

care or of fear ("thinkest thou that I cannot now pray to my Father," etc.). And his legacy to his disciples was "my peace." John 14. 27. Where he has gone before there he would have his people follow.

### Berean Methods.

#### Hints for the Teachers' Meeting and the Class.

See the General Statement for an account of Paul's condition, and describe it to the class. . . . The lesson may be presented under two subjects, both interweaving through all the verses. 1. **What the Christian may enjoy.** (See Thoughts for Young People.) 2. **What the Christian should be.** 1.) Forbearing, v. 5; 2.) Trustful, v. 6; 3.) Prayerful, v. 6; 4.) Noble in character, v. 8; 5.) Generous, v. 10. . . . Especially note that Paul was himself an example of all that he here urges upon others. . . . **ILLUSTRATIONS.** Dr. Macduff calls "In Christ," the monogram of St. Paul, his peculiar motto, since it is used by him thirty-three times. . . . Paul, cheerful and rejoicing in his prison, was like a palm-tree in the desert, green amid barrenness, since it draws its life from an unseen spring. . . . Madame Guyon in prison wrote, "I am a little bird singing in its cage." . . . On ver. 13. A child with his finger on the button of an electric battery is mighty. So a Christian with Christ strengthening him is omnipotent.

#### Lesson Word-Pictures.

There are all kinds of pilgrims in the road to heaven, and one is Pilgrim Content. You cannot tell him because he has a stocky look and carries a well-filled wallet. If the size of his provision bag determined the quality of his manhood, he might be any thing than the big soul he really is. But whether he is "full" or "hungry," whether he may "abound" or "suffer need," he has learned to be "content." He has come into rest. I do not think that Pilgrim Content is at rest because he is careless about ways and means. He does not live on others, suffering them to do the work that he may enjoy the blessings of faith. Hard work with his own staff and his own feet is Pilgrim's daily habit. He was not careless about "things of good report," yesterday, foraging along the line of forbidden paths, and so to-day walking in a calm and large heavenly-mindedness free from the vexation of temporal cares. The things that are "true," "honest," "just," "pure," "lovely," Pilgrim Content practices steadily. He is not intermittent in his happy trust, away up on the top of some Beulah to-day, feverish in his excitement, with a fluttering robe and a staff rapid enough to be a wing, but to-morrow sighing low down in some vale of despondency. The peace of God passing understanding has a quiet, steady flow in his soul. Dear old Pilgrim Content, a soft and gentle light is in thy face such as is shed from the saints' faces in the pictures of the old masters. I know you have a house here on the earth, and yet I think you must have a bed and a table inside the heavenly gate where you nightly rest and are daily fed.

#### Primary and Intermediate.

BY M. V. M.

**LESSON THOUGHT.** *The Peace of God.* Show the happy face of a child. Contrast with a fretful face. (If you do not draw, you can easily find such faces to cut out and pin to the board.) What is the difference in the two? Get children's ideas as to what constitutes happiness, and lead them to see that the child is happiest who loves and obeys his parents, and trusts their wisdom and love in all things. Paul was writing this letter to the Church at Philippi. There were Christians in this Church who had not yet learned to trust the

love of their Father, God, in all things, and who were not always happy; for this reason, Paul says, "Rejoice." Tell where Paul was when he wrote this, in prison, chained to a soldier, with many cruel enemies longing to see him put to death. Did Paul rejoice? Yes, for he loved and trusted his Father, and knew that he would take care of him; and so Paul wanted the Philippians to have this same joy. Impress the fact that God gave these words to Paul, and that they are for us. So it must be that our Father wants us to be glad and happy.

Print the Lesson Thought on the board, and tell the children that we are sure to be happy if we have this peace, and that this lesson tells us just how to get it. Make three steps below Lesson Thought. Print on the first, "Trust in God." On the second, "Pray to God." On the third, "Thank God." If we do these three things every day from our hearts, then the peace of God will come and keep our hearts. Little Gracie was an orphan. When both her father and mother were gone, she turned toward her Father in heaven with loving trust, and asked him to send someone to take care of her. A kind lady came and took Gracie to live with her. Gracie thanked her Father in heaven, and had a heart full of peace. Show how we may carry this spirit into all things; in our work and play; in sorrow and in joy; always our hearts shall be "kept" if we do these three things. Call for Golden Text, and show that we have peace, because the God of peace is with us. He is always with those who obey him.

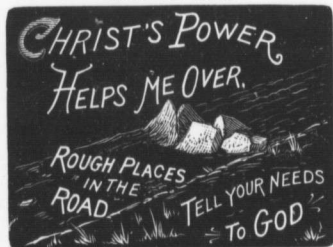


Ask who likes to help others?

Talk about the joy of service, and show that only Christ's happy children can be of much use to others. The happy, loving child can do an errand for mother more quickly than the unhappy child. God likes to use his bright-faced little servants to run on his errands. Read verse 13, and teach that he will use us to do many errands for him, if we are willing he should.

#### Blackboard.

BY J. B. PHIPPS, ESQ.



**EXPLANATION.** Thoughts for a review talk. Here is a road. *What do we see in the way?* That means life's journey is not always smooth, and it is the rough places that cause trials and discontent. *What is the title of to-day's lesson?* Why should a Christian be more contented than any one else? *The Lord is at hand!* His power helps me over the rough places in life. *What is my duty?* Tell my needs to God.

**SUGGESTION FOR A SIMPLE DIAGRAM.**—Draw a line up the board. Write "Verse 8" over it. Have someone repeat it. Call the line a standard. Christians should measure up to it.