Salvation can be understood in three phases: justification, sanctification, and glorification. When a sinner repents of their sins and God forgives them, they stand covered by the blood of Jesus and receive no condemnation (Rom. 5:6–11). This standing before God as if you had never sinned is termed “justification.”

Barring a deathbed conversion, most Christians must continue to live their lives on this earth after they have had a life-transforming encounter with Christ that leads them to repent. What then? Paul asks and answers this question in Romans 6:1, 2. After that conversion experience comes living a new life in accordance with God’s will. Every day the converted individual must choose behaviors that they will not need to later repent of. As they make these decisions day by day, empowered by the grace of God, they become a different person. This daily walk is termed sanctification.

A saint who is undergoing this sanctification process may unwittingly transgress God’s law, and will need His justifying grace to cover them (Prov. 4:18). They also may knowingly transgress and need to repent even as they continue walking with God in the process of sanctification. So justification and sanctification work in tandem in our salvation experience.

One day Christ will return to destroy sin and its effects. Then these bodies that are inclined to sinfulness will be glorified, thus completing our salvation. In this and the next lesson we will consider the first two facets of the salvation experience and the Sabbath.
Write out Deuteronomy 5:12–15 from the Bible translation of your choice. You may also rewrite the passage in your own words, or outline or mind-map the chapter.
Go back to your scribed text and study the passage.

Circle repeated words/phrases/ideas

Underline words/phrases that are important and have meaning to you

Draw Arrows to connect words/phrases to other associated or related words/phrases

What special insights do your marks seem overall to point to?

Memorize your favorite verse in Deuteronomy 5:12–15. Write it out multiple times to help with memorization.

Why is it difficult to accept that we can do nothing to save ourselves?

What other parallels do you see between the work of creation and that of redemption?

Read more at www.inversebible.org/sab05-3
After looking at your scribed and annotated text, what special insights do your marks seem to point to overall?

What questions emerge after studying this passage? What parts are difficult?

What other principles and conclusions do you find?

Do you err on the side of trying to obey in your own strength, or do you find yourself expecting that Christianity should take no effort on your part? Why do you do this?

Read more at www.inversebible.org/sab05-4
What relationship do the following verses have with the primary passage?

Isaiah 55:1, 2  
Matthew 11:28–30  
Philippians 2:12, 13  
Ephesians 4:17–24  
Colossians 2:6

What other verses/promises come to mind in connection with Deuteronomy 5:12–15?

Review your memorized verse from Deuteronomy 5:12–15.
Meditate on Deuteronomy 5:12–15 again and look for where Jesus is.

In what areas of your life do you need Jesus to give you rest?

How do you see Jesus differently or see Him again?

What is He saying to you through these texts?

Prayer: How do you respond to seeing Jesus in this way?
Review the memory verse. How does it apply to your life this week?

After this week’s study of the chapter, what are applications you can make personally and privately?

What are applications you can make with others?

Read more inSight from the Spirit of Prophecy at www.inversebible.org/sab05-7
Share insights from this week’s memory verse and Bible study as well as any discoveries, observations, and questions with your Sabbath School class (or Bible study group). Consider these discussion questions with the rest of the group.

Describe your justification and sanctification experience.

What is more lacking in people’s experiences today, justification or sanctification?

How do you connect your Sabbath-keeping with creation and redemption?

What does the experience look like when it is based only on the “work out” phrase?

What does the experience look like when it is based without the “work out” phrase?

How does the Sabbath help with the reliance of grace and the necessity of the choice?

Explain the experience of rest from sin’s labor.

How have you connected the rest from work to the rest experience of salvation?

Resting in Salvation