



RCCG Sunday School Students Manual Lesson 41: 8 June 2025

Description

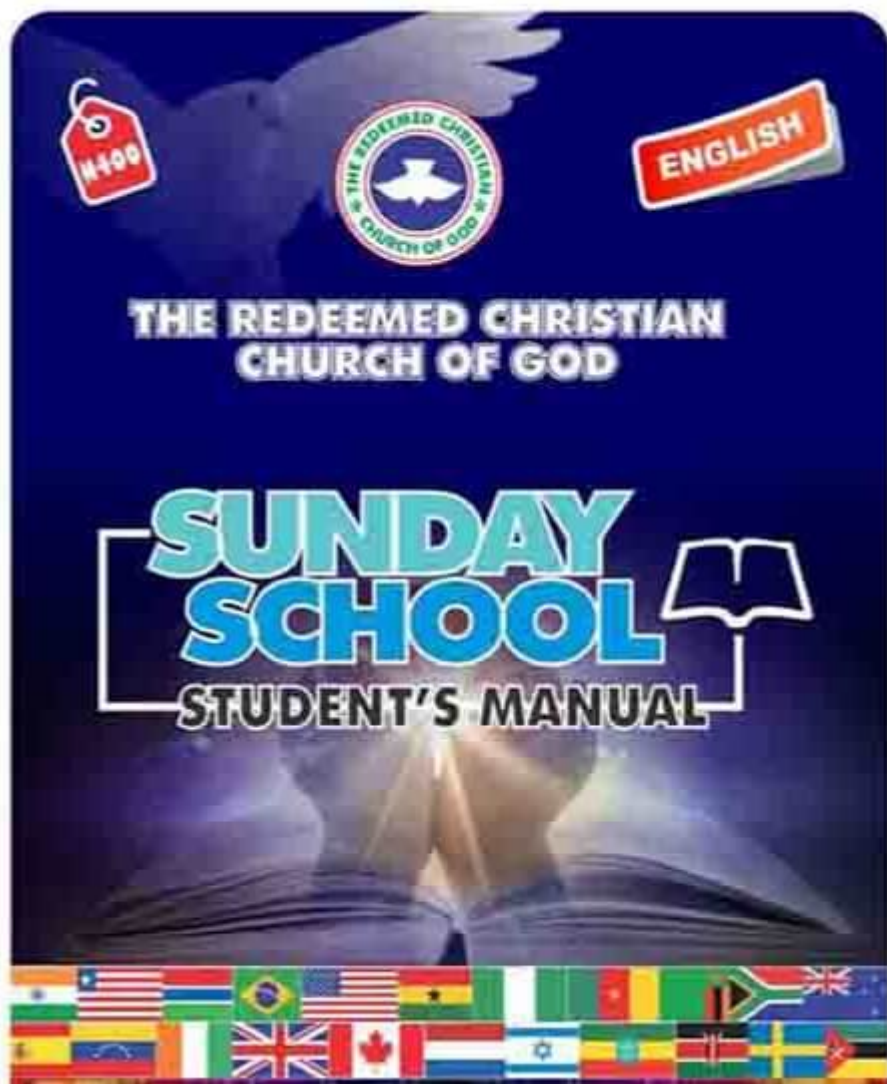
RCCG Sunday School Student manual for the adult class.

Today's Lesson 41 topic: "YESTERDAY"

Date: 8 June 2025

Read:

- [RCCG Sunday School Teachers Manual Lesson 41](#)
 - [Open Heaven 8 June 2025 Devotional](#)
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Note: Check [RCCG SUNDAY SCHOOL HYMN LYRICS](#)

RCCG SUNDAY SCHOOL STUDENT MANUAL LESSON 41 (8 JUNE 2025)

TOPIC: "YESTERDAY"

BIBLE PASSAGE: Numbers 11:4-7

4 And the mixt multitude that was among them fell a lusting: and the children of Israel also wept again, and said, Who shall give us flesh to eat?

5 We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlick:

6 But now our soul is dried away: there is nothing at all, beside this manna, before our eyes.

7 And the manna was as coriander seed, and the colour thereof as the colour of bdellium.

MEMORY VERSE:

“Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before.” Philippians 3:13

LESSON INTRODUCTION

After the children of Israel left Egypt, it is unfortunate that “Egypt” did not leave them. Despite the miracles of deliverance and divine provisions, they still longed for the cucumbers and garlic they ate as slaves because “yesterday” was vivid in their memories. The same thing applies to some of us who refuse to let go of our past! In this lesson, we shall learn how to overcome the urge to cling to the past, embrace today, and look on the bright side of tomorrow?

LESSON OUTLINE 1: PAST IS PAST

Some of the ways to deal with past events:

- Be intentional to let go of the ugly past because some bad memories always want to fill our thoughts (Philippians 4:8). Also, do not bask perpetually in the euphoria of the past.
- Learn from the mistakes of the past to avoid repetition of the same (John 8:10-11).
- Forgive yourself and others for whatever happened in the past (Genesis 50:15-21). Remove the “veil of offense” and never allow it to degenerate into an obstacle (Ephesians 4:31; Hebrews 12:15).
- Accelerate your forward movement by thinking and taking the next step into a brighter tomorrow (2 Samuel 12:18-23).
- Forget yesterday because it is gone. Stop holding on to the past or retelling it incessantly as if you can bring back the hand of the clock (Philippians 3:13).
- Free your mind because a negative past enslaves (Galatians 5:1; Genesis 33:1-3, 8).
- Cry to God to take any unwanted memory away. Remember that vengeance is of the Lord: leave the matter to Him (Romans 12:19).

CLASS ACTIVITY 1:

The class should share their experience on the consequence of holding on to the past and how they achieved freedom.

LESSON OUTLINE 2: THE FUTURE IS BRIGHT

Things to note to achieve a bright future:

- Believers must walk with the assurance that tomorrow will be better (Job 14:7-9).
- Hope is a prerequisite needed to forget the past and look forward to the future (Job 11:18: 14:14 Romans 5:5)
- Having a focus will sustain a believer to keep moving (Philippians 3:13-14).
- Give yourself to the study of God's word (Psalm 119:15-16)
- Know that God is your help (Psalm 46:1-5); this gives uncommon happiness and joy (Psalm 146:5).
- Carve the future by channelling all your energy to positive endeavours to fulfil your purpose in life (Judges 11:1-5).
- No matter what, win your future (Proverbs 23:18).

CLASS ACTIVITY 2:

The class should share their experience on things they did differently from their past to achieve or arrive at a better today.

CONCLUSION: RCCG Sunday School Students Manual 8 June 2025

Remembering the irreparable past generates sorrow, but focusing on a better future brings excitement.

ASSIGNMENT: RCCG Sunday School Students Manual Lesson 41

Identify five things you have to do to let go of your past. (2×5=10 Marks).

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