

but how are we building? Are we workmen needing not to be ashamed? Are we using the books, helps, appliances, and, most of all, our own study, in order to build well, and build better and better? The builder must have tools and know how to use them.

LESSON VII. (February 15.)

CHRISTIAN SELF-CONTROL. 1 Cor. 8. 4-13.

GOLDEN TEXT: "Let us therefore follow after the things which make for peace." Rom. 14. 19.

Primary Notes.



Approach. Once there was a heathen man in far-away Korea who learned to love Jesus and keep the Lord's Day holy. He wished to show his heathen friends in some way that things were different in his house, and so when

Sunday came he put up a little white flag to show what day it was and that he was keeping it as God said. A white flag is a sign of peace, and Sunday was a day of peace to this Christian Korean. When two armies are fighting, if one sends out a white flag it means peace, and all the guns stop firing at once.

To-day we have for our Golden Text one that might be called

A White Flag Text. It is about peace. It tells us to follow the things that make for peace, and then, of course, there can be no fighting and quarreling. Everything of that sort must stop. (Teach Golden Text.) Teachers may take a little white flag into class, to illustrate and emphasize this truth. The word "peace" may be written on it. A tiny home-made affair will answer.

A Letter about Peace. As Paul traveled from one place to another he did not forget those he had once visited and left behind. He often wrote letters to these friends, and we have part of one of his letters to-day, which was written to that new Church founded or begun in Corinth which we heard about last Sunday.

In this letter Paul says that those who love Jesus must be careful not to hurt others, especially those who love Jesus too, but may not be very strong and wise. In those days and in that place some of these weaker ones thought it wrong to eat meat that had first been offered to idols. The stronger ones knew that an idol

was nothing, and felt that there was no harm in eating the meat. Paul said even if it did not hurt them they must not eat it, but give it up for the sake of those who thought it wrong. They must keep the peace, and not make trouble.

Things that Break Peace. There are many things, but to-day we think about that dreadful drink that makes so much trouble in the world. Tell the children, and then draw from them again the fearful effects of alcohol upon body, brain, heart, and temper, and how many fights and hurts and even murders come from drink. The pity of it, that even little children have a chance to know so much about this! Few have not seen drunken men on the streets.

There are some people who perhaps might drink wine without being hurt by it. They might be strong enough. But others who saw them do it might say, "We can do it too, if they do," and these weaker ones might be harmed dreadfully. So, the only safe way for ourselves and for others to keep peace and help people is not to touch the stuff at all.

Forget-me-not Thought: Follow Peace. The gentle dove is a bird of peace and a sign of peace. The Holy Spirit once took the dove's form and came down to rest on Jesus. Then, the olive branch was used as a sign of peace long ago. Now, suppose you had the choice between the wine cup and the sword, with all the sad things that follow them, and the dove and olive branch, with the peace they stand for, which would you follow?

By being peaceful and gentle, by being temperance children, growing up to be temperance people, helping to keep others from touching wine, and being kind and helpful to those who have touched it, you can follow peace. Will you?

Thought for Teachers. Deeply impress the



children with the thought that they must grow up temperance boys and girls, and show it, as the Korean showed by the white flag his resolve to keep the Sabbath day.