MESSENGER AND VISITOR.

Je The Sunday School Je

BIBLE LESSON.

Abridged from Peloubets' Notes.

Second Quarter, 1903.

APRIL TO TUNE.

Lesson XII. June 21. Paul's Charge to Timothy.-2 Timothy 3: 14 to 4: 8. GOLDEN TEXT.

There is laid up for me a crown of righteousuess -2 Tim. 4: 8. EXPLANATORY.

<text><section-header><text><text><text> The Circumstances. In A. D. 64, "a months after Paul's release, there

The pastoral epistles of Paul, the two to Theophy, and one to Titua, are so called because they are addressed to young pas-tors, in charge respectively of the church-es at Rphasus and Crete. These Epistles are of the highest value to Christian work-

THAT'S THE TIME

When Proper Food Is Necessary.

Proper food is never more necessary then when recovering from a wasting sickness, when over-eating would be fatal and yet he body needs nourishment and plenty

The body berts hourishes and plenty of it. At this time the condensed food Grape-Nuts is shown to be one's most powerful friend. Four tesspoon'uls of Grape-Nuts and cream will sustain a bealthy man for half a day and a less quantiv in warm milk will build up the convalescent wonder-fully. No stomach is too weak to dizest and rel'ah Grape-Nuts 'I was taken sick with Typhoid fever and everyone who has had this disease 'nows how weak and life-less a person feels when beginning to recuperate. ''T had to be yeary careful about my diet

1888 a preserve and the preserve and could est only very light foods. These did not seem to nouri-h me and instead of getting better every day I was just at a standstill and everyone began to fear a relapse. One day while lying in b'd very much discouraged my sister who was reading to me from the paper read an article about Grape-Nuts and we decided to send for a package.

for a package. "From the very first meal of Grape-Nuts "From the very first meal of Grape-Nuts I began to improve, strength came in bounds and leave with the result that I was soon out of bed; my change for better seemed simply marrelows. My mind is clear and strong and my body stordy. I am now entirely recovered." Name given by Postum Co., Battle Creek, Mich. There is a reason.

A dessert that helps the body, that's the thing ! Any number of them in the little ecipe book in each package of Grape-Nuts.

у ЭСПООІ ся
ета, because they discuss, in a familiar and y practical way, the best methods of Christian work.
Tor lesson is a wonderfully comprehensive view of Christian work, its foundation, purpose, hindrances, and rewards.
I. There Rule: A BIDE IN THE BI

THROUGH FAITE WHICH 'S IN CHIST JENUS faith reposed in Christ.
 16 ALL SCRIPTURE IS GIVEN BY THE INSPERATION OF GOD (R. V., ''Every Scripture inspired of God is also profi-table,' etc.) Both translations are pos-sible, and both are clear declarations of the inspiration of the able.
 AND 15 PROFITABLE Paul names four wave in which the Rible is of service: (i) FOR DOCENENE (R V., ''Greteaching '). For instruction--not in acience or history, but in the translations of wrong wave of living or thinking. (3) FOR CORREC-TION. For bringing men back to right wave of living and thinking (4) FOR Is-STRUCTION I'M RIGHTROUSNESS (R. V., 'for instruction which is in righteoranes'). The training and discipline that belongs to and produces a righteons life.
 17 THAT THE MAN OF GOD. The Christian pastor, dedicated to God and under his authority. MAY AR PREFECT (R V., ''complete'), in all the qualities and powers needed for his work. THROGOURLY (R V., ''completey') HURN-ISHED. '' A soldier with full accontre-ments, or a workman with tools.'' UNEN-ISHED. ''A soldier with full accontre-ments, or a workman with tools.'' UNEN-ISHED. ''A soldier with full accontre-ments or a workman with tools.'' UNEN-ISHED. ''A soldier with full accontre-ments or a workman with tools.'' UNEN-ISHED. ''A soldier with full accontre-ments or a workman with tools.'' UNEN-ISHED. ''A soldier with full accontre-ments or a workman with tools.'' UNEN-ISHED. ''A soldier with full accontre-ments or a workman with tools.'' UNEN-ISHED. ''A soldier with full accontre-ments.'' A soldier with full accontre-ments.''

defi titon with a charge that shows its im-portance. 1. I CHARGE THER A solemn word in the Greek, -1 adjure. THERMORE Paul's adjuration includes four motives to field the sole of the second sole of the sole to the the sole of the second sole of the sole of the GOD. God's all-secleg eve was upon Timothy, to note his faithfulness or un-faithfulness. (a) AND THE LORD JESUS CHARST, WHO BHALL JUDGE THE QUICK (the Hving-those that are alive at his coming) AND THE DEAD The second motive is the certainity and sole minity of updgment; and the Judge is to be Christ, who cannot err. (3) AT HIS APPEAR NG (a V, ''and by his appearing''----third division of the adjuration). (4) AND THE KINGODA. Timothy should do his work well because it would help to es-tor definition preacher, which is also ap-plicable to sill Christian workers. There are seven partic-lars, but the last six are tore. 2. PREACH, proclaim like a hersid, war won the social "the word of the social".

forms of the first. 2. PREACE, proclaim like a heraid, THE WORD, the goopel "the word of re-resortliation" (2 Cor 5: 19). Proclaiming it is the Christian's chief business. It must be done: (1) Faithfully. BE IN-STANT. Literally, "stend by"; that is, be ready for any opportunity. IN SEASON, CUT OF SEASON. "Take opp rtunity or make it:" (2) Searchinaly. REPBOVE. Convict them of their errors. (3) Power-fully. REPBORE. In the original the verb has a thought of threatened penalty (4) Encouragingly. EXEORT The Greek word is the same as "Paraclete," Comfort-er. (5) Patiently. WITH ALL LONG-SUFFERING. Timothy's hearers would be

stupid, obstinate, perverse, abusive; he would need longeuffering, patience. (6) Wisely. AND DOCTRINE (R. V., "teach-ing"). Timothy must teach and not secold; use reason and argument, not arro-game and bluster. POR. The reason why Timothy should be urgent in delivering his message; the opportunity is brie!; for THE TIME WILL COME WHEN THEY WILL NOT ENDURE SOUND DOCTRINE (R. V., "the sound doc-trine," Piterally. 'the healthful teaching." the well-known one. BUT AFTER THEIR OWS LUSYS SHALL THEY HEAP TO THEM-SELVES TRACHERS (invite teachers en masse') RAVING ITCHING EARS (R. V., "but having itching ears, will heap to heaving "the sachers after their own lusts").

themselves teachers after their own lusts"). 4 AND SHALL BE TURNED (R. V., "and turn ande") UNTO FABLES. "Traditional supplements to the law, silv gorical inter pretations, Jewiah stories of muracles, Rab-binical fabrications, false doctrines gener-

pretations, jewina stories of m'racies, Kab-binical fabrications, false doctrines gener-ally, etc." III. THERD RULK: ENDURE HARD-SHIPS BRAVELY:--Vs. 5. 6 Timothy could not carry out these injunctions without making enewies. Paul now tells him how to meet that opposition. 5. BUT WATCH THOU (R v., be thou socer') IN ALL THINGS "Keep awake, alert, all your senses about you." EN DURE AFFLICTIONS. The notice of Timo-thy's release from an imprisonment, in Heb. 13:23, is a bin of the young pastor's hardships. Do THEWORK OF AN EVANGE-LIST An evangelist was, technicsily, an iliterant preacher MAKE YOLL PROOF OF THY MINISTRY. Fully perform the task set thee; heap up a full measure of work.

FOR I AM NOW READY TO BE OF-D Paul knew that Nero might ki.l 6 bim at any moment. AND THE TIME OF MY DEPARTURE IS

A MILE WITH ME.

Oh, who will walk a mile with me, Along life's merry way? A c. mrade blithe and full of glee. Who dares to laugh out lond and free, Ard let bis frolic fancy play. Like a happy child, through the flowers gay

gay I hat fill the field and fringe the way, Where he walks a mile with me.

And who will walk a mile with me,

And who will wake a mile with me, A'ong life's wear's way? A friend whose heart has eyes to see The stars s' ine out o'er the darkening lea, And the quiet rest at the end of the dary-A friend who knows, and dares to say. The brave, aweet words that cheer the way Where he wakes a mile with me.

With such a com ade, such a 'riend, J'ain would walk till journeys end, Through summer autanine, sinter rain, And then? Farewell, we shall meet avain ! —Htnry Van Dyke.

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