



Inter-European Division - Sabbath School Ministry
Outline for Sabbath School Teachers with ideas for group discussion inspired by the Teachers' Edition of the Sabbath School Lesson prepared by the General Conference SS ministry.

Lesson No. 03 **10 – 16 July 2021**
Title: **The Roots of Restlessness**

Pastoral Group Objectives

Think of those who are alone and suffering in our church, of the youth who have left us and the families in crisis – lift them up in prayer.

Let's Share the Word

Key Texts: **James 3:16; Matthew 10:34-39 & 23:1-13; Luke 12:13-21 & 22:14-30; Philippians 2:5-8.**

Themes to Explore

1. This week's study considers the causes of restlessness that are often hidden also to us.
2. There are many roots of restlessness: ambition, careerism, money, jealousy, greed, distrust, egoism...
3. Study how humility constitutes the best antidote against ambition and hypocrisy; understand that the solution is Jesus.

Suggestions for Teaching and Spiritual Objectives:

Focus on the causes that generate restlessness and highlight the path to Christian healing.

Possible Questions for Deeper Study, Sharing and Application:

1. Why is it that following Jesus can create disagreements, restlessness, and sleepless nights? Are there costs to following Jesus?
 2. Why do egoism and ambition constitute two deadly causes of restlessness? How do they facilitate hypocrisy?
 3. Read John 15:1-6. Ask yourself how to let Jesus be your vine grower (gardener). What principles should we adopt?
 4. What do we lack personally and what does our group need in order to know how to offer others rest in Christ.
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Personal Testimony and Church Mission:

Pray for each other that Jesus can work in us as our gardener and make us effective witnesses for Him.