

SUNDAY  
SCHOOL

## The Quiet Hour

YOUNG  
PEOPLE

## JESUS TEACHES HUMILITY.\*

(By Rev. P. M. Macdonald, B.D.)

Jesus knowing that his hour was come (Rev. Ver.), v. 1. We are apt to think we have a right to forget our neighbors, when we ourselves are in deep waters. It was not so with Jesus. He forgot self, and remembered others. And it ought to be our aim to do as He did. Self-forgetfulness marks the heroic, noble soul. It was splendidly shown on one occasion by some of our troops in South Africa. The Boer bullets had riddled the line terribly, and the sufferers lay in groups, bleeding to death. When relief came in the form of surgeons and stretchers, the first group of wounded men said to the surgeons, "Don't stay to help us, some of the boys ahead there may be suffering more, go to them." That was like the spirit and speech of Christ.

The devil having now put into the heart of Judas, v. 2. Every man's heart is his castle, and no one can enter without permission. We cannot escape being tempted, but we can keep the temptations from entering our hearts and making their home there. Bad places, bad associations, bad habits, are open doors through which the devil sends his evil wishes. If one will, in the strength of Christ, avoid these places and associations and habits, and read good books and cultivate good companionship and cherish high ideals, he will find that by so doing he is resisting the devil and giving him the notice to quit which he will act upon.

He took a towel, and girded himself, v. 4. St. Augustine was once asked, "What is the first step in religion?" He answered, "Humility." "And the second step?" He answered again, "Humility." "And the third step?" Once more he answered, "Humility." What is humility? It is not an excessive underrating of yourself, an easy and glib abusing of yourself, a withdrawing from service because you are not efficient. Likely enough, when one speaks of you, as you speak of yourself, you grow angry and resentful. Christ's humility shone out from His clear consciousness of power and divinity. By no word did He belittle Himself. In the light of this great Example, we see that humility is the glad consecration, when need arises, of one's whole being, powers, possessions, to lowliest service for others' sakes. He is most humble who will quickest and lowliest serve. "And the cloth of humility should always be worn on the back of Christianity."

Lord, dost thou wash my feet? v. 6. Peter had been looking out for his dignity and his position. When his Lord went about the footwashing, Peter was humbled, and therefore exalted. Humility is greatness, and this revelation that Peter gave of himself helps us to understand his subsequent career. Some one of the ancients has said, "Where a gracious person would sit below me, I will acknowledge his dignity but where a proud person would move about me, I will abhor his vanity." A humble heart may meet with opposition from man, but it will meet with approbation from God. "When humility is the corner-stone, there glory shall be the topstone."

Thou knowest not now; but thou shalt know hereafter, v. 7. The weavers

of costly tapestries do their work on the "wrong" side. They do not see the design they are making. All that they see is the tangle of threads and turms, a mystery and confusion of vague suggestions. So it is with our life. We cannot understand what we are doing, or what is being done for us; but some day we shall see and know. Some day Peter would understand why this strange thing was done by his Master. Meanwhile, we must trust and obey and submit. Our Lord is wise and loving. He will see to it, if we love Him, that all things will work together for our good, and our joy shall be larger than our sorrow.

## A PRAYER.

Heavenly Father, help us to be like Thyself, as manifested in the person of Jesus Christ, Thy Son! It was His will to do the will of His Father by living and dying for others. Teach us so to live. Help us to learn by positive personal experience that supremest joy comes only in ministering unto others. Teach us what Jesus meant when He said, "I am among you as he that serveth." Plant deeply within us His passion for a life of service. May our morning hours be gladdened and inspired by this divine purpose. Let Thy holy will be done in us this day. Amen.—Rev. Charles Parkhurst, D.D.

## TRUSTING.

I do not ask that God will always make  
My pathway light;  
I only pray that He will hold my hand  
Throughout the night.  
I do not hope to have the thorns removed  
That pierce my feet,

I only ask to find his blessed arms  
My safe retreat.  
If he afflict me, then in my distress  
Withholds his hand;  
If all his wisdom I can not conceive  
Or understand,  
I do not think to always know His why  
Or wherefore, here;  
But sometime He will take my hand  
And make  
His meaning clear.

If in his furnace He refine my heart  
To make it pure,  
I only ask for grace to trust His love—  
Strength to endure.  
And if fierce storms beat round me,  
And the heavens be overcast,  
I know that He will give His weary one  
Sweet peace at last.

It is a great sin to question God's commands or to resist his will. A dangerous thing, too! Peter, doing so, came near losing his soul, and would, but for his instant submission to his Lord's will. 'Twas a little thing on which to hinge so great a result. So was Eve's eating the forbidden fruit. But what a world-wide and time-long disaster it caused. So was the sprinkling of the blood on the doorpost by Israel's families. But it meant life to their first-born. For a very little thing may be a test of mastership and the crisis, the decisive determinant of one's destiny.—Ex.

They who will not be servants can not be sons.

No man will ever reach heaven with his face toward the pit.

In Jesus we see God's thought when He first made man.—Morgan.

A false profession will wear no better than a wise look on a fool.

## LIGHT FROM THE EAST.

(By Rev. James Ross, D.D.)

TOWEL—Was the apron with which servants girded themselves for menial work. It was generally of colored cotton cloth, about the size and shape of a bath towel, and was worn by fishermen, potters, water-carriers, and sawyers, as a loin cloth; and by more respectable tradesmen, grocers, bakers and carpenters, as an apron to protect their clothes, and as a towel to wipe their stained and perspiring hands upon. Christ's act in girding Himself with it was deliberate, symbolic, and very impressive.

Basin—Was a well known household utensil, probably of bronze, the shape of a large cup, with a handle at one side. The ewer and the basin for the express purpose of feet washing are often pictured on the monuments.

FOOTWASHING—The King of England was formerly accustomed to wash the feet of as many poor men as he was years old, but this is now commuted to a gift of money. On Maundy Thursday (the day before Good Friday), in St. Peter's at Rome, the Pope washes the feet of thirteen selected persons. His red cope is taken off, an embroidered apron put on, and a towel fastened to his waist. An attendant bears the silver ewer, and the Pope, taking a sponge in a pair of silver tongs, does little more than touch the foot of each. He then waits on them at the supper table.

## OUR COMPASSIONATE GOD.

In my distress I cried unto the Lord, and he heard me. Ps. 120:1.

This is one of those gracious stories which comes home to our hearts so directly. When the inspired writer says, "In my distress I cried," he indicates himself with every troubled one in all ages. "Distress," is man's common lot. Every house has a closet "with a skeleton in it." Every roof is agreeable to the eye until it is lifted, and then we find tragedy and moaning women, and hard-eyed husbands and deluges of neglect. Every life begins with a cry and ends with a groan. When then, he adds, "and he heard me," the preciousness bursts out. The cry of the distressed is no empty wail Jehovah is the one called upon, and the Jehovah of the Old Testament is the Jesus of the New, and he has lived here to show us how universally it is true. Never came to him a voice out of distress in vain. To him, cried the Roman centurion; the Jewish synagogue ruler; the member of the Sanhedrin; the leper; the blind beggar; the heathen woman; the sinful woman; the robber, as well as the disciple, and he heard them; and his hearing was to them sight, riches, healing of the mind; yes, all they needed. Surely, then, we have a word that may prove a source of comfort and peace to every heart to-day that may be glad to make use of it. The Psalmist cried out, He did not long his distress to his bosom in sullen dependency. He carried it to One who was full of compassion. "He cried unto the Lord," and he heard him.

Trials are not necessarily unfriendly as pain-producing if we only take them to Jesus. A compassionate, sympathizing Saviour is so sweet to commune with! Blessing from him is worth as much. "He heard me" is so full of comfort! What would a distressed soul do to-day without a compassionate Lord?—Selected.

\*S.S. Lesson, April 26, 1908. John 13:1-15. Commit to memory vs. 3-6. Study John 13: 1-20. GOLDEN TEXT—A New commandment I give unto you, That ye love one another; as I have loved you.—John 13:34.