

PSALMS 38-50

SECRETS of the HEART

CLARENCE SEXTON

TEACHER'S GUIDE



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SECRETS of the HEART

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CONTENTS

INTRODUCTION

<i>I</i>	HELP ME.....	5
<i>II</i>	THAT I SIN NOT WITH MY TONGUE	9
<i>III</i>	GOD THINKS OF ME	13
<i>IV</i>	INTEGRITY.....	17
<i>V</i>	THIRSTING FOR GOD.....	21
<i>VI</i>	THE GOD OF MY STRENGTH	25
<i>VII</i>	SECRETS OF THE HEART	29
<i>VIII</i>	OUT OF THE IVORY PALACES	33
<i>IX</i>	THE LORD IS WITH US	37
<i>X</i>	THE KING OF ALL THE EARTH.....	41
<i>XI</i>	GREAT IS THE LORD	45
<i>XII</i>	GOD WILL REDEEM MY SOUL	49
<i>XIII</i>	THE MIGHTY GOD	53



SUNDAY SCHOOL AND
BIBLE TEACHING SERIES

SECRETS OF THE HEART

Teacher's Guide

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INTRODUCTION TO THE TEACHER'S GUIDE

This Teacher's Guide is designed to assist those of you who will be leading in the study of these Bible lessons. You will find helpful information in the front of this book that will be of great value as you prepare to teach each lesson.

- “Preparing to Teach the Lesson”
- “Ten Laws for the Sunday School Teacher”
- “Tips for Teaching the Bible”
- “Goals for This Series”

After the introductory material, you will find preparation instructions and “Teacher's Notes” for all thirteen lessons in this series. At the conclusion of this book, information is given for those who are interested in additional materials. Our prayer is that the Holy Spirit will give you divine enabling as you faithfully teach the Word of God.

PREPARING TO TEACH THE LESSON

As you study to teach God's Word, you must realize that thorough preparation is extremely important. You should teach from an overflow. The truths of each lesson should make an impact in your life before being communicated to others. Here are some suggestions for preparing to teach the lessons in this series.

Begin Preparation Early

For many teachers, preparation is something that begins and ends in the same evening. Usually, that evening is the one before the lesson is to be given. If you begin to prepare early, you will have the opportunity to live with the lesson throughout the week. Many times you do not get the full impact of Bible truths because you do not give the Lord the opportunity to develop these truths in your own life.

Look to Christ

In Bible study and teaching, the goal is not to know information; the goal is to know Jesus Christ and to make Him known. Begin your preparation time by "*looking unto Jesus.*" You need to come to God's Word in faith believing that He is going to speak to you. Take time to commune with the Lord Jesus, and get your heart in tune with Him.

Read the Bible Background Reading

Read the background Bible passages that are given for each lesson. Be sure to read each passage twice.

1. Read the first time for general understanding. Look up any unfamiliar words or phrases.
2. Read the second time to mark key words and key expressions that speak to your heart.

Read the Bible Lesson

After reading and marking the Scripture passages which correspond to the lesson, read the Bible lesson from *Secrets of the Heart* that corresponds with the lesson you are studying. As you read, mark key statements or paragraphs so that you can review them later.

Answer the Questions

In the "Teacher's Notes," you will find preparation questions for each lesson. After reading the lesson, answer these questions to reinforce the things you have read. These are identical to the questions that the students are given in the *Study Guide*.

Teacher's Preparation

Notice the Lesson Aims

In each lesson, you should not try to teach many things, but rather teach a *few* things well. Give careful attention to the “Lesson Aims” which help to identify the key truths that are to be taught in each lesson. Keep these aims before you during your preparation time. They will help you to communicate the key truths in the lesson.

Write Out Ideas for Application

A good Bible teacher will always strive to apply the truths of God’s Word to his audience. Before teaching, write out specific ideas for applying this lesson to your particular audience. You can teach people of all ages and stages in life to bring their burdens to Christ. Make your application especially strong in the conclusion of the lesson.

Use Illustrations

The Lord Jesus often taught great truths through the use of practical illustrations. Perhaps the best illustrations are those that come directly from the Bible. Take time to reflect upon the lesson, and make note of biblical illustrations that could help you teach more effectively. You may also think of some experiences from your life or the lives of other Christians that would help to illustrate a truth in the lesson.

Teacher's Preparation

Personal illustrations should always be truthful and practical; at times, they may be thought-provoking or humorous as well.

Use the Class Teaching Notes

“Teacher’s Notes” have been prepared for each lesson in this series. These notes are identical in format to the *Study Guide*. The page numbers on the “Teacher’s Notes” correspond to the page numbers in the *Study Guide*.

Be sure to make any handwritten notes on the “Teacher’s Notes” that you feel will assist you in teaching the lesson. You may wish to write down personal illustrations, application ideas, or quotes and key expressions from the book *Secrets of the Heart*.

The “Teacher’s Notes” will be your aid as you teach the Bible lesson. The “Teacher’s Notes” are designed to be removed from the *Teacher’s Guide* and placed neatly in your Bible. When teaching these lessons, do not carry the entire *Teacher’s Guide* or the book *Secrets of the Heart* to class; carry only your Bible and the “Teacher’s Notes.”

Teacher's Preparation

Review

When you walk into class, you should know thoroughly what you are going to teach. Plan a time to review the "Teacher's Notes" and Scripture reading. If you take the time to review the lesson, the things you have studied will be more firmly planted in your heart.

Conclude With a Time of Prayer

- Pray for the guidance and power of the Holy Spirit.
- Pray for a spiritual understanding of God's Word.
- Pray for your pastor and church to be strengthened.
- Pray for lost souls to be saved.

TEN LAWS FOR THE SUNDAY SCHOOL TEACHER

1. Prepare early for Sunday School.
2. Recognize the authority of God's Word.
3. Enter into study with prayer.
4. Know the material comprehensively before teaching in parts.
5. Use proper teaching methods.
6. Take your class to the Scripture often.
7. Help your class think biblically, and use biblical language.
8. Make strong application in the conclusion of the lesson.
9. Encourage Bible memory.
10. Find a way to encourage daily preparation for next week's lesson.

Clarence Sexton

TIPS FOR TEACHING THE BIBLE

As teachers of God's Word, we have a desire to be as effective as possible because we know that people need to hear and understand the Bible. You do not have to obtain a formal education to be a good teacher. Here are several suggestions that will help you to become a more effective teacher.

Always Begin and End on Time

This shows great respect and consideration for others. The teacher should arrive early to class and should be prepared to teach before he arrives.

Do Not Be Afraid to Ask Questions

You may ask questions to the entire class or to individuals. Some questions may take time for people to answer. You may need to reword a question to lead people to the correct answer.

Get Every Member of the Class Involved

This can be done in a variety of ways including the following:

- Allowing the class or class members to read Scripture
- Asking questions that call for a response
- Encouraging class members to write in the *Study Guide*

Maintain Eye Contact With Your Class

Many teachers fail in this matter because they are bound to their notes or to a book they have carried to class. When teaching, carry only your Bible with the "Teacher's Notes" neatly placed in it. Use the notes to help you stay on track, and teach in a logical order; however, do not give your notes more attention than your students.

Use Variety in Your Teaching

No one wants to be part of a Sunday School class that is cold and dead. You can make a class much more lively and interesting by varying your teaching methods and styles. This can be done in many ways including the following:

- Using object lessons or visual aids when teaching
- Allowing students to answer or discuss questions
- Using an illustration to grab the students' attention at the beginning of the lesson
- Varying your tone of voice (Do not speak in a monotone voice.)

Tips for Teaching the Bible

Make Specific Applications to Your Students

Work diligently to apply the truths you are teaching to the students in your class. They will find joy in obeying God's Word. Be clear and specific as you seek to show the students how the lesson applies to them. At the conclusion of the lesson, call for definite decisions; encourage each student to write these decisions in the *Study Guide* or in his Bible.

Keep the Bible Central

As Baptists we believe that our sole authority for faith and practice is God's Word. When you teach, your students should know that you have taught them God's Word. Take them to the Scriptures often, and read the passages given in each lesson. You should teach in such a way that every student feels as if he needs a Bible in order to participate. Keep the Bible central in every question, discussion, and lecture.

Be Filled With the Holy Spirit of God

God can enable all of His children to do the work He has called them to do. For the Christian, the filling of the Spirit is not an option; it is a command (Ephesians 5:18). The Lord Jesus said in John 15:5, "*Without me ye can do nothing.*" Often you try to do for yourself what you are not capable of doing.

Tips for Teaching the Bible

God can speak to the hearts of men, and He will speak through you as you are yielded to Him and filled with His Spirit.

GOALS FOR THIS SERIES

- TO HAVE A GREATER AWARENESS OF GOD AND TO DETERMINE TO LIVE CONSCIOUSLY IN HIS PRESENCE EACH DAY
- TO SEE THAT GOD IS GREATER THAN ALL OUR NEEDS AND TO FIND OUR STRENGTH IN HIM
- TO REALIZE THAT GOD KNOWS OUR HEARTS AND TO SEEK HIS ENABLING TO LIVE A LIFE OF INTEGRITY BEFORE HIM
- TO TAKE A FRESH LOOK AT THE WORK OF REDEMPTION ACCOMPLISHED BY THE LORD JESUS ON CALVARY
- TO KNOW THAT WE SERVE A MIGHTY AND POWERFUL GOD AND THAT WE SHALL ALL GIVE ACCOUNT OF OUR LIVES TO HIM
- TO BE FILLED WITH PRAISE TO GOD FOR WHO HE IS AND FOR THE SALVATION HE HAS PROVIDED FOR US

Preparation Questions for Lesson 1

HELP ME

Background Reading

Psalm 38:1-22; John 14:6

MONDAY

In Psalm 38:1-2, what did David plead for God to withhold from him?

TUESDAY

Read Psalm 38:4-8 and describe how David's sin had taken its toll in his life.

WEDNESDAY

According to Psalm 38:9, David recognized that his pitiful condition was seen by whom?

THURSDAY

According to Psalm 38:11-12, how had David's friends treated him?

FRIDAY

Read Psalm 38:15-18. What did David realize he must deal with and confess to God?

SATURDAY

In Psalm 38:21-22, when David cried to God for help, how did he address the Lord?



HELP ME

1

Teacher's Preparation

How close is God to our aid? Is He as far away as some distant planet? Is He anywhere to be found in our solar system? Is He in some land on another continent? Where is God? Where can He be found? How near is He to helping us? He is only two words away—“*Help me.*”

Bible Background Reading

Psalm 38:1-22; John 14:6

Bible Lesson Reading

Read chapter 1 in *Secrets of the Heart* by Clarence Sexton.

Lesson Aims & Application

To show the terrible condition that sin brings us into and to see how devastating sin is in our lives

Application: Do not think that you can control sin, and do not think that you can escape its consequences.

To recognize how lost and hopeless we are apart from the Lord Jesus Christ

Application: See your need for Christ, and believe on Him for salvation.

To see that the Holy Spirit convicts us of sin so that we will turn to the Lord and not remain in sin

Application: When God convicts you of sin, deal with it immediately. Do not go on suffering because of sin.

To realize that God wants us to take our eyes off others, see our own need for Him, and trust Him to deliver us

Application: Stop looking at others and see your personal need for the Lord.

To know that God is willing and able to help us when we cry out to Him for His mercy and help

Application: Ask God to be merciful to you and to help you. Trust Him for the deliverance He can bring.



Scripture Memory

“Make haste to help me, O Lord my salvation.”

Psalm 38:22



People all over the world recognize immediately a cry for help. This heart cry marks us as members of this dying human race. We can only imagine how many people cry out to God each day. Crying out to God for the help we need identifies us as helpless sinners in need of the Saviour.

Notes

In Psalm 38, David cries out to God, “*Help me.*” One of the easiest things to do is to talk about what is wrong with everyone else; however, in Psalm 38, David says, “Lord, help me. It’s not another man who is failing and living deceitfully; I am that man. Help me.”



God becomes real to us when we personally call out to Him and ask for His help.

God led David to pen these words to remind us of what we have been and how much we need Him. Have you ever cried out, “Lord, help me”?

David's Condition

This psalm of remembrance, with David crying out to God for help, calls to remembrance David's condition. In the opening verses, David admitted in Psalm 38:1-2 that he knew what he had done was against God. David spoke to God as a child would to his father. He knew he deserved severe chastening, but he cried out to the Lord for mercy.



Many people never have a happy day because of something inside of them that needs to be cared for.

Sin had already done its awful work in David's life. In verses three through nine, he describes his condition. Instead of rejoicing and being happy, David mourned *"all the day long."* David tried to maintain control, but the waves of his terrible sin were rolling over him. He was going down. He said, "O God, help me!"

David's Conviction

The Spirit of God took hold of David. In Psalm 38:9 he said, *"Lord, all my desire is before thee; and my groaning is not hid from thee."* David's groanings, what his sin had done to him, could not be hidden from God. He was coming clean. God had convicted him!

Notice verses nine through fourteen. David became a man out of breath with no strength left. The people David thought he could trust were gone. David finally became as a deaf man, unable

to hear anything but that constant reminder of his sin. So many wonderful, beautiful things happen around us that God is doing, but those who have unconfessed sin in their lives do not see or hear those beautiful things.

David said in verse fourteen, *"Thus I was as a man that heareth not, and in whose mouth are no reproofs."* David could not hear or speak. He had no reproving left in him. He was so convicted about his own sin that he could not open his mouth to point out anything wrong in anyone else's life.

David's Confession

David agreed with God's estimation of his sinfulness. In Psalm 38:15-18, he confessed to God. Confession means to agree with God. David agreed with God that he was a sinner.

In the conclusion of Psalm 38, David says, *"Make haste to help me, O Lord my salvation."* God wants us personally to come to the place where we see that we have the greatest need of all. "Lord, I need help. Help me." Like David, who could go no further, have you reached that point?



The problem is not God's unwillingness to help; the problem is our unwillingness to trust Him.

Preparation Questions for Lesson 2

THAT I SIN NOT WITH MY TONGUE

Background Reading

Psalm 39:1-13; Matthew 12:34; Proverbs 18:21;
James 3:1-10; Titus 2:11-13

MONDAY

Christ taught in Matthew 12:34 that our words come forth from where?

TUESDAY

According to Proverbs 18:21, how powerful is the tongue?

WEDNESDAY

In Psalm 39:1-2 David reflected on the fact that he did not want to do what?

THURSDAY

Why did David finally open his mouth and speak in Psalm 39:3?

FRIDAY

Read James 3:1-10. Who is able to tame the tongue?

SATURDAY

In Psalm 39:5, David compared the length of life to what?