to, the choices they made, especially regarding the salvation offered through Jesus, as well as their faithfulness to God.

- 1. How can we be sure that there will indeed be a great judgment? 1 Chronicles 16:33; Psalms 96:13; Jude 14,15
- 2. How many will appear before God's tribunal? Romans 14:10; 2Corinthians 5:10
- 3. What will be judged when the judgment is instituted?
- Ecclesiastes 12:13-14
- Matthew 12:36
- Revelation 20:12

- 4. What norm or standard of conduct will be adopted in this judgment? James 1:25; 2:10-12
- What is revealed about judgment, and what will God use to confront our deeds? Daniel 7:9,10; James 2:12; Revelation 3:5; 22:19

### How the judgment of each person will be done

- 1. The book of life is opened to see if the name is written and if they accepted Jesus.
- 2. The book of sins is opened to see if there was confession and abandonment of sins. Those who confessed and overcame will have their offenses erased (Revelation 3:5; 21:27). Those who did not confess and abandon will have their names removed from the book of life.
- 6. What is Jesus' role in judgment? John 5:22; 1John 2:1
- 7. Analyze the phases of judgment:
- a. Investigation phase: Occurs before Christ returns, initiated on October 22, 1844, at the end of the 2,300 days of Daniel's prophecy. The aim is to justify God's character before heavenly beings and determine who will be saved or not at the time of Jesus' return. Daniel 8:14; 9:24-27; Revelation 14:6,7
- b. Confirmation phase: Occurs after Jesus' return when the saved are in Heaven. The goal is to justify God's character before the redeemed who will have access to the records of the books and confirm the Lord's justice. This will happen over a period of 1000 years. Revelation 20:4; 1 Corinthians 6:2
- c. **Execution phase**: Will occur after the 1000 years. The goal is to show how God is just before all beings, both good and evil. The resurrected wicked will be summoned by Satan to wage war. As they are condemned, fire will come down from heaven and consume them. Revelation 20:7,11,15; Matthew 25:34,41

8. What hope can we have regarding judgment? 1John. 2:1; Romans 8:1;

### Let's reflect: What does this mean to you?

### Sweet Truth for Us Women!

Having a reliable advocate who assures us of liberation and justice is reassuring. When He returns, He will bring the reward for all who accepted Him as their Savior, so there is nothing to fear. Judgment is part of a plan of love and salvation.

As we do not know when the opportunity for salvation will end, the Bible tells us: "Behold, now is the favorable time; behold, now is the day of salvation" (2 Corinthians 6:2).

### Faith and Action Commitment:

I accept and trust Jesus as my Redeemer, and I will not fear the process of judgment because I have Him as my advocate and liberator.

### Starting this week:

- Confess your sins every day and with God's help abandon them.
- Share this special truth of salvation in Jesus with the group you have chosen.
- Invite your friends for whom you have prayed to take a walk, and while walking, share about the certainty of salvation and that God is just and merciful.
  - Verse to memorize: 2 Corinthians 5:10

Name:

# **The Sweet Action We Receive**

Intercession in Heaven

I remember when we moved to a new city and went house hunting. The first time we visited the house that later became our choice, what was supposed to be a garden had turned into a huge thicket due to being unoccupied for some time. When we decided that would be our home, the overgrowth became our concern. It was no longer the house's thicket; it was now our garden's thicket, and we took the necessary steps to address it.

Did you know that God also has a dwelling place? If we care about our home, God also cares about His sanctuary. Today's study will teach us the sweet truth that God still has a sanctuary.

- 1. What important request did God make to Moses in the past Exodus 25:8
- 2. How was Moses supposed to make God's sanctuary? Exodus 25:40
- () Randomly () Following the shown pattern
- 3. What furniture and details composed the sanctuary?

Exodus 27:1 Exodus 30:18

Exodus 25:23			
Exodus 25:31			
Exodus 30:1			
Exodus 25:10			

When we read Leviticus 4:27-30, we observe that, in the Old Testament period, God instituted a way for the people to understand the forgiveness of their sins. Forgiveness for sins is granted to man by the grace of Christ, and the symbols used in the sanctuary were meant to remind of Jesus' death, the Son of God who would shed His blood as the Lamb of God that takes away the sin of the world (John 1:29).

- 4. The tabernacle was divided into two compartments:
- Every day the \_\_\_\_\_\_\_ entered the first compartment of the sanctuary, the Holy Place. . Hebrews 9:6
- Only once a year, the \_\_\_\_\_\_e ntered the second compartment, the Most Holy Place. Hebrews 9:7. This was called the Day of Atonement when the sanctuary was purified from all the sins of the people..
- 5. What happened to the earthly sanctuary at the time of Jesus' death? What does this mean? Matthew 27:50-51; Hebrews 10:4 e 12
- 6. What sanctuary currently exists, who made it, and what evidence do we have that it exists? Hebrews 8:1-2; Revelation 11:19

This sanctuary that exists in Heaven was the model shown to Moses, according to which the people of God built the sanctuary here on earth.

7. Who is our high priest today, and what does He do for each of us? Hebrews9:24-25; 7:25-27

Jesus is our Mediator, our Intercessor. Just as the priest mediated for the people of Israel, Christ does for us today. His blood shed at Calvary is the guarantee for us to be accepted. Just as the Day of Atonement approached for the purification of the earthly sanctuary, similarly, starting in 1844, Christ initiated the last phase of His ministry in Heaven, beginning the work of investigative judgment.

### Sweet Truth for Us Women!

When the repentant sinner went to the sanctuary and offered a sacrifice for their sins, they were transferred to the lamb and to the sanctuary itself. From that moment on, confessed sins became a matter to be "resolved" by Jesus. Just as the thicket in the new house became my thicket and my responsibility, confessed sins were taken on by Christ, who forgives us and allows us to live a new life.

There is no reason to feel alone and burdened with guilt. He accompanies us and fights our battles.

### Faith and Action Commitment:

I accept Jesus's intercessory work in the heavenly sanctuary and want to surrender my life to Him.

### Starting this week:

- Thank Jesus for being your Intercessor.
- Intercede for your group of three friends and for someone else who may need it, then send a little note saying you're praying for them.
- Choose a place in your home to be the "altar" where you will always open your heart to God.
- Verse to memorize: Hebrews 9:24

Name:



### The Word That Is Sweet on the Tongue Secrets in Prophecies

Women love to talk, meet friends, and communicate. God also loves to communicate with us, and this desire is so intense that, besides the Bible, He has established other forms of communication.

# 1. How did God communicate with created beings before sin? Genesis 3:8

After sin, humans came to know both good and evil and could no longer see God face to face. Hence the need for another form of communication. Genesis 3:22; Exodus 33:20

2. What system did God use afterward to reveal His will, His secrets to the people, and entrust His Word? Amos, 3:7; Numbers 12:6

The word "prophet" in the Bible means "messenger" or "spokesperson." God chose people to be His messengers (Exodus 7:1, 2), and they were to faithfully transmit His message.

3. What does the Bible say about the spiritual gifts given to the church? Romans 12:6,7; Ephesians 4:11,12

Paul cited the gift of prophecy as present in the church awaiting the second coming of Christ. Like other gifts, this gift is related to the edification of the church and the preaching of the gospel.

4. What prediction does the Bible make about the manifestation of the gift of prophecy in His church in the last days? Joel 2:28; Revelation 12:17

The term "spirit of prophecy" in Revelation 19:10 can be defined as the Holy Spirit speaking or prophesying through a prophet chosen by God. According to the Bible, the "spirit of prophecy" would manifest in the last days with a specific and special purpose: to guide the church.

 What recommendation does the Bible make about our attitude toward the gift of prophecy? 2Chronicles 20:20; 1Thessalonians 5:20

6.	List	another	column	acknowledging	some
	charac	teristics of	the true pr	ophet:	

1. Deuteronomy13:1-3	( ) Does the will of God and does not prac- tice iniquity.
2. Deuteronomy 18:21,22	() Keeps the commandments of God.
3. Isaiah 8:19,20	( ) Performs wonders and leads people to the true God.
4. Matthew 7:15,16	() Known by the fruits of life.
5. Matthew 7: 20-23	() Consults God and not spirits.
6. 1John 2:3,4	() What he says comes true.
7. 1John 4:1,2	() Believes that Jesus is GOD.

7. Regarding which phenomenon did Jesus warn would arise at the end of times? Mark 13:22; Matthew 7: 22-23

8. What reasons do we have to accept the gift of prophecy manifested in the ministry of Ellen White?

Ellen G. White was born on November 26, 1827. She received her first vision in December 1844 and served in ministry for 70 years. Ellen had about 2,000 dreams and visions, and her literary production exceeded 100,000 handwritten pages, addressing topics such as health, education, family, psychology, but above all, Christ and His great sacrifice. She was a faithful servant of God, had a life dedicated to Him, and her actions testified to that. She always exalted the incarnate Christ, her prophetic predictions were fulfilled as announced, and all her teachings harmonize with the Bible. She consistently emphasized that her writings were a lesser light leading to the greater Light.

#### Sweet Truth for Us Women!

God desires to communicate with us so much that, in addition to giving us the Bible, He has also provided the gift of prophecy to provide more information about our beloved Savior, how we can grow in physical, emotional, family, and relational aspects to lead a truly happier, more productive life and a character more like Jesus.

#### Faith and Action Commitment:

I believe in the gift of prophecy as revealed in the Bible and accept this manifestation in the lives of ancient prophets and in the recent ministry of writer, educator, and prophetess Ellen White.

#### Starting this week:

- Start reading a book from the Spirit of Prophecy, such as "Steps to Christ."
- Share a Hope book with your three friends for whom you have already prayed and shared the Word.
- 🔿 Verse to memorize: Amos 3:7

M	2r	ne	•
ТA	aı	ne	•

#### I Thou shalt have no other go before Me.

any gen shak not make man shee that is in heaven above, or any likene smart shag beneatly, he is in the water and the such that is in heaven above, or this is in the beneatly those shares and the second state of the those shares and the second state of the nor serve time for the LOAD by Gool and space shares and the share shares of the theory space shares and for and fourth generation of them that has Mag and fourth generations of them that has the and sharing measures on them share has been also been and the share space of the shares of them that low Mag. and shares of the shares of them the low second shares of the shares of them the low second shares of the share

Thou shalt not take the name of the LORD thy God in vain; or the LORD will not hold him guiltle that taketh bits around the guiltle Honour thy father and thy mother: that thy days may be long pon the land which the LORD thy Co. 1

> VI Thou shalt not kill.

VIII Thou shalt no

### The Recipe for Sweet Happiness

God's Law

Being happy is the dream of every person, but the concept of happiness has been distorted by sin, which has been associated with drinks, drugs, fame, money, and a kind of freedom where no one can tell you what to do. However, happiness comes in harmony with some laws that protect and guide us.

When we have children, we establish laws and rules because we love them and are thinking about their safety, care, and happiness. God acts in the same way with us. His laws protect us, connect us with Him, and allow us to enjoy genuine joy and satisfaction.

#### 1. List some adjectives attributed to God's law. Psalms 19:7-10

David was a great king who seemingly had everything to be happy, but he acknowledged that God's Law was the source of happiness when he declared: "Oh, how I love Your law" (Psalms 119:97).

2. Who wrote the law? Exodus 31:18

3. Read the texts from the Old Testament and see how each of them is confirmed in the New Testament.

	TEXT	COMMANDMENT
I.	Exodus 20:3 (Matthew 4:10)	
II.	Exodus 20:4-6 (1John 5:21; Acts 17: 29)	
III.	Exodus 20:7 (1Timothy 6:1)	
IV.	Exodus 20:8-11 (Matthew. 24:20; Mar. 2:27,28; Hebrews 4:4,9,10; Colossians 1:16)	
V.	Exodus 20:12 (Matthew 19:19)	
VI.	Exodus 20:13 (Romans 13:9)	
VII.	Exodus 20:14 (Matthew 19:18)	
VIII.	Exodus 20:15 (Romans 13:9)	
IX.	Exodus 20:16 (Mark 10:19)	
X.	Exodus 20:17 (Romans 7:7)	

### 4. Write what the following texts reveal about:

The Law		
Romans 7:12		
Matthew 5:18		

Jesus and the Law	,
Matthew 5:17	
John 15:10	

Us and the Law

Romans 3:31			
James 2:10			
1John 5:2-3			
Us, the Law, and	God		
Ecclesiastes			
12:13			
John 14:15			
1.John 2:4			

God's law is eternal like Him; it was never abolished, not even at the cross when Jesus died. Just as a mirror reveals the dirt on our face, the law shows the impurity of our hearts. Without awareness of our sinfulness, we will not seek the Lord for forgiveness and cleansing.

#### Sweet Truth for Us Women!

In recent years, we women have gained rights that are now provided for by law. If men are capable of drafting laws that ensure our rights and consequently a better life, imagine God, who created us and knows our needs perfectly.

Laws do not imprison us, but make us liberated women, as they put us in a field of protection against bad practices and the dangers of sin.

#### Faith and Action Commitment:

I desire to seek the power of the Holy Spirit to be faithful and obey all the commandments of God's Law.

#### Starting this week:

- Reflect on all the commandments of God's law and see which ones you need to dedicate more to demonstrate true love for Him.
- Pray for your three friends to have open hearts to accept God's Law and His will.

🔵 Verse to memorize: 1 John 4:8

Name:

### The Sweetest Day of the Week

The Lord's Day

Can you remember a day in your life that was awaited with much anticipation?

Perhaps it was your wedding day, the birth of your child, maybe the arrival of your beloved, or it could have been your graduation day. What feelings did you have about that day? How did you act as the date approached?

God also has an expectation regarding us. He established a day each week to be completely in tune with us.

1. Who established the Sabbath as a special day, and what did He do on that day? Genesis 2:2-3

God rested not because He was tired (Isaiah 40:28), but to relate to the newly created man and leave us an example (Isaiah 58:13, 14).

## 2. For what purpose was the Sabbath given to man? And how long will it last? Exodus 31:13-17; Psalms 119:151-152

The Sabbath is eternal, just as God's law is eternal. Even in the New Earth, the children of God will come every Sabbath to worship their Creator.

### 3. Which day did these biblical characters keep?

Jesus - Luke 4:16,31

Virgin Mary - Luke 23:53-56

Paul - Acts 13:14, 42,44; 17:2

Followers of Jesus - Matthew 28:1

In Matthew 12:8, Jesus says He is the Lord of the Sabbath, so the Sabbath is the Lord's day. The Sabbath is Christian, not Jewish. In Isaiah 58:13, the Sabbath is called "my holy day."

#### 4. Did Jesus abolish the Sabbath? Matthew 5:17

The book of Luke was written 28 years after the resurrection, and the biblical record says that the disciples rested according to the commandment.

#### 5. When does the Sabbath begin and end? Genesis 1:3-5;

The Bible mentions "evening and morning" on each day of creation. Evening means the dark part (night), and morning the light part (day). It's worth noting that Jesus himself cited that the daylight part of the day has 12 hours, leaving 12 hours for the night (John 11:9). The book of Nehemiah (Nehemiah 13:19) confirms the observance of the Sabbath from sunset.

#### 6. Biblical recommendations on what:

Not to do on the Sabbath	To do on the Sabbath
Isaiah 58:13-14	Exodus 20:8 Matthew 12:12 Mark 1:21 Luke 4:16

7. What promise of hope is there for faithful Sabbath keepers? Isaiah 56:2,6-7

#### Sweet Truth for Us Women!

We women complain when our boyfriend, fiancé, or husband doesn't pay attention or dedicate time to us. But our King and Bridegroom Jesus set aside a day every week for us to have a special and quality time with Him every Sabbath in His house. We will spend a day with God, with family and friends, doing good, studying the Bible, and sharing with others what we have learned. Therefore, our daily occupations will not be part of the routine of this day, and this will require organization (Exodus 16:23). The week becomes even more special because it is the preparation for the holy Day of the Lord!

#### Faith and Action Commitment:

I recognize that the Sabbath is the true day of rest for all Christians, and I believe it is God's will that I sanctify this day.

#### Starting this week:

- Try to organize your activities to complete them before sunset on Friday. Involve the family in carrying out these activities so that when Sabbath arrives, everyone can have physical, mental, and emotional rest.
- O Go to the house of the Lord to worship Him in the morning.
- Organize a different activity for Sabbath afternoon with your family or help someone in need, or take a nature walk.
- Experience receiving the Sabbath with your church friend and then invite one of your three friends to have the same experience with you.
- Verse to memorize: Exodus 20:8

Name:

### Where to Find the Sweet Truth

The Church of God

Imagine yourself walking along a straight road for about 3 km. At the end of the journey, you come to a crossroads. That path that was once easy to follow has now become a big question mark: "Which direction should I take?" "Which path will truly lead me to the destination I'm seeking?" "What is the true path?"

Jesus clearly stated in Matthew 7:21 that "not everyone who says to Me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who does the will of My Father who is in heaven."

Therefore, we need to know what His will is so that, based on these guidelines, we can identify the true path to follow the principles ordained by Jesus that lead us to Heaven.

- 1. According to the Bible, does God acknowledge that there is a plurality of truths? Ephesians 4:5
- 2. How can we identify if someone or some church is preaching the truth and fulfilling the will of God? Matthew 7:16; John 7:17; Galatians 1:8-9

God warns us in His Word that although many may call upon the name of God, there is only one faith. He also teaches us that we need to observe the fruits to identify if they are in harmony with divine precepts. We will know if we are in the correct church by verifying if the doctrines of this church are those instituted in the Bible as the true doctrines.

God revealed in His Word 8 characteristics or foundations that indicate a true church.

#### 1st Foundation: 2Timothy 3:16; Ephesians 2:19-20

The true church accepts the entire Bible (Old and New Testaments).

#### 2nd Foundation: Acts 4:12; 16:30,31

The true church believes that salvation occurs only through faith in Jesus.

#### 3rd Foundation: Revelation 1:7; John 14:1-3

The true church teaches that Jesus will return to this world to gather His children.

#### 4th Foundation: John 14:15; 1John 2:4; Revelation 14:12

The true church observes the Ten Commandments, the Moral Law of God.

#### 5th Foundation: Revelation 12:17; 19:10

The true church, in addition to keeping the "Commandments of God," possesses the "Testimony of Jesus," clearly identified as the "Spirit of Prophecy."

6th Foundation: Luke 23:56; Ezekiel 20:12,20.

The true church observes the seventh-day Sabbath, as it is God's seal upon His people.

7th Foundation: Romans 12:1; 1 Corinthians 10:31; 6:19-2

The true church practices health principles prescribed in the Bible.

8th Foundation: Matthew 24:14; Revelation 14:6

The true church is a worldwide movement that proclaims to every creature the return of Jesus. People who are part of the Church of God are called "saints." Holy does not mean someone perfect, without sin, but someone who has been set apart by God and belongs to Him.

#### Sweet Truth for Us Women!

In this troubled world, presenting so many teachings and paths, we often feel lost in finding the right direction and the church of the true God. It is wonderful to know that in His Word, God left clear instructions where we can find the right path that brings us closer to Him and to the benefits and promises.

#### Faith and Action Commitment:

I believe that the Bible presents the characteristics of the true church and recognize that the Seventh-day Adventist Church has the 8 characteristics or foundations of truth.

#### Starting this week:

- Thank God for making clear the way of finding the true church.
- Attend the services of this church and invite your family and friends for whom you have prayed.
- How about deciding to join this church?
- 🔿 Verse to memorize: John 7:17

Name:

### **The Sweet Flavor of Health**

What to do, what not to do

One of our major concerns is regarding our health and that of our family. According to the World Health Organization (WHO), health is a state of complete physical, mental, and social well-being and not merely the absence of disease. Therefore, for our joy, God has given us instructions for this.

- 1. What is God's desire for us? (3 John 2) and what is the promise for those who obey His teachings? Exodus 15:26
- 2. When man was created, what was the diet given by God? Genesis 1:29
- 3. With this diet, what was the lifespan of people? Genesis 5:5-8,27; 9:29
- 4. On what occasion did God permit the consumption of animal flesh? Genesis 9:1,3-4

The consumption of meat was to be temporary until the earth produced its fruits again.

- Even while allowing the use of animal food after the flood, what specifications were given about the animals? Leviticus 11:47; Genesis 9:4
- 6. Identify the characteristics of animals, birds, and fish that are clean and the characteristics of those that are unclean, being prohibited for consumption.

Clean: Leviticus 11: 2-3,9 Unclean: Leviticus 11: 4-7,10,12,13-20		
	Clean: Leviticus 11: 2-3,9 Unclean: Leviticus 11: 4	-7,10,12,13-20

- What does the Bible recommend regarding the consumption of strong drink like alcohol? Proverbs 20:1; 23:29-35
- 8. Why is taking care of the body so important? 1Corinthians 6:19-20

Being the temple of the Holy Spirit, anything that harms our health is wrong. Within this principle fall all drugs (cigarettes, marijuana, cocaine, crack, etc.). It is worth mentioning that the consumption of coffee and other stimulant drinks is also harmful and should not be used. Hygiene habits are also considered important by God. (Deuteronomy 23:9-14)

9. What wonderful advice does the Bible offer us? James

#### Sweet Truth for Us Women!

As women, we are very concerned about our appearance, but God is concerned about our health. Often, we learn lifestyle habits that

are not entirely in harmony with God's will. Our beloved Father does not overlook "times of ignorance" (Acts 17:30), however, He desires that His name be honored through our bodies (1 Corinthians 10:31) so that it may be the dwelling place of the Holy Spirit.

Hygiene habits are also considered important by God. (Deuteronomy 23:9-14) To help us, He revealed through the Spirit of Prophecy health principles and the 8 natural remedies: water, fresh air, balanced diet, exercise, sunlight, temperance, rest, and trust in God, which, if practiced, will give us quality of life, energy, and prevention of many diseases.

#### Faith and Action Commitment:

Yes, I desire to glorify God in my body and will only use foods approved by the Lord.

#### Starting this week:

- 🔵 Drink 8 glasses of water per day.
- Exercise regularly.
- 🔿 Get sunlight at some point during the day.
- 🔿 Breathe fresh air or engage in outdoor activities.
- Go to bed earlier to get an average of 6 to 8 hours of sleep per night.
- Take care of my diet, using more natural ingredients.
- Maintain balance and self-control in all things.
- Feed my trust in God.
- 🔿 Verse to memorize: 1 Corinthians 6:19

Name:	Date:

### Sweet and Appealing to the Eyes of God

#### The Beauty that Delights

Who doesn't like to feel attractive? Beauty is something sought after by many who are willing to spend fortunes. Did you know that God also appreciates beauty, good taste? If you take a brief look at Genesis 1, you'll see that at the end of each created work there is the following declaration: "And God saw that it was good."

If when creating plants, stars, and animals, God considered them beautiful and very good, imagine how much effort He put into creating humans, the masterpiece of His creation?

#### 1. How does Jesus consider us in Matthew 5:14?

We should reflect the light of Jesus. Thus, our tastes should be in harmony with the beauty principles He established in His Word.

## 2. What standards or principles does the Bible present to us for:

Philippians 4:8	I Corinthians 10:31; 1Timothy 2:9-10

## 3. What adornment is most interesting to God in women's clothing? 1 Peter 3:3-4

In Ezekiel 23:38 to 43, God represents His people in apostasy with a woman adorned with ornaments, bracelets, and tiaras. The text is a symbolic account, but it makes it clear that the use of paints and jewels is a pagan practice and their use is linked to apostasy, idolatry, and adultery. Jewels can be classified as ornamental or functional. Functional ones serve a relevant purpose in culture and meet real needs, such as wedding rings and watches. Ornamental jewels serve only as adornments to embellish the body and feed the vanity imposed by fashion or culture. Often the use of certain clothes, as well as jewels and accessories, is a form of display and ostentation, drawing attention to oneself instead of reflecting the light of God.

4. What was the people's response to God's appeal for their re-consecration? Genesis 35:1-5; Exodus 33:3-6

God often calls the people to repentance, to a change of life, to consecration by asking them to leave vanity objects aside.

- 5. How is the great harlot of Revelation described? Revelation 17:4
- 6. How should we act regarding aesthetic standards instituted by the world, as well as secular entertainments such as: cinema, dancing, public spectacles, 1 John 2:15-17;
- 7. What hope can someone have who accepts the happy invitation to be attractive in the eyes of God? 2 Peter 1:4

#### Sweet Truth for Us Women!

The world has presented some standards of beauty, relationships, and behavior that are not always in accordance with the principles that God has revealed for our happiness and for those who want to follow Jesus. Woman is beautiful because she was made in the image and likeness of God. Even though sin has tarnished this image, we are still a masterpiece of creation. As a Christian woman, we will be beautiful because: (1) we will take care of our body by eating well and having healthy habits; (2) we will live in complete happiness with God because a joyful heart beautifies our face (Proverbs 15:13); and (3) we will possess character and behaviors that will truly make us admirable. God wants us to be different, showing the world the radiance of someone who is beautiful in the eyes of God.

#### Faith and Action Commitment:

I desire to be a woman beautiful in the eyes of God, understanding that outward appearance reflects what I have inside, so I will take care of what I intend to wear because they are a sign of what I have in my heart. May Jesus be the center of my life and not personal will.

#### A partir destas semana:

- Seek guidance from God on which aspects of your life you should adopt a lifestyle that pleases Him more, and ask Him to help you not to desire the use of jewelry and other ornaments, to wear clothes that are in accordance with the biblical principle of modesty and decency.
- Take care of your skin with appropriate cosmetics, not using makeup that draws attention.

🔵 Verse to memorize: 1 John 2:15

Name:

## **A Sweet Partnership**

Money that Belongs to God

In recent years, women have advanced in many areas, including entrepreneurship. But entrepreneurship is not something simple; it is one of the great challenges that requires financial management. Now, imagine what it would be like to have an efficient partner who helps with these issues? Did you know that God wants to be this special partner in our lives? In addition to guiding and inspiring, He wants to bless and make His children financially prosperous. How can we enter into this partnership with God? What criteria exist for this partnership?

Let's see what the Bible teaches us about this subject.

- 1. What precious, priceless gift did God give to all of us? 1John 4:9
- 2. Who is the true owner of all things? Psalms 24:1; 50:10,11; Haggai 2:8
- 3. From where does wisdom and strength come to acquire riches? Deuteronomy 8:17,18
- 4. How should we manage what we receive from God? Leviticus 27:30; Malachi 3:10

God is the owner of everything, but He has entrusted us with the administration and use of the land and its resources (Genesis 1:28; 2:15). The Israelites worshipped God with tithes, meaning 10% of everything they produced. We are also instructed to do the same. By returning the 10% that belongs to Him, He still allows us to manage 90% of everything He lends us.

- 5. What example did the patriarchs set regarding the return of tithes? Genesis 28:20-22
- 6. What did Jesus say about God's divine plan for tithes and offerings? Matthew 23:23; Psalms 96:8; 2 Corinthians 9:7-8
- 7. To whom should we entrust the administration of tithes? Numbers 18:21; Malachi 3:10

**Note:** The priests who represent the house of the treasury (the institutional treasury) are the modern responsible parties for the administration of tithes according to God's criteria.

- 8. How does God refer to those who withhold tithes and offerings? Haggai 1:6; Malachi 3:8
- 9. What certainty can faithful tithe payers and offerers have? Proverbs 3:9,10; Malachi 3:10-12

#### Sweet Truth for Us Women!

When we organize our lives to return our tithes and offerings to the Lord, He promises to bless us in unlimited ways. However, this should not be seen as a bargain but as a partnership where, by being faithful to Him, we can be sure that He will bless us so that we can also be blessings to others.

#### **Additional Study:**

The Seventh-day Adventist Church manages tithes and offerings with utmost seriousness and in a well-organized manner, aiming to meet the various needs of its missionary fronts. The majority of the offerings collected in the local church go towards its projects and maintenance. Part of the offerings and all the tithes are sent to the regional administration of the church (Conference/Mission), which manages this fund to meet local needs for preaching the gospel, maintaining the ministry, supporting church structures, and sharing part of these funds with broader geographical regions of the work (Union, Division), reaching even the most distant places on the planet.

#### Faith and Action Commitment:

I desire to be a faithful tithe payer and giver according to Your Word, supporting the evangelistic ministry, for I believe that God is my Creator, Sustainer, and Owner of all things

#### Starting this week:

- Invite God as a partner in all your endeavors.
- Set apart your tithe and offering, returning to God what belongs to Him as an expression of gratitude and worship.
- 🔿 Verse to memorize: Malachi 3:10

Name:

### **The Wisest and Sweetest Decision**

A Matter of Life or Death

Once, I met a young woman who feared deciding to marry because she was afraid of not having found the right person and regretting it in the future. Indeed, most of our decisions involve a certain degree of risk: we can succeed or fail. There is one decision that is the most important of all, and it doesn't offer the risk of failure, but rather success, accomplishment, and happiness. Do you want to know what decision this is?

- 1. Jesus stated that we have a great need. What would that be? John 3:7
- 2. According to Jesus, who will enter the kingdom of God? John 3:5

Being born of water has to do with going through baptism by immersion. This birth occurs as a milestone that divides life before accepting Jesus as Savior and Lord, and life after accepting Him. The birth of the Spirit, on the other hand, is something daily. It is about receiving the Holy Spirit daily and being guided by Him. Every day we need to be born of the Spirit, have our minds guided by Him, and thus produce good works by the power of God. Only through the action of the Holy Spirit in our lives can we live a life of integrity before God.

#### 3. And who will be saved? Mark 16:16

4. What does baptism mean? Colossians 2:12; Romans 6:4

The word "baptism" comes from the Greek term "baptizo," which means to dip and immerse. Paul compared baptism to death, burial, and resurrection. When we are baptized, we die to sin, bury the old life, and are born into a new life.

#### 5. How many baptisms are true? Ephesians 4:5

Although there is only one baptism, ancient peoples practiced baptisms of fire, blood, sand, and water.

- 6. How does the Bible describe the baptism of Jesus? Mark 1:9-10; Matthew 3:16.
- 7. What things need to happen before baptism?
- a. Acts 2:38; Mark 1:15
- b. Acts 2:41
- C. Acts 8:37-38
- d. Matthew 28: 19, 20 \_\_\_\_\_
- 8. When Paul understood the truths about Jesus, what decision was he instructed to make? Acts 22:16

If a person accepts biblical truths and Jesus as Savior, then it is time to make the decision. There is no time to lose.

9. What special blessing is reserved for the moment of baptism? Galatians 3:27

- 10. Where can we find protection against possible stumbles? Jude 24-25
- 11. When should the decision for baptism be made? Hebrews 3:15; 2 Corinthians 6:2

"And now why are you waiting? Arise and be baptized, and wash away your sins, calling on the name of the Lord." Acts 22:16

#### Sweet Truth for Us Women!

Unlike all other decisions in our lives, the only one without risk is to unite our lives with Jesus. Having Jesus as the sovereign Lord is the bravest, most important, and

wisest choice we can make. Know that at this very moment, God the Father, God the Son, and God the Holy Spirit are eager to hear your choice.

Whenever someone accepts the divine invitation for baptism, there is much joy in heaven. Only those who experience this new relationship model with God know how careful and loving He is to those who belong to Him. Try it, and you will see!

#### Faith and Action Commitment:

I desire to be baptized and join the church of God on Earth.

#### Starting this week:

- Make the decision to be baptized like Jesus and ask for the daily baptism of the Holy Spirit.
- Invite your family and your three friends, for whom you have prayed and shared teachings, to witness your baptism.
- Pray for each of them to accept Christ Jesus and desire to know more about Him in His Word.
- Verse to memorize: Matthew 16:16

Probable Baptism Date: \_\_\_/\_\_\_/\_\_\_.

Name:

### **16. A Sweet Gift from God** Our Talents and Spiritual Gifts

I know you're a talented woman even though I don't know you. What are your talents? Cooking, sewing, being a friend, speaking, leading, singing, playing instruments...

When we are born, we receive natural talents and usually use them for our careers, hobbies, or to make our lives easier. But, you need to know that, besides this, when we surrender to Jesus, receive Him as Lord and Savior, and get baptized, we receive spiritual gifts from the Holy Spirit, with the purpose of being used by Him to bless others and fulfill a personal and corporate mission: preaching the gospel to the whole world (Matthew 24:14).

The apostle Paul warns about gifts in 1 Corinthians 12:1
 "Now concerning spiritual gifts, brothers, I do not want you to be \_\_\_\_\_\_"

When we know the truth about spiritual gifts, we can experience the joy of serving God and the body of Christ to the fullest.

#### 2. Are spiritual gifts gifts or achievements? Ephesians 4:7-8

Although gifts are gifts from God, we need to strive to identify and perfect them; growing daily in our abilities to serve God's purposes.

- 3. How are gifts distributed to people? 1 Corinthians 12:11, and how can we discover our spiritual gifts? 1 Corinthians 14:1
- What attitude should we have towards our gifts? I Timothy 4:14;
- 5. What are the purposes of the gifts? 1Corinthians 14:12; Ephesians 4:12
- 🔿 To make us happy
- O Development of ministries
- O Building up the church
- O To overwhelm us with activities
- O Perfecting the servants of God

#### 6. The Bible presents various gifts. Identify some of them:

Romans 12:6-8 \_\_

I Corinthians 2:8<del>-10</del>

Ephesians 4:11

Gifts are diverse, and through them, we are blessed and become a blessing to God's people, to God's church, to all of God's creation.

# 7. Besides the gifts of the Spirit, what other gifts of the Holy Spirit should we seek?

Acts 1:8 \_\_\_\_\_\_ of the Spirit.

Galatians 5:22,23\_\_\_\_\_\_\_of the Spirit.

This triple blessing of the Holy Spirit represents His fullness and completes us in all our spiritual, functional, and relational needs.

8. Why are all those born again bestowed with spiritual gifts? Romans 12:4,5

Interdependence means that in the Body of Christ (the church), everyone is capable of contributing and also receiving help to perform the service of the Lord.

9. Is there any privileged gift that can be placed above the others? 1 Corinthians 12:20-25

**Let's reflect:** Although humans may value one ministry more than another, this does not mean there are second-tier ministries.

#### Sweet Truth for Us Women!

Do you perceive the value of this gift? It is something supernatural, because it is granted by Someone of divinity, which should be seen with a spirit of reverence and, at the same time, joy, satisfaction, and honor. Use your gift or spiritual gifts, initiating your personal ministry with confidence, because you have been equipped to do something personal and special. Remember that being equipped with gifts does not mean they are developed, but that you have the essentials to start. Development depends on you seizing opportunities and engaging in ministries of blessings for the church of God, for people's lives in general, and for the preaching of the gospel. The Holy Spirit does not make mistakes. He has given or will give you gifts that match your personality

#### Compromisso de fé e ação

Yes, I believe in spiritual gifts and want to pray and stay alert to discover the gifts that God has given me and prepare to perfect them and through them develop my ministries.

#### **Starting this week:**

Pray to God asking Him to reveal what your spiritual gifts are and identify which ministries in the church you are most inclined towards. Think about how you can win over your three friends for Jesus even more, choosing an action that makes them feel special:

Verse to memorize: 1 Timothy 4:14;

Name:

### **The Sweet Call to Discipleship**

Discipleship

"A disciple is a person who submits to a master to learn and grow, aiming to become like the master, walking and living in submission to him."

The disciple of Christ knows that they need to prepare for fulfilling the mission He left us, while seeking a personal experience with the master Jesus, to the point of being able to say like Paul: "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me" (Galatians 2:20). Being a disciple also involves preparing other people to be disciples.

#### Seven essential actions in discipleship

- **1. Visitation:** We visit our disciple's home and bring them to ours, bringing families closer.
- 2. **Readings:** We share selected literature encouraging them to read regularly.
- **3. Dedicate time:** We nurture the connection between us. We keep in touch and stay connected frequently.
- 4. Coexistence: Our disciple needs to learn with us through our words at all times, but especially by living together.

- **5. Experience**: We provide opportunities for our disciples to develop in ministries, helping them identify their area of talent or gift.
- **6. Prayer:** We include our disciple in our prayer agenda and let them know about it.
- Mentoring: We accompany this person, helping or guiding them whenever possible.
- 1. What is the most basic reality of the discipleship experience? 1Corinthians 4:16; 11:1; Galatians 2:20
- 2. The master works in discipleship with a powerful instrument of reproduction.What would it be? John 13:5
- 🔵 Argument
- 🔿 Example
- 🔿 Persuasion
- 🔵 Pressure
- 3. What is the price for discipleship? Matthew 16:24; Luke 14:26,27

We need to deny ourselves and everything that keeps us from living like Jesus. The text from Luke leads us to understand that when there are disagreements between the opinions of others and the will of God, we should choose God's will, but without fighting and ceasing to love these people. "Cross" means suffering and rejection. Mark 8:31-38 says that if we are disciples of Jesus, we will not be discouraged by these situations. The disciple doesn't choose to suffer, but they don't deviate from their purpose in the face of the possibility of suffering. Many want to be Christians without a cross, without renunciation, denial of themselves, and breaking away from the world. This is impossible!

4. What teachings are observed by Christ's disciples? John 8:31; 10:27

- 5. What promise of reward did He give? John 12:26
- 6. What task stands out in Jesus' order depicted in the Great Commission? Matthew 28:19-20

"Therefore \_\_\_\_\_and make disciples \_\_\_\_\_ of all nations, \_\_\_\_\_\_in the name of the Father and of the Son and of the Holy Spirit. \_\_\_\_\_ to observe all that I have commanded you."

7. There is a great virtue necessary for those who disciple or are discipled. Reflect on this. Proverbs 22:4; Ephesians 4:2

#### Sweet Truth for Us Women!

There is a great privilege in discipling and being discipled. This is not difficult for us, especially if we know what it means to educate children. When discipling a friend or family member, we must work and live spirituality, communion, health and lifestyle, biblical doctrines and principles, family and marital life (if we are married), relationships and community life, ministries through gifts and mission. These aspects need to be intentionally and planned development for at least six months. This way, we will make a difference in someone's life.

#### Compromisso de fé e ação

I want to experience a discipleship program where I will learn to be like Christ and improve my purpose and quality of life as a true Christian woman and do the same for someone.

#### Nesta próxima semana vou lembrar de:

- Pray to have the discipleship experience and read something about this subject.
- Try passive discipleship (being discipled by someone) and prepare for active discipleship (discipling someone).

Pray to choose someone from the group who has been praying already, so that I can disciple more effectively, sharing what I have learned and lived, so that this person also follows Jesus and His Word.

Verse to memorize: John 15:8

Name:

