

LESSON NOTES.

TEMPERANCE LESSON. [Sept. 26.

THE RACE AND THE PRIZE ; or, The Mastery of Self.

1. Cor. 9. 24-27. Commit to memory verses 24-27.

GOLDEN TEXT.

Let not sin therefore reign in your mortal body. Rom. 6. 12.

OUTLINE.

1. The contest, v. 24.
2. The condition, v. 25, 26.
3. The conquest, v. 27.

QUESTIONS ON THE LESSONS.

1. *The contest*, v. 24.—Of what race did Paul speak? Of the race in the ancient games. What race do we run? The Christian race. What is our prize? The crown of life. Who may have it? All who are faithful.

2. *The condition*, v. 25, 26.—What was required of the ancient contest? Temperance. What is temperance? Avoiding all things that will injure the body. What is one evil thing to avoid? Strong drink. Why should we avoid it? Because it will do no good, but much harm.

3. *The conquest*, v. 27.—What conquest did the apostle name? Keeping under his body. What is it to keep under the body? To control its appetites. What is the most dangerous appetite? That for liquor. How may we control it? By never tasting of strong drink.

WORDS WITH LITTLE PEOPLE.

1. Seek the prize of heaven.
2. Be temperate in all things.
3. Avoid all food and drink that will do you harm.
4. Never form the habit of using strong drink.

B.C. 1804.] LESSON I. [Oct. 3.

ISAAC'S PROSPERITY ; or, The Blessing of Plenty.

Gen. 26. 12-25. Commit to memory verses 23-25.

GOLDEN TEXT.

The blessing of the Lord, it maketh rich. Prov. 10. 22.

OUTLINE.

1. The man of prosperity, v. 12-14.
2. The man of peace, v. 15-23.
3. The man of prayer, v. 24-25.

QUESTIONS ON THE LESSONS.

1. *The man of prosperity*, v. 12-14.—What is a man of prosperity? One to whom God

has given riches. What man is here spoken of? Isaac, the son of Abraham. What did he own? Great flocks of sheep and herds of cattle. What came from this? He was envied by his neighbours. What did they do? They filled up his wells, and drove him away.

2. *The man of peace*, v. 15-23.—What did Isaac then do? He moved to another place, and dug new wells. What did the people there do? They quarreled with him, and took his well. How did Isaac show himself peaceful? By not returning evil for evil. How did he act? He moved away again, and would not quarrel. What does Jesus say about those who are peaceful? "Blessed are the peacemakers."

3. *The man of prayer*, v. 24, 25.—Where did he finally settle? At Beersheba, on the south of Canaan. What took place there? The Lord appeared to him, and blessed him. What did Isaac build? An altar for worship. What did he do at the altar? He called on God. What good example did Isaac set? The example of meekness under wrongs.

WORDS WITH LITTLE PEOPLE.

1. Look to God for his blessing.
2. Don't envy the success of others.
3. Rather go away from others than quarrel with them.
4. Thank God for every blessing.

HERE is a beautiful illustration of faith in the presence of an unseen Saviour.

"Mamma! are you there?" said a little girl, whose mother had left her to play by herself while she went upstairs to attend to some duties there. But the little one grew lonely; and going to the foot of the stairs called out, "Mamma! are you there?" "Yes, darling," replied the mother. "All right!" answered the little one, and went off cheerily to her play again.

Her heart was satisfied. She was not alone. *Mother was there*, and after a while, she would come to her again.

OUR SUNDAY SCHOOL PAPERS.

The best, the cheapest, the most entertaining, the most popular.

<i>Sunday School Banner</i> , 32 pp., 8vo., monthly	0 75	Per year, post free.
6 copies and upwards	0 65	
<i>Pleasant Hours</i> , 8 pp., quarto, semi-monthly,		
when less than 20 copies	0 30	
20 to 40 copies	0 27	
40 copies and upwards	0 25	
<i>Berean Leaves</i> , monthly, 100 copies per month	0 50	
<i>Sunbeam</i> , semi-monthly, less than 25 copies	0 15	
25 copies and upwards	0 12	

Address: WILLIAM BRIGGS,
Methodist Book Room, King St. East, Toronto.