

impulses that come from God and to bring cheer and uplift to others, the body must be kept up to the highest possible mark of health and vigor. Good food, proper and sufficient rest, suitable and regular exercise should receive careful attention so that the body may be the very best machine that it can be made for carrying out the plans of the mind and fulfilling the ideals of the spirit. Let the body, which is the temple of the soul, be kept clean and strong and beautiful.

Went in the strength, v. 8. Ah, the trouble with us too often is, that we try to "go" without the "strength". We neglect the morning Bible reading and prayer, and so go to the day's duties and temptations so weak that we are almost sure to fail and to fall. The Sabbath day is spent in idleness or pleasure-seeking, and the week's work is begun without the bracing, invigorating influence of the worship and instruction of God's house. If we would only take the time to gain possession of the strength that God offers, before we begin to go, we should be

The Going and
the Strength

able to go much farther and with vastly greater ease. Tasks impossible for us in our own might, are well within the power that comes to us in waiting upon God.

The Lord passed by, v. 11. Martin Luther tells us that, at one time, he was sorely vexed and tried by his own sinfulness, by the wickedness of the world, and by the dangers that beset the church. One morning, when he was greatly cast down and discouraged, he saw his wife dressed in mourning. In surprise he asked her who had died. "Do you not know", she replied, "that God in heaven is dead?" "How can you talk such nonsense, Kätchen?" he said. "How can God die? Why, He is immortal and will live through all eternity." "And yet", she said, "though you do not doubt that, you are so hopeless and discouraged." The secret of a cheerful courage that puts a song of hope in the heart and a brave smile on the face is the assurance that the living God is with us, our Helper and Defender.

The Secret of
Courage

TEACHING HINTS

This section embraces teaching material for the various grades in the School.

For Teachers of Bible Classes

Trace the connection with last Lesson. Begin by pointing out that this Lesson seems to describe a sad failure, but it should help us to understand our own failures. Discuss the disturbing factor in individual temperament, which must always be reckoned with, both in ourselves and others. The enthusiast is subject to fits and moods of depression.

1. *The flight*, vs. 1-3. Bring out what occasioned this. There was: (a) Ahab's information which roused the fierce anger of Jezebel. She was another Lady Macbeth. (b) Jezebel's threat that Elijah would be slain within twenty-four hours. (c) The physical reaction and apparent failure of Elijah's work. These are common experiences, and profoundly influence all workers.

2. *The gentleness of God's care*, vs. 4-8. Discuss: (a) Elijah's request for death. Similar cases, as Moses, Jonah, and Job. (b) God's plan, which involved physical rest,

refreshing, and also spiritual obedience and quickening by going to Horeb, the Mount of God. (Compare Ex. 3:1; 33:22.) There is much to learn here as to the ways of dealing with tired, exhausted people. How gentle the goodness of God in remembering our infirmities!

3. *The complaint*, vs. 9, 10. This is called forth by God's question. Point out the meaning of this question. Was it to call him back to a reasonable attitude? Discuss his answer. Three things deserve special care: (a) He had done his duty, his best; (b) He had failed of ultimate success; (c) He was lonely. Have we ever felt as he felt?

4. *The revelation of God's true character*, vs. 10-13. First, point out how God revealed Himself by means of elemental forces. Elijah knew God as a God of power. Second, the still small voice revealed the personality of God in closest touch with Elijah's life and difficulty.

5. *The call to his work, which was the overthrow of Baal worship*, vs. 15-18. Point out that Elijah was now ready, having been face