

## The Sunday School

## BIBLE LESSON.

Abridged from Peloubet's Notes

Second Quarter, 1904.

APRIL TO JUNE.

Lesson XII. — June 19 — Christ Risen. — Matt. 28: 1-15.

GOLDEN TEXT.

Now is Christ risen from the dead. — I Cor. 15: 20.

EXPLANATORY.

I. THE THREE DAYS IN THE TOMB.—Jesus was, probably, placed in the sepulchre about four o'clock Friday afternoon. The sepulchre was cut out of the calcareous rock of the region, the porous and absorbent character of which "caused it to have a peculiar drying effect upon the bodies buried in it." Hence the word "Sarcophagus," i. e., "flesh-eating," was applied to such stone, and later to all coffins made of stone.

II. THE MYRRH-BEARERS.—V. 1. IN THE END OF THE SABBATH. That is, the end of the night following the Sabbath, conceived as still belonging to the Sabbath which is necessarily implied by what follows. They rested on the Jewish Sabbath our Saturday. As it began to dawn toward the first day of the week (Sunday), came Mary Magdalene, i. e., Mary from Magdala, on the Sea of Galilee, whom Jesus had redeemed from the terrible affliction alluded to in Luke 8: 2. Her debt of gratitude was infinite. AND THE OTHER MARY. The mother of James the less and Joseph (Matt. 27: 56), together with Salome, the mother of John, Joanna, the wife of Chuza, and other women (Luke).

III. THE RESURRECTION OF JESUS.—V. 2-4. Nothing is known about the manner of Jesus' resurrection beyond the following description. 2. BEHOLD, THERE WAS A GREAT EARTHQUAKE. Early in the morning, before the arrival of the women at the tomb. FOR THE (AN) ANGEL OF THE LORD DESCENDED FROM HEAVEN. A divine messenger, to overawe the guards, and show that Jesus rose, and was not taken from the tomb by human power. ROLLED BACK THE STONE FROM THE DOOR. AND SAT UPON IT, as a guard waiting to give the needed information to the disciples.

3. HIS COUNTENANCE (his appearance) WAS LIKE LIGHTNING, in vivid and intense brightness. AND HIS RAIMENT WHITE AS SNOW. Christ, at his Transfiguration, had his face shining as the sun, and his raiment white and glistening. This dazzling whiteness was the visible expression of his heavenly nature and origin.

4. AND FOR FEAR OF HIM THE KEEPERS. That is, the Roman guard, BECAME AS DEAD.

## TURN OVER TIME.

When Nature Hints About the Food.

When there's no relish to any food and all that one eats doesn't seem to do any good then is the time to make a turn over in the diet, for that, nature's way of dropping a hint that the food isn't the kind required.

"For a number of years I followed railroad work much of it being office work of a trying nature. Meal times were our busiest and eating too much and too quickly of food as is commonly served in hotels and restaurant these together with the sedentary habits were not long in giving me dyspepsia and stomach trouble which reduced my weight from 205 to 160 pounds.

"There was little relish in any food and none of it seemed to do me any good. It seemed the more I ate the poorer I got and was always hungry before another meal, no matter how much I had eaten.

"Then I commenced a fair trial of Grape-Nuts and was surprised how a small saucer of it would carry me along, strong and with satisfied appetite, until the next meal, with no sensations of hunger, weakness or distress as before.

"I have been following this diet now for several months and my improvement has been so great all the others in my family have taken up the use of Grape-Nuts with complete satisfaction and much improvement in health and brain power.

American people undoubtedly eat hurriedly, have lots of worry, thus hindering digestion and therefore need a food that is pre-digested and concentrated in nourishment." Name given by Postum Co. Battle Creek, Mich.

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MEN, swooned into unconsciousness through fright, and, perhaps, through the direct power of the angel.

IV. THE MESSAGE OF THE ANGELS.—V. 5-7. It seems that Mary Magdalene first reached the tomb; and seeing the stone rolled from the door, hastened to tell the news to Peter. The others then came, and entering into the tomb, "found not the body of the Lord Jesus" (Luke).

They were perplexed, when suddenly they saw the two angels sitting on the stone beside the inner door. 5. AND THE ANGEL, one of the two whom Mark and John mention, answered the perplexity and fear of the women. FEAR NOT YE. "Ye" is emphatic in the original. The keepers and the enemies of Jesus had reason to fear, but not these disciples. They had infinitely more reason to rejoice than to fear. FOR I KNOW THAT YE SEEK JESUS. He understood them and had come to help them. He knew that love to the Crucified One had brought them to the tomb.

6. HE IS NOT HERE (in the tomb) FOR HE IS RISEN AS HE SAID. He had assured them several times that he would rise again after his death. COME, SEE THE PLACE, so that they may be fully convinced that he had risen.

7. AND GO QUICKLY, AND TELL HIS DISCIPLES, that their sorrows may end, their doubts be removed, their night be turned into day. Mark adds, "and Peter." For he would be the saddest of all. This message would be a drop of joy in his cup then, as showing Christ's forgiveness. AND, BEHOLD, HE GORTH BEFORE YOU INTO GALILEE, where all of the eleven belonged, and the largest body of believers, who would return there soon after the Passover feast was ended. THERE SHALL YE SEE HIM. So Jesus himself had promised them before he died (Matt. 26: 32). He did indeed show himself before they went to Galilee, but the great manifestation to over five hundred at once who must have gathered for that purpose on account of the message, the great proof that he was living in his own human body, by eating with the disciples, and the great commission to evangelize the world, all were in Galilee. GORTH BEFORE YOU. May mean that he would give them notice when to go into Galilee, and he would be there on their arrival.

8. THEY DEPARTED WITH FEAR. A great and solemn awe at the presence of the angels and the weighty truth they had made known. AND GREAT JOY at the good news that their Saviour friend was alive, and they should see him again. Both fear and joy were mingled, no uncommon experience.

V. JESUS APPEARS TO THE WOMEN.—V. 9, 10. Either these verses are a summary of both appearances to the women, or the order of events, as most think, is as follows:

First Appearance. To Mary Magdalene, who was the first of the women to arrive at the sepulchre, and, immediately on finding that Jesus was not in the tomb, went to announce the fact to Peter and John. Returning to the sepulchre, she reached it after the other women had left, and near by it Jesus appeared to her as described by John 20: 11-18.

Second Appearance. 9. The other women WENT TO TELL HIS DISCIPLES by some other route than that by which Mary Magdalene returned. BEHOLD, JESUS MET THEM, SAYING, ALL HAIL. Greek, "Chairete." "Rejoice," the ordinary Greek form of salutation. The English "all hail" is shortened from "all health."

10. GO TELL MY BRETHREN THAT THEY GO INTO GALILEE. The same message which the angels had given them in the sepulchre.

VI. VAIN EFFORTS TO DISPROVE THE RESURRECTION OF JESUS.—V. 11-15. 11. NOW WHEN (while) THEY WERE GOING, on the way to the disciples, SOME OF THE WATCH (guard) SHewed UNTO THE CHIEF PRIESTS, at whose request the guard were stationed at the tomb, and under whose charge they were. ALL THE THINGS THAT WERE DONE. They told the simple truth, so far as it had come under their observation, as the best possible excuse for their seeming negligence. "How was it to be expected that they should hold out against heaven, or contend with earthquakes and angels?"

12. WHEN THEY WERE ASSEMBLED WITH THE ELDERS. "The language does not imply a formal meeting of the Sanhedrim, but rather a secret meeting of the special enemies of Christ." THEY GAVE LARGE MONEY UNTO THE SOLDIERS, as a bribe to make a false report.

13. SAY YE, HIS DISCIPLES CAME BY NIGHT, AND STOLE HIM AWAY WHILE WE SLEPT. The absurdity and stupidity of this statement is apparent on the face of it. For if the guard were asleep, how could they know that the disciples stole him away?

14. IF THIS COME TO THE GOVERNOR'S EARS, WE WILL PERSUADE HIM, perhaps by bribes, but with more reliance on the threat that they would report to Rome the evil deeds they knew full well that Pilate had committed. AND SECURE YOU, from the penalty of sleeping on guard, which was death.

VII. THE INFALLIBLE PROOFS OF THE RESURRECTION OF JESUS.—The resurrection of Jesus Christ," says Dr. Lyman Abbot, "is the best attested fact of history." During forty days Jesus appeared ten or eleven times to individuals or to companies of disciples. The disciples were completely convinced against their wills. They staked their lives and hopes for this life and the next on this belief. Multitudes of enemies were convinced and believed. The transforming change in the apostles, the pentecostal gift, the existence and prevalence of the Christian church, and its triumphs, the change in the day of the Sabbath, the appearance to Paul, — are all accumulative proofs of the resurrection of Jesus. These things could not be the fruit of a lie, a deception, of a dead Christ. The resurrection fits into the life of Christ, the Saviour, as an essential part. His life and the whole plan of salvation would be incomplete without it.

## THE SLEEPY SON.

The gray one's nose at the white one's tail,  
And the house upstairs is still,  
She sings me a queer little sleepy song,  
Of sheep that go over the hill.

The good little sheep run quick and soft,  
Their colors are gray and white;  
They follow their leader nose to tail,  
For they must be home by night.

And one slips over, and one comes next,  
And one runs after behind;  
The gray one's nose at the white one's tail,  
The top of the hill they find.

And when they get to top of the hill  
They quietly slip away,  
But one runs over and one comes next—  
Their colors are white and gray.

And over they go, and over they go,  
And over the top of the hill  
The good little sheep run quick and soft,  
And the house up stairs is still.

And one slips over and one comes next,  
The good little, gray little sheep!  
I watch how the fire burns red and low,  
And she says that I fall asleep.

—S. S. Advocate.

## A SELF-TAMED MUSKRAT.

That so shy an animal as a muskrat should of his own choice become tame seems strange. Yet this happened at the home of a neighbor of mine, whose boys liked pets.

The family lived on the banks of a stream, where the water flowed swiftly, free from ice, until it emptied into the pond the muskrats each season built their huts. In the winter they frequently swam about in the open stream, and the boys threw apples into the water for them.

At length one rat ventured to climb up the steep bank and prowled about the house. Not being molested in his visits, one night he crawled under the floor and gnawed through into the kitchen. After that he was the pet of the family.

He took food from the boy's hands, and allowed them to stroke his fur. He did not object to being taken into their laps. He preferred, however, to lie behind the stove; there he would stay for hours. The hole he gnawed was boarded up, and he was taught to come and go through the door. When he wished to come in, he scratched at the door.

At night he sometimes proved troublesome. If no one answered his call, he crawled under the house and began gnawing a new hole.

A queer pet he proved. He was not nearly so quick on land as in water. When he walked across the floor, his long tail dragged noisily after him. His favorite food was apples. While eating, he "scrooched" on his haunches and held the food in his paws. When he had eaten enough, he pushed the rest into a dark corner.

In the spring he went away. What became of him they never knew.—Christian Endeavor World.

## BUILD HOPES HIGH.

An Eastern philosopher when called to comfort a broken hearted mourner wailing over a severed friendship and a ruined life, took the sorrowing one outside the gate and pointed to a lofty cliff that reached almost to the clouds. "Do you see that cliff?" he asked. "Yes," was the answer. "Do you see that eagle nest on the cliff with the eagle hovering near?" "Yes," was again the answer. "Well said the sage, 'imitate the bird and build your hopes above the clouds and you will never be broken hearted.'—Ex



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