

What do they secure?
How should they be treated?
Who had furnished an example?

3. The Christian Experience, v. 10-13.

What occasioned Paul's rejoicing?
What lesson had the apostle learned?
What is true contentment?
What did Paul say he knew?
What was he able for in Christ?

Practical Teachings.

Where does this lesson teach—

1. The source of Christian triumph?
2. The need of a Christian ideal?
3. The source of Christian contentment?

QUESTIONS FOR INTERMEDIATE SCHOLARS.

1. The Christian Triumph, v. 4-7.
What advice is given the disciples?
To what are they exhorted?
Of what are they reminded?
What warning is given against anxiety?
How should we seek to have our wants supplied?
What assurance does the apostle give in Phil. 4. 19?
What will give steadiness of heart to the believer?
What reason have we for trusting in God as a provider? 1 Pet. 5. 7.
What advice does the psalmist give to the care-worn?
Psa. 55. 22.
2. The Christian Standard, v. 8, 9.
Upon what should the believer's thoughts be fixed?
Whose precepts and examples had these disciples had?
What would result from following the apostle's teachings and examples?
3. The Christian Experience, v. 10-13.
What gave the apostle joy?
How had the Philipians shown their care of Paul?
2 Cor. 11. 9.
What lesson had Paul learned?
What is a gain to godliness? 1 Tim. 6. 6.
What was the apostle's experience?
What was the source of his strength?
What assurance had Jesus given Paul? 2 Cor. 12. 9.
How was this strength to be secured? John 15. 7.

Teachings of the Lesson.

Where in this lesson are we taught—

1. The joy of a contented heart?
2. The themes of Christian contemplation?
3. The true source of Christian power?

QUESTIONS FOR YOUNGER SCHOLARS.

Did Paul want the Philipian Christians to be happy?
He wrote them to "Rejoice in the Lord always."
How were they to do when some one wronged or injured them? **Be kind and forbearing.**
How were they to keep from worrying and being anxious? **Tell God every thing and trust him.**
What will God give instead of care and anxiety?
His peace. [Repeat the GOLDEN TEXT.]
Tell mother about this peace sometime when she is tired and troubled.
What did Paul want them to think about? **Whatever things were true, honest, right, pure, lovely, and well spoken of.**
What good would it do them to think about these things? **It would help them to do them.**
Don't you do what you think about most?
Did Paul speak of the present they had sent him?
He said he thanked the Lord for their kindness to him.
Had they ever sent him any thing before? **Yes, three times, but it had been a long time since.**
Did he think they had forgotten him? **No; he said they had not had an opportunity.**
What were some of the things Paul had known?
What it was to be in need, to be hungry, and to suffer.
What other things? **To abound, to have plenty, and to be full.**
What beautiful lesson had God taught him in all this?
To be happy and contented.
Did he feel strong in his own strength? **No; he said he could do all things through Christ, who made him strong.**

Words with Little People.

Christ has a wonderful power to help little children over all kinds of difficulties, and to keep them kind and forbearing, peaceful and contented, when things seem to go wrong, and they are disappointed. And he can save them from all kinds of sin and trouble.

Won't you let him make you a strong, happy Christian?

THE LESSON CATECHISM.

[For the entire school.]

1. In whom should we rejoice? "In the Lord always."
2. Where is the Lord? "The Lord is at hand."
3. How should we make our requests known unto God? "By prayer and supplication with thanksgiving."
4. When should we be content? At all times.
5. How did the apostle say he could do all things? "Through Christ which strengtheneth me."

CATECHISM QUESTION.

8. And how towards those who have injured us?
He commands us to forgive them, if they repent.
Matthew vi. 15. [Luke xvii. 8, 4.]
9. What does St. Paul teach us about love to our neighbour?
That love is the substance of our duty to men?
Rom. xiii. 8, 10.

ANALYTICAL AND BIBLICAL OUTLINE.

"In the Lord."

I. REJOICING IN THE LORD.

Rejoice in the Lord always. v. 4.

- "Be glad....rejoice, ye righteous." Psa. 32. 11.
- "Rejoice evermore." 1 Thess. 5. 16.

II. FORBEARING IN THE LORD.

Your moderation be known. v. 5.

- "Forbearing one another in love." Eph. 4. 2.
- "Be....patient....the Lord draweth nigh." James 5. 8.

III. TRUSTING IN THE LORD.

Be careful for nothing. v. 6.

- "Casting thy burden upon the Lord." Psa. 55. 22.
- "Casting all your care upon him." 1 Pet. 5. 7.

IV. PRAYERFUL IN THE LORD.

Every thing by prayer....with thanksgiving. v. 6.

- "Pray without ceasing. In every thing give thanks." 1 Thess. 5. 17, 18.
- "Continue in prayer....with thanksgiving." Col. 4. 2.

V. PEACEFUL IN THE LORD.

The peace of God....through Christ. v. 7.

- "In perfect peace....stayed on thee." Isa. 26. 3.
- "Peace I leave with you." John 14. 27.

VI. WORTHY IN THE LORD.

Whatever things are honest, etc. v. 8.

- "Adorn the doctrine of God." Tit. 2. 10.
- "As it becometh the Gospel of Christ." Phil. 1. 27.

VII. CONTENTED IN THE LORD.

I have learnedto be content. v. 11.

- "Godliness with contentment is great gain." 1 Tim. 6. 6.
- "Be content with such things as ye have." Heb. 13. 5.

THOUGHTS FOR YOUNG PEOPLE.

What a Christian may Enjoy.

1. A Christian may enjoy happiness at all times, even when in the midst of trouble. v. 4.
2. A Christian may enjoy a freedom from anxious care, since he can bring all his cares and needs to the Lord. v. 6.
3. A Christian may enjoy peace, deeper than thought