

work or pleasure ; they were to spend it in worshipping and serving God. "Six days," said the Lord, "are given you to labor and do all your work, but the seventh day belongs to the Lord your God, and you shall not do any work on that day, neither you nor your sons nor your daughters, nor any of your servants or cattle. For in six days the Lord made heaven and earth, the sea and everything in them and rested the seventh day, wherefore the Lord blessed the Sabbath day and hallowed it."

Questions on the Lesson

1. Whither did Moses go to talk to God ? 2. What laws did God give Moses on the top of the mountain ? 3. What did God first remind the people ? 4. Which is the First Commandment ? 5. What does it mean ? 6. What were the Israelites forbidden to make ? 7. What would happen if they disobeyed ? 8. How did God say His name was to be used ? 9. How was the Sabbath to be kept ? 10. Who had set the first example in keeping the Sabbath ? 11. What is the Golden Text ?

Lesson Story

Yansi was a little Chinese girl who learnt for the first time in the Mission School, that it was wrong to pray to idols. "I won't pray to mine any more, then," she said. But instead of throwing the ugly little god, that was her own, away, she stuck it up on a shelf, and there a little friend who went to the same school saw it one day. "Oh," she said disappointedly, "I thought you were Christian now." "So I am," said Yansi. "Why then, is your wooden idol still up there ?" "That's no harm," said Yansi. "But no one would know you were Christian if they saw it," objected the other. "I don't want any one to think that," said Yansi, and she threw the ugly idol out into the street.

Lesson Hymn

Saviour, teach me day by day
Love's sweet lesson to obey ;
Sweeter lesson cannot be—
Loving Him who first loved me.

Teach me all Thy steps to trace,
Strong to follow in Thy grace ;

Learning how to love from Thee—
Loving Him who first loved me. Amen.
—Hymn 575, Book of Praise

The Catechism

PRIMARY CATECHISM—44. **What is it to be lost ?** To be lost is to be left without God in this world, and to be shut out from His presence forever.

SHORTER CATECHISM—69. *What is forbidden in the sixth commandment ?* A. The sixth commandment forbiddeth the taking away of our own life, or the life of our neighbour unjustly, and whatsoever tendeth thereunto. 70. *Which is the seventh commandment ?* A. The seventh commandment is, Thou shalt not commit adultery.

The Question on Missions

10. What is being done for the Indians of British Columbia, and at what points ? There are boarding schools for Indian children at Ahousaht and Alberni, and a day school at Ucluelet, all on Vancouver Island. In these schools, besides the teaching of ordinary day school subjects, much attention is given to instruction in the Bible. Sabbath services are held for young and old.

SOMETHING TO DO AT HOME

The first four Commandments were written on one of the two tables of stone given



to Moses. If we love God, we shall find it, not hard but easy to keep these laws about His worship and day and name. *Copy* the drawing.

I Have Learned To-day
THAT I SHOULD LOVE GOD