

respect and affection for this wonderful Jew. Kill such a man! So prudent, so brave, so evidently in communion with the unseen God, who rules storm and wave. He will take the risk of saving Paul, even though some of the prisoners *should* escape. A man so nobly high-minded as this centurion, we may expect to manifest practical wisdom also, and it is no surprise that the directions of vs. 43, 44 are given.

Paul's conduct on that eventful morning is a lesson in the sublimity of trust in God, and in its practical value as well. The sailors, ready of device and quick of hand, illustrate man's part in the deliverances God works. The centurion stands for all who put honor and gratitude in the foreground, happen what may.

Some Test Questions

- What is meant by "fasting"? v. 1.
 What did Paul advise?
 What assurance did he give?
 What example did he set?
 With what result?
 Describe the course taken by the sailors?
 What counsel did the soldiers give?
 Who hindered it?
 How did the ship's company get ashore?
 What do we learn as to:

- (1) The importance of preserving health?

- (2) The contagiousness of courage?
 (3) The sin of ingratitude?
 (4) The influence of a noble character?

Prove from Scripture
 That trust in God gives courage.

For Special Study

- (To be assigned the Sabbath previous.)
 (1) The voyage from Caesarea to Malta.
 (2) St. Paul's Bay.
 (3) Deliverance in answer to prayer.

The Catechism

By The Associate Editor

Ques. 81. What the Tenth Commandment forbids. Special attention may be directed to the final clause of the answer. The commandment forbids any inordinate notions and affections to anything that is "our neighbor's." There are desires for things not in our possession which are lawful and right. The boy at school and the youth at college may without sin desire the prizes offered. We are not forbidden to desire success and honor in the work of life. We are warranted in praying for such temporal blessings as health and prosperity. It is not wrong to strive for positions which are open to all. But our desire for all these things must not be "inordinate." They must be kept in subjection to the will of God and give way to the rights of others.

FOR TEACHERS OF THE LITTLE ONES

By Mrs. Jessie Munro Johnston, North Bay, Ont.

Review—Show some kind of fruit. How does it grow? Last Sunday we talked of a kind of fruit that does not grow on trees or bushes or vines. Here is the place where it grows

(outline a heart). Here is the root (print HOLY SPIRIT). The branches spread out in our lives and bear fruit. (Recall Lesson.) How did Paul show the "fruit of the Spirit" in his life? Where was he when we last heard of him?

Lesson Subject—Paul's life, a letter showing cheerfulness in times of trouble.

Introduction—"Little Ned, who slept with his father, never went to sleep in the dark without asking, 'Papa, are you there?'"

