

3ABN SABBATH SCHOOL PANEL
007 - LESSON – Thursday – August 14, 2025

THE BREAD AND WATER OF LIFE

1 Corinthians 10:11 (NKJV) “Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come.”

What reason does Paul give for these events to have been recorded?

Paul explains that all the things that happened to the Israelites are examples and warnings for Christ’s followers and will help them avoid the same troubles; that is, they will learn from these examples. This is pertinent instruction for us, we who live at “the end of the ages”

- 1. God gives His people the Holy Spirit to strengthen the believers with “power, love and self-discipline”**
 - a. Through the Holy Spirit Our minds will be molded to follow God: 2 Timothy 1:6-7 (NKJV) “(6) Therefore I remind you to stir up the gift of God which is in you through the laying on of my hands. (7) For God has not given us a spirit of fear, but of power and of love and of a sound mind.”**
- 2. Jesus Christ is the Source of new life and only He can turn us into “a living sacrifice, holy and acceptable to God.”**
 - a. It is only through Jesus we find strength from the Father: John 14:6 (NKJV) “Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.”**
 - b. Non-Conformity to the world brings transformation: Romans 12:1-2 (NKJV) “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. (2) And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”**

Later on, Jesus picked up lessons from these accounts, particularly with the manna and the water, using those images to teach truths about Himself, the One who led them through the wilderness.

John 4:7-15 (NKJV) “(7) A woman of Samaria came to draw water. Jesus said to her, “Give Me a drink.” (8) For His disciples had gone away into the city to buy food. (9) Then the woman of Samaria said to Him, “How is it that You, being a Jew, ask a drink from me, a Samaritan woman?” For Jews have no dealings with Samaritans. (10) Jesus answered and said to her, “If you knew the gift of God, and who it is who says to you, ‘Give Me a drink,’ you would have asked Him, and He would have given you living

water.” (11) The woman said to Him, “Sir, You have nothing to draw with, and the well is deep. Where then do You get that living water? (12) Are You greater than our father Jacob, who gave us the well, and drank from it himself, as well as his sons and his livestock?” (13) Jesus answered and said to her, “Whoever drinks of this water will thirst again, (14) but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.” (15) The woman said to Him, “Sir, give me this water, that I may not thirst, nor come here to draw.””

What truths are revealed here for us as Christians?

- 1. Outside of the Living Water no other source brings true satisfaction.**
 - a. John 4:15 (NKJV) “The woman said to Him, “Sir, give me this water, that I may not thirst, nor come here to draw.”**
 - i. When we ask Jesus for living strength He will not withhold it.**
- 2. We must recognize we are incapable of know the power of Christ:**
 - a. John 4:11 (NKJV) “The woman said to Him, “Sir, You have nothing to draw with, and the well is deep. Where then do You get that living water?”**
 - i. The providences of Jesus are not easily discernable.**
- 3. Only Jesus can satisfy our souls.**
 - a. John 4:13-14 (NKJV) “Jesus answered and said to her, “Whoever drinks of this water will thirst again, (14) but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.”**
 - i. Without Jesus in us, we cannot become a resource of blessings to others. We will discover our inefficiency when we attempt to minister without the “Living Water” flowing through us.**