

we be strong? Paul, the hero tells us to (a) take the helmet of salvation—We must first be christians—We must take Jesus into our hearts that is what Paul means, when he says take the helmet of salvation.

(b) Take the shield of faith.

To teach this, make a shield, and draw a heart. Show how Satan sends his arrows of sin at our hearts, and then place over the heart as suggested in the cut, the shield with the word FAITH on it

Satan's arrows cannot harm us if Jesus covers over our hearts with his shield. He will do this if we have faith.

(c) Again we must be ready to fight Satan and drive him away when he comes to us, and we can only do this as Jesus did when Satan came to him tempting him again and again. He took the words of scripture and drove him away. Paul calls the Bible the sword of the Spirit. We must love it, we must learn it, we must use it to fight Satan with. When he comes and tells you "God does'nt love you," you must drive him away. How? By answering him from the Bible as Jesus did in the words of this quarter's Golden Text; "For God so loved the world that he gave his only begotten Son, that whosoever believeth on him should not perish but have everlasting life." When Satan tells us to be afraid in the dark answer him again from God's word; "Fear thou not for I am with thee," and many other such beautiful and sure promises.

LESSON IX—November 28th, 1897.

Salutary Warnings. I Pet. 4: 1-8.

I. GOLDEN TEXT: "Be ye therefore sober and watch unto prayer." I Pet. 4: 7.

II. PREVIEW THOUGHT FOR THE QUARTER: Paul, the hero.

III. PREVIEW THOUGHT FOR TO-DAY'S LESSON: Paul, the watchful hero.

IV. REVIEW.

1. Did Paul forget the church in Ephesus, and other places?
2. What did he do to help them while in Rome?
3. To whom does he compare a christian?
4. What does he say faith is like?

V. SYNOPSIS OF LESSON: We pass to-day, for one lesson, from the teachings of Paul to those of Peter. That there is a harmony of the whole, is seen from the fitness of the life of Paul to the teachings of Peter. Coming as it does after the last lesson, it would seem wise that the idea of watchfulness should be emphasized. This first epistle of Peter was either written from Babylon, or Rome, probably the latter. It was written by Peter to the christians in Asia Minor. It is full of the echoes of the teachings of our Lord, which seem to have been deeply impressed upon the heart of the apostle. He exhorts them to live a true life, to give up self and be whole hearted for God. We have lived long enough in sin and we must come to God for our privileges. Let us therefore be sober and watch unto prayer.

VI. SUGGESTIVE STEPS IN TEACHING THE LESSON: The teaching of this lesson will be best centered around the Golden Text, for it and the verse following will be found to contain the most suitable teaching for our Primary classes.

1. What is this? (Pin the picture of an eye to the board). What are eyes used for? To see with, to keep us from stumbling, to keep us out of danger. Tell the story of a blind man trying to cross the street, he could not see and was knocked down and badly hurt.

Paul the hero was watchful.

What should we watch?

Thoughts, words, actions, company, etc., etc.

2. As this is our temperance lesson we may emphasize the dangerous habit of intemper-