

1. It is dangerous to listen to temptation.
2. It is foolish and wicked to yield to it.
3. Sin brings shame, misery and death.
4. By the first Adam all our race were brought under the curse of the law.
5. By the second Adam, the Lord Jesus Christ's believers are redeemed from the curse of the law, he being made a curse for them.

Jan. 21. CAIN AND ABEL.

Les. Gen. 4 : 3-13.

Gol. Text, Heb. 11 : 4.

Mem. vs. 3-5.

Catechism Q. 84, 85.

HOME READINGS.

M. Gen. 3: 16-21.....Banishment from Eden
 T. Gen. 4: 3-13.....Cain and Abel.
 W. 1 John 3: 1-24.....The Works of Cain.
 Th. Jude 11-25.....The Way of Cain.
 F. Heb. 11: 1-10.....The Faith of Abel.
 S. 1 John 4: 7-21.....Love one Another."
 S. Matt. 7: 18-29.....Known by Fruits.

Opening words.—Adam and Eve, after their fall, were driven from the Garden of Eden. Two sons were born to them. The elder, Cain, became a tiller of the ground; the younger, Abel, became a shepherd. Doubtless Adam and Eve had other children not named in the Bible. Read the first three chapters of Genesis, and review Lessons I. and II.

Helps in studying.—3. *In process of time*—at the end of the week or of the year. *Offering*—"a gift." 4. *Firstlings of his flock*—the first-born, the very best. *Had respect*—looked with approval upon him and his offering. Heb. 11 : 4. 5. *Had not respect*—did not approve, because it was not of the right kind, and was not offered in faith. 7. *Sin lieth at the door*—as a wild beast watching for its prey. *Unto thee shall be His desire*—sin waits to overcome him. 8. *Stew him*—the first murder. 9. *Where is Abel?*—God wanted Cain to confess his sin. *Am I my brother's keeper?*—he tries to deceive even God himself. 10. *Crieth*—appeals for justice. 11. *Cursed from the earth*—compelled to flee from place to place. 12. *It shall not henceforth yield unto thee her strength*—the curse named in Gen. 3 : 17 is increased on Cain's account. 13. *My punishment is greater*—he complains of his punishment, but gives no sign of repentance.

Introductory.—Did our first parents continue in the estate in which they were created? Did all mankind fall in Adam's first transgression? Who is the only Redeemer? Title? Golden Text? Lesson Plan? Time? Place? Memory verses? Catechism?

I. *The Brothers' Offerings.* vs. 3-5.—What did Cain bring as an offering? What did Abel bring? What is said of Abel and his offering? Of Cain and his offering? Why did the Lord show this difference? How was Abel's offering better than Cain's? Heb. 11 : 4. How was Cain affected?

II. *A Brother's Crime.* vs. 6-8.—What did the Lord say to Cain? What did Cain do? Why did he kill his brother? 1 John 3 : 12. What does Christ say about anger? Matt. 5 : 21-24. What is the sum of the ten commandments?

III. *A Brother's Blood.* vs. 9-13. What did the Lord say to Cain? What was Cain's reply? How did God reprove him? How did Abel's blood cry from the ground? Whose blood speaks better things? Heb. 12 : 24. What is God's law about murder? Gen. 9 : 6. What curse did the Lord pronounce upon Cain? How did Cain feel about it?

1. We should bring our best gifts to God.
 2. We should offer them in faith in Christ.
 3. We should beware of envy, jealousy and anger.
 4. Passion in heart leads to sin in life.
- We should seek pardon through Christ, the only Saviour.

Jan. 28.**Jan. 28. GOD'S COVENANT WITH NOAH.**

Gen. 9 : 8-17.

Gol. Text, Gen. 9-13.

Mem. vs. 11-13.

Catechism Q. 86-87.

HOME READINGS.

M. Gen. 5: 1-32. From Adam to Noah.
 T. Gen. 6: 1-22. The Flood Foretold.
 W. Gen. 7: 1-24. The Flood sent.
 Th. Gen. 8: 1-22. The Ark on Ararat.
 F. Gen. 9: 1-17. The Covenant with Noah.
 S. 2 Pet. 3: 1-18. Not Willing that Any should Perish.
 S. Isa. 54: 1-17. "As the Waters of Noah unto Me."

Time—B. C. 2348, just after the flood.

Place—Somewhere on the mountains of Ararat, which extend through Armenia to the south-west.

Opening words.—The time of this lesson is more than five hundred years after the last. The world had become so full of wickedness that God, in order to preserve a people to serve him, sent a flood and destroyed all but eight persons—Noah and his family. After the flood Noah built an altar to God, and God made a covenant with him.

Helps in studying.—8. *Noah*—a good man when all others were bad. *His sons*—ch. 5 : 32. 9. *I establish my covenant*—an agreement or a pledge and promise. 10. *Every living creature*—all creatures would receive the benefits of this covenant for man's sake. 11. *This is the token*—the sign of God's faithfulness to his word. 13. *I do set*—or appoint. *Token*—a sign that the promise would be kept. 14. *The bow shall be in the cloud*—this was not the first appearance of the rainbow, but God now made it the sign of his covenant. 17. *This is the token*—as the appearance of the bow cannot fail, no more shall God's promise.

QUESTIONS.

Introductory.—How long a period between this lesson and the last? What was the state of the world at this time? What judgment did the Lord send? Who were saved? Title? Golden Text? Lesson Plan? Time? Place? Memory verses? Catechism?

I. *The Giving of the Covenant.* vs. 8-11.—What did God make with Noah? What is a covenant? What was promised in this covenant? How have these promises been fulfilled? What is said of this covenant in Isaiah 54 : 9, 10?

II. *The Token of the Covenant.* vs. 12, 13.—What is a token? Why is a seal used on deeds and bonds? What was the token of this covenant? What was the use of such a token? Had there been rainbows before the flood?

III. *The Blessing of the Covenant.* vs. 14-17.—What is promised as to the rainbow? What will God remember when he looks upon it? Of what should it remind us? Of what covenant blessings are baptism and the Lord's Supper tokens or seals? In what other place in the Bible is the rainbow mentioned? Ezek. 1 : 28. Rev. 4 : 3 ; 10 : 1.

LESSONS.

1. The goodness of a covenant-making God.
2. The faithfulness of a covenant-keeping God.
3. The children of believers are included in God's covenants jointly with their parents.
4. God has appointed visible signs to remind us of his covenant promises.
5. We should love and serve our covenant-keeping God.
6. A beautiful thought is suggested by the lesson, viz., that the darkest hours and scenes and ills of life are spanned with the bow of God's promises.