

Quarter At-A-Glance

December 2022

Jesus Is Lord

This quarter has three units that detail the early church's teaching about Christ. These lessons from Ephesians, Philippians, and Colossians draw us toward a deeper understanding of who Christ is and what it might mean for us to imitate Christ in our lives.

UNIT 1 • Victory in Jesus

This is a five-lesson study of Ephesians. The emphasis in these lessons is on the exaltation of Christ over all principalities and powers from the beginning to the end of time. The first two lessons proclaim the power of God as revealed in and through Christ. The third lesson considers the image of the Church as the body with Christ as the head. Lesson 4 focuses on Christ as the light of the world. Lesson 5 looks at another metaphor for Christ's relationship with the Church as its bridegroom.

Lesson 1: December 4, 2022

Spiritual Blessings in Jesus Christ

Ephesians 1:3–14

All people want to feel valued. The writer of Ephesians declares that, through Jesus Christ, we gain an inheritance as God's own people to become recipients of forgiveness and of salvation's redemptive power.

Lesson 2: December 11, 2022

One in Jesus Christ

Ephesians 2:11–22

Adversaries sometimes long for ways to come together. The writer of Ephesians proclaims that

it is in Christ that we, once dead through our trespasses, are brought alive in Christ and that He is the one who breaks down all dividing walls and brings us together as one.

Lesson 3: December 18, 2022

Unity in the Body of Christ

Ephesians 4:1–16

The writer of Ephesians says that, although we bring different gifts, we find true unity as we grow in Christ.

Lesson 4: December 25, 2022

According to the Promise

Luke 1:46–55

Mary expresses praise and gratitude toward God for what He was going to do for the world through her. In these verses, often referred to as "the Magnificat," Mary sees God as concerned for the poor, oppressed, and lowly.

Lesson 5: January 1, 2023

Christ's Love for the Church

Ephesians 5:21–6:4

People struggle to balance the demands of their daily lives with their need to show love for one another. The writer of Ephesians states that family members should love and care for one another just as Christ loves and cares for the Church.

UNIT 2 • Exalting Christ

This is a four-lesson study of Philippians. The letter to the Philippians encourages believers to follow the pattern laid out for us in Christ and to oppose those who are enemies of Christ's Cross.

Lesson 6: January 8, 2023

Proclaiming Christ

Philippians 1:15–26

Paul says that regardless of intentions, the result was still that Christ is proclaimed in every way. Jesus used parables to teach us how to declare His message.

Lesson 7: January 15, 2023

Jesus' Humility and Exaltation

Philippians 2:5–11

Sometimes people driven by the need to succeed exploit others to get to the top. God exalted Jesus because of Christ's selflessness, obedience, servanthood, and humility. Jesus talked about the importance of finding the best surroundings in which to grow in faith and serve others.

Lesson 8: January 22, 2023

Gaining in Jesus Christ

Philippians 3:7–11

The self-worth of many people resides in the things they have accomplished. Paul believed that none of the achievements of this life are worth anything when compared to the value of knowing Christ Jesus.

Lesson 9: January 29, 2023

Stand Firm

Philippians 3:12–16

Sometimes it is difficult to sustain needed energy to achieve goals that have lasting value. Maintaining a strong bond with Christ prepares us for the relationship we will have with Him in eternity. Jesus stressed that preparation would help people reach important goals.

UNIT 3 • Imitating Jesus

This is a four-lesson study of Colossians. These lessons have much to say about the importance of the person and work of Christ as Lord of all creation and the author of our peace with God.

Lesson 10: February 5, 2023

The Supremacy of Jesus Christ

Colossians 1:15–20

Because of the immediate availability of images of greatness, our grasp of the amazing becomes desensitized. Paul's use of metaphor strongly conveys Christ's supremacy, which helps us realize who Christ is. When Jesus called the first disciples to follow Him, their response was immediate.

Lesson 11: February 12, 2023

Full Life in Christ

Colossians 2:6–15

We regularly try but fail to live up to human expectations and traditions. Through Jesus, God forgives all our trespasses and triumphs over all earthly rulers and authorities.

Lesson 12: February 19, 2023

Clothed with Christ

Colossians 3:5–17

Our lives are guided by basic principles. Those who believe in Christ are guided by Christ's example and strive to "put on the new man," which represents acting as Christ would regardless of the situation.

Lesson 13: February 26, 2023

Spiritual Disciplines for New Life

Colossians 4:2–6

Once we commit ourselves to a new routine, it is helpful to have partners or mentors to strengthen our resolve. Paul names spiritual disciplines and faithful persons as examples of support for living a new life in Christ.