



LESSON VI.—AUG. 6.

A New Heart.

Ezekiel xxxvi., 25-46. Memory verses 25-27. Read Ezekiel xl., 14-25; Jeremiah xxxi., 31-34.

Golden Text.

'A new heart' also will I give you.—Ezek. xxxvi., 26.

Home Readings.

July.
M. Ezek. 36: 22-30.—The new heart.
Aug.
T. Ezek. 36: 31-38.—The new heart.
W. Ezek. 11: 14-21.—The gift of God.
Th. Jer. 31: 31-34.—The new covenant.
F. Jer. 32: 36-44.—A God-fearing heart.
S. Jer. 42: 1-7.—Whole-hearted return.
Su. Titus 3: 1-8.—Regeneration.

Lesson Text.

Supt.—25. Then will I sprinkle clean water upon you, and ye shall be clean; from all your filthiness, and from all your idols, will I cleanse you.

School.—26. A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.

27. And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them.

28. And ye shall dwell in the land that I gave to your fathers; and ye shall be my people, and I will be your God.

29. I will also save you from all your uncleanness: and I will call for the corn, and will increase it, and lay no famine upon you.

30. And I will multiply the fruit of the tree, and the increase of the field, that ye shall receive no more reproach of famine among the heathen.

31. Then shall ye remember your own evil ways, and your doings that were not good, and shall loathe yourselves in your own sight for your iniquities and for your abominations.

32. Not for your sake do I this, saith the Lord God, be it known unto you: be ashamed and confounded for your own ways, O house of Israel.

33. Thus saith the Lord God; In the day that I shall have cleansed you from all your iniquities I will also cause you to dwell in the cities, and the wastes shall be builded.

34. And the desolate land shall be tilled, whereas it lay desolate in the sight of all that passed by.

35. And they shall say, This land that was desolate is become like the garden of Eden; and the waste and desolate and ruined cities are become fenced, and are inhabited.

36. Then the heathen that are left round about you shall know that I the Lord build the ruined places, and plant that that was desolate: I the Lord have spoken it, and I will do it.

The Bible Class.

'The heart.'—I. Sam. xvi., 7: Psa. xxxiv., 18; li., 17; lxxviii., 36, 37; cxli., 3, 4; Prov. iv., 23: Isa. lvii., 15: Jer. xvii., 9, 10: Ezek. xi., 19; xviii., 31; xxxvi., 26: Joel ii., 13: Matt. vi., 21; xii., 34, 35; xvi., 18: Rom. x., 8-11: I. Pet. i., 22, 23; III., 3, 4: I. John III., 18-21: Deut. xi., 13, 14.

'Cleansing.'—Psa. xix., 7-9, 12-14; Isa. i., 16-18: Matt. viii., 2, 3: John, xiii., 8, 10, 14; xv., 3, 4: Eph. v., 26, 27: I. John i., 7-10: Rev. i., 5, 6; vii., 14: Heb. ix., 11-14.

Suggestions

Ezekiel prophesied for about twenty years in the land of captivity. Having been born and brought up in Judea, he was taken with other captives to Babylon, at about the same time that King Jehoiachin was taken, B.C. 597. For five years Ezekiel, the priest, dwelt by the river Chebar, in the land of the Chaldeans, (Ezek. i., 2, 3.) pondering the condition of his beloved people. The nation was rushing headlong to ruin, defying God and disregarding his warning punishments. In the fifth year Ezekiel began to prophesy and tell forth the wonderful visions that God gave him. Jeremiah in Judea and Daniel in Chaldea were contem-

porary prophets with Ezekiel. Jerusalem was destroyed B.C. 586. The exquisite prophecy contained in our lesson for to-day belongs to the period directly following the destruction of Jerusalem and the dispersion of the Jews.

It is calculated to create hope and trust in the heart of the penitent exiles, and to inspire the most rebellious with sorrow for their sins and loving repentance toward the God of such love and mercy.

'Not for your sakes, O house of Israel, but for mine holy name's sake.' God is holy and righteous, his justice is pure love. God loves the sinner. Because of his intense love to the soul he must hate the sin that defiles and destroys it. Sin must be destroyed and if the soul clings to sin it must suffer the same fate. He who would have his sins washed away must repent and give up the sin. That sin can not be forgiven which is willingly retained.

Heaven would cease to be heaven if man could enter in with his sins. The heart must be washed from sin, as a person covered with slime would have to be washed to be comfortable in clean, pure surroundings. Clean water is the symbol of purity. As one gazing into a sheet of clear, pure water sees there his own likeness, so the Lord God looking down into the pure, clean heart of a humble Christian sees reflected there his own likeness, and the pure in heart are blessed because they behold and reflect God.

He who would reform without the transforming power of Jesus Christ is a man who would paint the pumps which gave forth bitter water in order to purify it. Or as a man who would cover with a fair white cloth a jar full of impurities. 'God looketh not on the outward appearance but on the heart.'

Lesson Hymn.

A heart resigned, submissive, meek,
My great Redeemer's throne;
Where only Christ is heard to speak
Where Jesus reigns alone;

A humble, holy, contrite heart,
Believing, true, and clean;
Which neither life nor death can part
From Him that dwells within;

A heart in every thought renewed,
And filled with love divine;
Perfect, and right, and pure, and good,
A copy, Lord, of Thine.

Thy nature, gracious Lord, impart;
Come quickly from above;
Write Thy new name upon my heart,
Thy new best name of Love.
—C. Wesley.

C. E. Topic.

Aug. 6. Drifting.—Eph. iv., 14; Jas. i., 1-8.

Junior C. E.

Aug. 6.—How can we conquer our sins?
Heb. 12: 17.

How to Prepare the Sunday-School Lesson.

1. Be in earnest.
2. Keep in the spirit of prayer.
3. Begin preparation early in the week.
4. Work along some plan.
5. Avoid ruts.
6. Adapt your preparation to your class.
7. Be on the lookout for illustrations.
8. Think out some appropriate and pertinent questions.
9. Use pencil and paper.
10. Expect results.
11. Do not get discouraged.

In giving the steps of lesson preparation, the following are the divisions, but can only be hinted at here:

1. Read the lesson through several times.
2. Read the lesson again, verse by verse, with prayer for spiritual guidance.
3. Consider the context.
4. Make good use of the marginal references.
5. Study lesson helps.
6. Search out all geographical references on the map.
7. Study the meaning of the words and verses not easily understood.
8. Take time for meditation.
9. Review this work; pray for help, and go to your class with faith and enthusiasm.—The Rev. Dwight E. Marvin.



Tobacco Catechism.

CHAPTER IX.—EFFECT OF TOBACCO ON THE BRAIN AND NERVES.

(By Dr. R. H. McDonald, of San Francisco.)

1. Q.—What effect does tobacco have on the mind?

A.—It enfeebles the memory, paralyzes the will, corrupts the imagination, and deadens the moral sensibilities.—Proverbs, 4th chapter, 5th verse.

2. Q.—How is this done?

A.—It diseases the mind through the nerves, sometimes causing insanity. This is spoken of in the asylums as 'tobacco insanity.'

3. Q.—How is nicotine conveyed to every part of the body by the use of tobacco?

A.—It is taken into the blood through the mouth, the stomach, and the lungs. The blood then carries it to all parts of the body.

4. Q.—What effect does tobacco have upon the brain?

A.—The brain is inflamed, causing headache and dizziness.

5. Q.—What effect on the nerves?

A.—The whole nervous system gets out of order, sleep is broken, memory weakened, the will power is lost, and insanity is often the result. It also causes apoplexy, palsy, and epilepsy.

6. Q.—What does research show us, as regards the spread of insanity in France?

A.—That insanity has kept pace with the use of tobacco.

7. Q.—Are nervous and mental diseases more frequent than formerly?

A.—They are becoming more numerous every year, and the increase is altogether among men who use liquor and tobacco, notably among smokers.

8. Q.—Does tobacco cause paralysis?

A.—The surgeon of St. Thomas's Hospital, England, says: 'Smoking is one of the chief causes of paralysis. This fact is confirmed by the most eminent physicians.'

9. Q.—Does the use of tobacco affect the hearing?

A.—Yes, it often injures the nerves of the ear and causes deafness.

10. Q.—What did the late Hon. Chas. Steele testify as to his experience in the use of tobacco?

A.—That he was prostrated by an attack of delirium tremens, brought on wholly by the use of tobacco.

11. Q.—What did Prof. Bascom, of Williams College, say of the habit?

A.—'Ugly and unclean, it is an indulgence that holds in its right hand a stinging scourge.'

Converted While Trying to Annoy.

In a provincial town, mainly composed of working people who had gathered from the surrounding villages to work in the factories which sprang up in consequence of the mechanical inventions of twenty years ago and since, a Christian woman lived whose house was well known as a place where God dwelt. She was not rich, she was not strong, and she was not a public speaker, but her influence was a power amongst the poor of that town. Many homes had been brightened by her presence as she read to the sick of the holy, loving Saviour, and many were the young men and the all-too-famous drunkards who had signed the temperance pledge at her persuasion.

One year when the whole town had been stirred by a Gospel temperance mission, hundreds had taken the pledge, and the publicans were bemoaning their losses. There were two men in the town, the leaders in all the brawls—tall fellows, each standing six feet—who had not been gathered in with the rest. Many prayers had been offered for them, but apparently without avail. One day a publican jokingly told them—evidently to annoy the woman who had been the main-spring of the mission—that if they, with two of their boon companions, would go to the house of Mrs. D—and take the pledge, she would give them a cup of tea. The men were incredulous, but determined to go, and were soon standing before the front door of the house, ringing the bell.

The girl who opened the door regarded the big men with something of horror, but they