

and victory over the enemy. The Lesson considers faith.

1. *The definition of faith.* Note the elements: (a) It is the "assurance of things hoped for" (Rev. Ver.), that is, the giving of reality to the things hoped for. It opens the door of reality to spiritual facts, so that the soul finds rest in these eternal things. (b) It is a conviction of things not seen, that is, a testing or venturing which proves satisfactory. The object of faith is not named, but is everywhere assumed. In the light of the whole thought of the Epistle, it is seen to be God revealed in Christ, who in the former times was made real to His people by means of the revelation then given. True faith thus gives life a controlling conviction and an assured triumph.

2. *The triumphs of faith.* The sphere is noteworthy. It includes all, in every age, who have lived in trust and obedience toward God, so that all believing and faithful ones, before and after Christ, rejoice together, v. 40. In this letter to Hebrew Christians, the illustrations are taken from the records of their own nation. The manifestations of the power of faith are varied. Faith is the principle by which the elders were seized of the truth. By it the saints, from Abel onward, lived and died. The teacher should dwell upon the particular victories ascribed to faith in each case here mentioned, so that its range may be the more readily seen.

3. *The triumphs of the past should strengthen for the future.* What has been by faith, can be. The victories of to-day are by faith. The life of faith is essentially the same in all ages. It is the privilege of all saved ones, and not a special gift to a few. Let the teacher seek to encourage the scholars to exercise this faith, until Jesus becomes very real, and life is governed by spiritual convictions.

For Teachers of the Boys and Girls

"There is one thing without which we cannot please God; what is it?" Let these be your very first words to the class. Possibly some one will quote the first clause of v. 6 of the Lesson chapter in reply. If not, lead the scholars by question and answer to that wonderful truth. You have laid a foundation for the lesson, which may be built up accord-

ing to the following plan:

I. **WHAT FAITH IS.** The definition is given in v. 1, and may be made clear and memorable through a good understanding of two words in it: (1) "substance", which means "assurance of"—sure that we shall have; (2) "evidence", proof to our minds that things we do not see, really are. Faith in the future, means that we are sure that the future will be what we hope it will be. Faith in a person, means confidence that that person will not deceive: will do what is right. Faith in God, means that we trust in His wisdom, power and love, in every word that He speaks, and in every thought that He thinks concerning us.

II. **WHAT FAITH DID:** the "Roll-call" of faith's heroes, as one might say. It would be well to arrange, a Sabbath previous, that each of five scholars should be prepared to tell about one of the chief of the heroes of faith mentioned in the Lesson, and just wherein his faith was shown: Abraham, Isaac, Jacob, Joseph, Moses. Help the scholars out by questions and hints, and additional information. It will be like turning on light after light, till faith seems like a great glowing flame which all the world may see. The puzzling questions that are sure to arise are answered in the Exposition and Light from the East. If there is time, have the class read vs. 33-40.

This may be followed by a talk with the class of what men of faith have done in the ministry and the mission field. Look into the achievements of a few of the great leaders, such as Luther, Knox, Wesley, Moody, Robert Morrison of China, David Livingstone of Africa, Mackay of Uganda, MacKay of Formosa, Geddie of the South Seas, and Robertson of the Northwest.

III. **WHAT FAITH IS DOING.** Make very clear that the heroes are not all dead. Set the scholars searching for heroes of their own acquaintance—heroes of faith, people who are suffering patiently or venturing boldly, or doing valiantly, because they trust in God. Every neighborhood has its heroes, and such names as Dr. Grenfell, and many of our own missionary men and women will be mentioned.

IV. **WHAT FAITH CAN DO.** If the teacher can get the scholars to realize that the same