

wheat, again to lighten the ship, and as morning brightened and the sailors saw ahead of them a flat, sandy shore, they ran the ship aground at the mouth of a creek. Here the front part of the vessel stuck fast in the sand, but the back part was broken to pieces by the waves.

Seeing they were shipwrecked, the soldiers advised that all the prisoners be killed, lest any of them should escape.

But Julius, anxious to save Paul, said, "No, let all who can, swim to shore." Then the rest followed, some on boards and some on other things from the ship; and in this way the whole company were soon standing with Paul safe upon dry land.

Questions on the Lesson

1. Why was Paul sent to Rome? 2. Who were his companions? 3. How did they go? 4. Who took charge of the prisoners? 5. What trouble overtook them? 6. How long was their vessel tossed in the storm? 7. Why did Paul beg them all to eat? 8. What did he do before they began? 9. What promise did he make his companions? 10. What did the soldiers wish to do to the shipwrecked prisoners? 11. Why did Julius say, "No?" 12. How were they all saved? 13. What is the Golden Text?

Lesson Story

One day, when Jack Andrews was in Switzerland, he made up his mind to climb to the top of a high snow-covered mountain. A guide went with him because the way was full of danger. The guide tied a rope round his own waist and then fastened the other end round Jack. In this way they toiled up, Jack putting his feet in the footprints of his guide; and at last they reached the top in safety. When they came to go down, he begged hard to be allowed to go alone. But he had taken only a few steps, when his foot slipped on the loose snow and down that awful height he went. In that terrible moment he saw his mistake, and prayed that God would be his protector and lead him to a place of safety.

After some hours Jack was found lying on the shelf of an overhanging rock safe and unharmed. God had answered his prayer.

Not many of us have had an experience like Jack's. But when God gives us our daily food and clothes us, He answers our prayers as really as when He saved Jack from his great danger.

Lesson Hymn

God is near thee, therefore cheer thee,
Sad soul!
He'll defend thee when around thee
Billows roll,—
When around thee billows roll.
—Hymn 277, Book of Praise

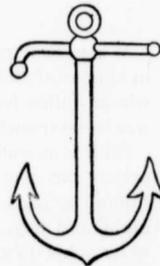
The Catechism

PRIMARY CATECHISM — 31. **How were Adam and Eve punished for their sin?** They were driven out of the garden, and had to suffer pain, sorrow and death.

SHORTER CATECHISM—81. *What is forbidden in the tenth commandment?* A. The tenth commandment forbiddeth all discontent with our own estate, envying or grieving at the good of our neighbour, and all inordinate motions and affections to anything that is his.

SOMETHING TO DRAW

In a storm sailors throw out great iron anchors, like this, to keep the ship steady. Without them they would be at the mercy of the wind and the waves. Even the an-



chor cannot keep the ship, unless the Jesus who walked on the stormy sea, and to whom darkness and day are both alike, is with them to guard and guide.

**I Have Learned To-day
THAT I SHOULD BE CHEERFUL**