

Notes on the Lessons.

LESSON X—December 5th, 1897.

Christ's Humility an Exaltation. Phil. 2: 1-11

(Commit to memory verses 5-8.).

GOLDEN TEXT: "Let this mind be in you which was also in Christ Jesus." Phil. 2: 5.

PROVE THAT—We should be humble. Phil. 2: 3.

SHORTER CATECHISM. Quest. 105. *What do we pray for in the fifth petition?* A. In the fifth petition (which is, *And forgive us our debts as we forgive our debtors*), we pray, That God, for Christ's sake, would freely pardon all our sins; which we are the rather encouraged to ask, because by his grace we are enabled from the heart to forgive others.

LESSON HYMNS. Nos. 218, 73, 129, 90. (Old Hymnal Nos. 83, 63, 144, 56).

DAILY PORTIONS. *Monday.* Christ's humility an exaltation. Phil. 2: 1-11. *Tuesday.* Meekness of Christ. Isa. 42: 1-7. *Wednesday.* Lowly in heart. Matt. 11: 25-30. *Thursday.* Lower than the angels. Heb. 2: 9-18. *Friday.* Example of humility. John. 13: 1-15, *Saturday.* First and last. Rev. 1: 1-8. *Sabbath.* Worthy the Lamb! Rev. 5: 9-14. (*The I. B. R. A. Selections*).

EXPOSITORY NOTES.

INTRODUCTORY. The Philippian church was founded by Paul on his second missionary journey (Acts 16: 10-40). This epistle was written from Rome about A. D. 63, and sent by Epaphroditus who had brought gifts to Paul from Philippi. Read the whole epistle and notice the tender affection which is manifested towards the kind and thoughtful comforters of his loneliness in prison.

LESSON PLAN. I. The Mind of Christ. vs. 1-5. II. The Humiliation of Christ. vs. 6-8. III. The Exaltation of Christ. vs. 9-11.

1. If there be any consolation (R. V., comfort) in Christ, if any comfort (R. V., consolation) of love, if any fellowship of the Spirit, if any bowels and mercies (R. V., tender mercies and compassions)—"If your union with Christ has brought you any comfort; if christian love has given you any consolation; if you have any real communion with the Holy Spirit; or any loving forbearance towards the faults and weaknesses of others."

2. Fulfil ye my joy, that ye be like minded (R. V., of the same mind) having the same love, being of one accord, of one mind—"Make my happiness complete by your brotherly love and unity." It is easy to come to an agreement when all desire to do so. "With union of soul unanimous."

3. Let nothing be done through strife (R. V., faction) or vain glory; but in lowliness of mind let each esteem other better than themselves—The two great enemies to concord and brotherly love are party spirit and personal vanity. The

Greek word for lowliness of mind was first coined by the writers of the N. T. because christianity for the first time exalted humility to the rank of a virtue. To the heathen "humble" meant the same as "mean," "abject." Compare our own faults with the good points of others.

4. Look not every man on his own things, but every man also on the things of others—Do not selfishly consult your own interests exclusively, but try to help others as well.

5. Let this mind be in you, which was also in Christ Jesus—The apostle refers to the supreme example of unselfishness and humility, the Lord Jesus Christ. He bids us mind the things which the Lord minded, to love what he loved, to hate what he hated; the thoughts, desires, motives, of the christian should be the thoughts, desires, motives, which filled the sacred heart of Jesus Christ our Lord. We must strive to imitate him, to reproduce his image, not only in the outward, but also in the inner life. (Caffin).