

had learned from the gospel to be good and true and righteous, and they were also to try, by their example, to teach others to be the same. In this way they would show themselves to be the true children of God.

"And", said Paul, "now that you have the light, see that you are very careful, lest you again fall back into evil ways. There are wicked people all around you who will try to tempt you to go to places where you should not go, and to do things you should not do. But turn away from them, for your time here on earth is short, and it should be spent, not on sinful pleasures, but in doing all the good you can to those amongst whom you live.

"So be wise, and try to understand, and do, just the things that you know God would approve of. And do not drink wine, for it takes away people's senses, and then they do wicked things that they would not do if they were sober. But talk often among yourselves about holy things, and sing psalms and hymns of praise, and give many thanks in Jesus' name to God for all His goodness to you, and so you will be kept from evil."

Questions on the Lesson

1. What had the Ephesians been taught by Paul? 2. What did Paul do for them after he went away? 3. How did he tell them to follow Christ? 4. What were they to give up? 5. How would wicked people try to deceive them? 6. How were they to act towards God's people? 7. What had they learned from the gospel? 8. Who would tempt them to do evil? 9. What were they to do when they were tempted? 10. How should they spend their time? 11. Why did Paul warn the Ephesians against wine? 12. What three things were they often to do? 13. What is the Golden Text?

Lesson Story

"I don't see what harm it does to go with Mac Burns", said Harry in a very sulky voice, "if I don't say the bad words he does." "It does any boy harm to make a friend of a bad boy", said grandfather. Then he went on, "Come down to the cellar and help me sort my apples; some of them are spoiling".

Harry's face brightened, glad that grandfather had changed the subject. "These are beauties", he said, opening one barrel, "you won't need to look these over." "There may be a bad one somewhere", said grandfather, searching carefully. "Ah, there, Harry!" In the midst of the barrel lay a rotten apple, and round about, all the others were beginning to spoil, too. "Just like the harm one bad boy does to all his companions", said grandfather. And Harry hung his head.

Lesson Hymn

Stand up for Jesus, Christian, stand!
Firm as a rock on ocean's strand!
Beat back the waves of sin that roll
Like raging floods around thy soul!

*Stand up for Jesus, nobly stand!
Firm as a rock on ocean's strand!
Stand up, His righteous cause defend;
Stand up for Jesus, your best Friend.*

Amen.

—Hymn 260, Book of Praise

SOMETHING TO DO AT HOME

How pure and bright is each ray of light that comes from the sun: nothing can stain or soil it. Jesus wants our lives to be like

Children of Light

that, free from every spot of sin. And He will give us His own blessed Holy Spirit to dwell in our hearts, and make us strong to keep from evil and to do what is right and good. *Copy* the text.

I Have Learned To-day

THAT I SHOULD NOT USE STRONG
DRINK