



LESSON 10

February 8, 2026

Connect timeless truths with today's news.

POINTING AT WHALES

If you happen to live near Dana Point, California, next week, you and someone special can go on a whale-watching cruise at sunset on Valentine's Day. Dana Point, south of Los Angeles, is a popular venue for observing marine life. On a cruise in February, you have a good chance of spotting gray whales, Pacific white-sided dolphins, and even the occasional orca. Year-round, you're likely to see minke whales, several varieties of dolphins, seals, sea lions, and sea birds such as pelicans. Human lovebirds aboard the boat can enjoy complimentary chocolate treats, a non-alcoholic beverage, or glass of champagne—settling in together to watch for whale spouts as the sun goes down over the Pacific.

POINTING TO JESUS

The readings today are about two practices that point to Christ's life, death, and resurrection. The Matthew reading discusses baptism. When John the Baptist is baptizing in the wilderness, John doesn't want to baptize Jesus, whom he recognizes as God's Messiah. But Jesus tells him to proceed. Then after his resurrection, Jesus asks followers to make disciples and to baptize. In 1 Corinthians 11, Paul tells of how Jesus gave his followers a special meal to remember him. The bread represents his (soon-to-be) broken body, and the cup represents his (soon-to-be) shed blood. Together, the two practices of baptism and communion point to Christ.

1. What is your favorite wildlife-encounter story?
2. How do you like to celebrate Valentine's Day?
3. Why did Jesus institute baptism and the Lord's Supper for us?

Additional Resources

Any videos or web materials are for your personal use. If you play any media files in class, be sure to have the necessary rights to do so.

Playlists

[Contemporary Worship Weekly](#)

[Echoes Worship Weekly](#) (featuring African-American music artists)

[Traditional Worship Weekly](#)

Study Resources

Commentary: [Dr. Thomas L. Constable's Notes on Matthew 28](#)

Article: ["The Meaning of Baptism in the Bible: Understanding Baptism as a Biblical Design Pattern"](#)

Article: ["Why Is the Lord's Supper Significant in the Bible? Meals as a Pattern in Scripture"](#)