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Family Seasons

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**Sabbath
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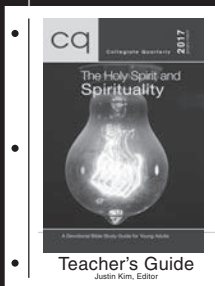
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To take your Sabbath School class to the next level, use the *Collegiate Quarterly Teacher's Guide*. Written by various teachers with young-adult experiences, this resource includes:



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- Illustrations and stories,
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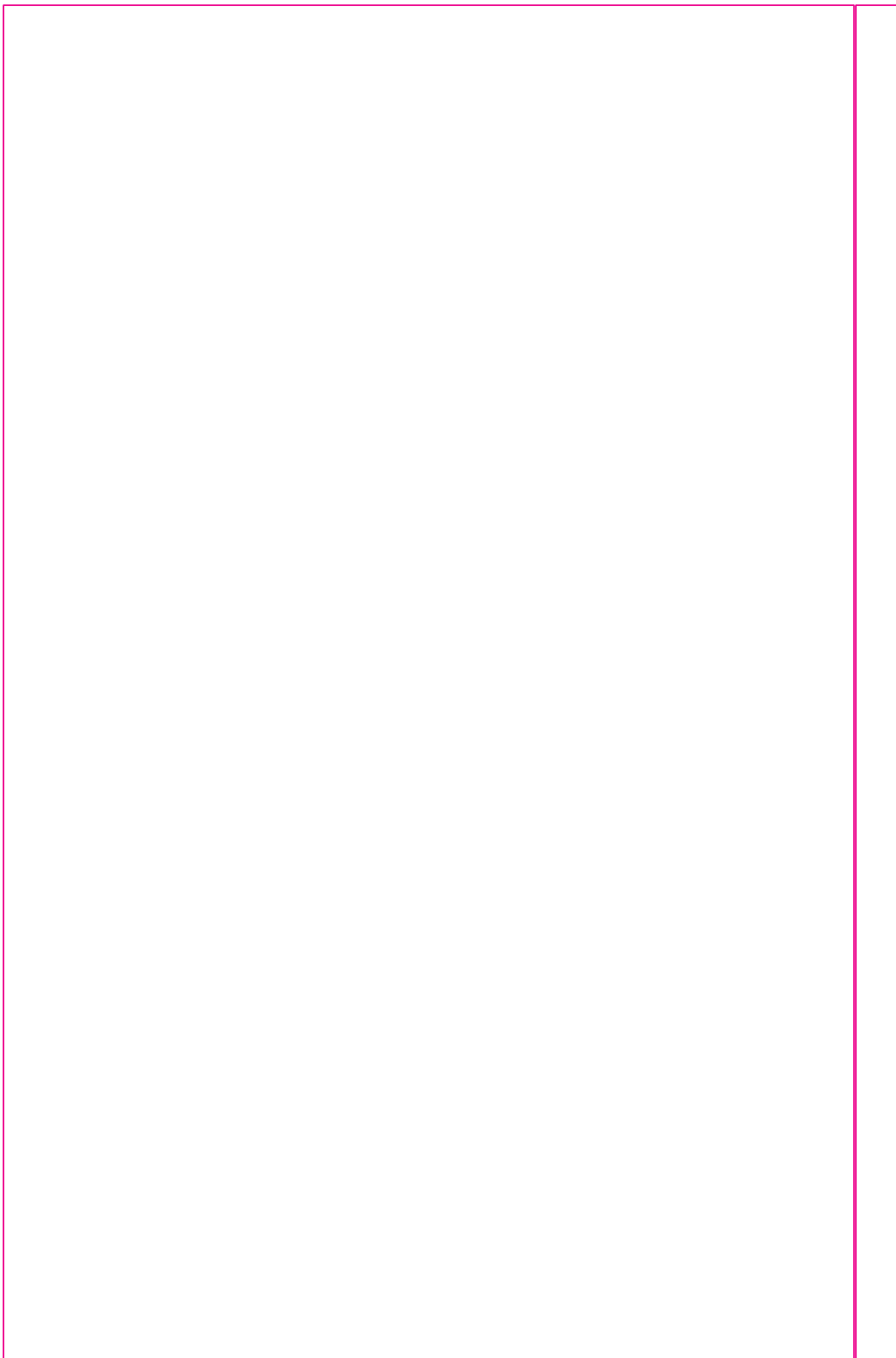
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Getting the Most Out of CQ

FACTS YOU SHOULD KNOW

CQ is based on the conviction that the Word of God offers transforming power and that group study is one important way to tap into that power. CQ's purpose is to provide Seventh-day Adventist young adults with a resource for devotional study on mutual topics that can then be discussed each week in Sabbath School. Many who use the *Adult Sabbath School Bible Study Guide* find that because CQ deals with the same topics, it enriches lesson study and discussion as a supplemental aid.

About four hundred Adventist young adults contribute to CQ each year. The wide variety and occasional repetition of the content reflect the great diversity of its contributors around the world as they respond creatively and individually to the subject.

POINTERS FOR STUDY

1. Through prayer, open your mind to the Holy Spirit's guidance as you study.

2. The Bible passages on which each week's lesson are based appear in bold type in the "Logos" portion of the lesson. Read these entire passages.

3. The Bible passages for the week are usually divided into sections on the "Logos" pages. When studying these sections, carefully reread the Bible passages indicated in bold headings before reading the comments beneath the headings.

4. Read the other sections for the week with the perspective you have gained from your own study of the biblical passages.

5. Keep in mind the purposes of each section of the Bible study guide:
Introduction is designed to stimulate your interest and focus your thinking on the week's theme.

Logos is a guide for direct study of the Bible passages for the week.

Testimony presents Ellen White's perspective on the lesson theme.

Evidence approaches issues raised by the lesson from a historical, scientific, philosophical, or theological perspective.

How-to discusses what the abstractions in the lesson mean for day-to-day living.

Opinion is a personal viewpoint on the lesson meant to encourage further thought and discussion.

Exploration provides the reader with a variety of open-ended, creative ways to explore the topic of the week's lesson.

CQ AND THE CHURCH

CQ is the General Conference-approved Bible study guide for the young-adult age group. It upholds the beliefs of the Seventh-day Adventist Church. However, its contents should not be regarded as official pronouncements of the church.

This Quarter's **Illustrator**



My name is Timothy Fagbenro, and I'm a 24-year-old Seventh-day Adventist. I went to Seneca College for 3-D animation. I was born in the city of Ibadan, Nigeria, in 1993. I lived there for six years before my family and I traveled to the Pacific island of Fiji. I lived there for three years exposed to the wonderful Fijian culture. My mom decided to migrate to Canada, where I have lived for the past sixteen years. I currently live in Toronto, Ontario.

As a child, I had always loved drawing and many forms of art, including cartoon animation. Growing up in the church I enjoyed the environment and the love that everyone showed for one another, but it wasn't until I got to high school that I decided to take my faith seriously and discover who God was for myself. My mom had prayed for me for many years, and I have felt the power of her prayers through many of my life experiences. I have grown to find such strength in Christ; for without Him, I know my life would have been lost a long time ago.

As I went into college, I wanted to use the talents God gave me to serve Him. My goal in the future is to be able to teach children what I have learned in the Word of God in a new, innovative, and exciting way through animation and graphics, while staying true to the authenticity of the Word of God. The one aspect of Christ that I have truly experienced in my life has been His patience. I know that I have made many mistakes in my life, and I still have seen the hand of God leading me on this journey. It has been one of my motivations to hold on to the Lord because He has held on to me.

My hobbies, other than drawing and animating, include spending time with my older brother, as well as working out. I take any opportunity to help my friends exercise, because it is an essential part of living a healthy and pleasing life for God.