

Sabbath School Panel — Second Quarter 2026

Lesson 5 (Monday)

A Place

Theme of the Lesson

This lesson focuses on the importance of **setting ourselves apart from distraction** in order to **consecrate God in our lives**. While God is accessible everywhere, Scripture consistently shows the value of *intentional space* for prayer, study, and communion with Him.

Jesus and the Practice of Sacred Time

Mark 1:31, 35 gives us an important window into the life of Christ.

After a full day of ministry, Scripture says that Jesus rose “**very early in the morning**” to pray. The word used there carries the sense of **darkness**, emphasizing intentional sacrifice of comfort and convenience.

Jesus deliberately separated Himself from noise, demands, and distraction in order to commune with the Father.

Prepared by Prayer

This pattern sheds light on other moments in Jesus’ ministry.

In **John 8**, when the woman caught in adultery is brought before Him, Jesus is calm, wise, and gracious. The text indicates He had already been in the temple early.

Christ’s readiness in moments of crisis flowed from **prior communion** with God.

Seeking God's Face — Not Merely His Hand

Psalm 27:8 says:

“When thou saidst, Seek ye my face; my heart said unto thee, Thy face, Lord, will I seek.”

To **seek God's face** is different from seeking His gifts.

Scripture uses imagery carefully:

- **The hand of God** often represents His provision and blessing
- **The eyes of the Lord** search to and fro to save
- **The mouth of the Lord** has spoken
- **The earth is His footstool**

But to seek His **face** is to desire **His presence**.

This explains Moses' plea in **Exodus 33–34**. Moses wanted more than direction or success—he longed for God's unveiled presence.

Seeking Him Continually

1 Chronicles 16:11 instructs:

“Seek the Lord and his strength, seek his face continually.”

The word **continually** is the Hebrew **tamid**, meaning *constant, ongoing, uninterrupted*.

Tamid appears repeatedly in the sanctuary system:

- **Exodus 29** — the continual sacrifice
- The **lamp** that burned continually
- The **incense** that ascended continually

This language teaches that God's presence and ministry are ongoing.

The Heavenly Pattern

Hebrews reminds us that the earthly tabernacle was a **replica of the heavenly**.

As Christ continually ministers and intercedes for us in heaven, we are invited to **continually seek His face** on earth.

The Value of a Physical Place

While we cannot always control our environment, Scripture and experience show that **having a designated place** for study and prayer is helpful.

The purpose is not restriction, but **focus**.

Personal example:

My parents had a specific place where they studied Scripture. As a child, it seemed unnecessary—even strange. But later in life, simply passing by that location triggered a mental shift:

“It’s Bible time.”

It became almost Pavlovian. The place trained the mind.

A Helpful Parallel: Sleep and Insomnia

Modern sleep guidance offers a useful comparison.

Those who struggle with insomnia are advised:

- Do not lie awake in bed
- Reserve the bed for **sleep only**

If you cannot sleep, you leave the bed—so the brain learns its purpose.

The same principle applies to spiritual habits.

Public and Private Study

Scripture affirms **both** communal and private devotion.

- **Luke 4** — Jesus participates in public Scripture reading
- **Luke 2** — Jesus engages in communal study and discussion

Jesus valued corporate worship.

Yet Scripture also emphasizes intentional solitude:

- **Matthew 6:6** — entering the closet to pray
 - **Daniel 6:10** — Daniel's regular, set-apart prayer life
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Distraction as a Strategy

Not all spiritual danger comes through overt temptation.

One of Satan's most effective tools is **distraction**—keeping us busy, scattered, and unfocused on what matters most.

The Spider Illustration

A personal illustration makes this clear.

While driving, a large wolf spider appeared on the steering wheel—an immediate and urgent distraction.

The spider needed attention, but it could not be allowed to override the **greater priority**: safely driving the car.

Likewise, during personal study and prayer, distractions will arise.

The goal is not perfection—but intentionality.

Final Thought

God can meet us anywhere.

But wisdom teaches us to **create space where distractions are minimized** and attention is trained.

A place set apart helps us remember:

We are not merely seeking answers.
We are seeking His face.