



BEARING THE CROSS.

LESSON NOTES.

FIRST QUARTER.

STUDIES IN THE BOOK OF THE ACTS.

LESSON XII. [March 23.]

TEMPERANCE LESSON.

Eph. 5. 11-21. Memorize verses 15-18.

GOLDEN TEXT.

Be not drunk with wine, wherein is excess.—Eph. 5. 18.

THE LESSON STORY.

Paul the apostle, who wrote the words of our lesson, was first Saul the persecutor, who stood by when the Jews stoned Stephen to death. He was afterwards converted, as we shall learn a week from next Sunday in our lesson for that day. He was a martyr for Christ's sake, just as Stephen had been, but not until he had first preached the gospel to many nations, and had been a prisoner in Rome for a long time. The letter to the Ephesians was written while he was a prisoner in Rome, not locked in a cell, but chained night and day to a Roman soldier. He knew he should not stay long in the world, and he wrote loving letters of advice to the young churches he had founded. To the church in Ephesus he gave wise words to remember. He wanted the converts to be true

to the Lord Jesus Christ. He told them that they must not be the companions of wicked or foolish people, but learn to be wise, using their time in the best way, and speaking and singing the best things. He warned them, too, against drinking wine, urging them to take the Spirit of God instead. The evil spirit that hides away in the beautiful, sparkling wine is sure to make mischief! Paul had seen what trouble came in this way, and so he told his dear young converts, whom he loved so well, to beware! The Ephesians kept this letter as a treasure, so that we have it now.

QUESTIONS FOR THE YOUNGEST.

What is an epistle? A letter.
 Who wrote this epistle to the Ephesians? Paul.
 What was Paul once? A cruel persecutor.
 What was he now? A loving Christian.
 What made the difference? The Spirit of God.
 What special reason was there for Paul's interest in the Christians at Ephesus? They were Paul's children in the Gospel.
 How did he feel toward them? Like a father.
 What did he want them to be? True to God.
 What did he tell them not to choose? Wicked friends.

What did he say about drinking wine? Golden Text.

Where was Paul when he wrote this letter? In Rome.

Why was he there? He was a prisoner for Christ's sake.

LESSON XIII. [March 30.]

EASTER LESSON.

John 20. 6-18. Memorize verses 13, 14.

GOLDEN TEXT.

Jesus said unto her, I am the resurrection and the life.—John 11. 25.

THE LESSON STORY.

Resurrection! That is a long word, but how beautiful it is! It means life springing out of death. The woods and the fields and the gardens are full of signs of life beginning to rise out of that which was dead. This is one of the ways our heavenly Father takes to teach us that we, too, shall some day rise into new life. He went through death himself to show us the way. After he had been lying two days in the tomb, on the third day he rose. It was spring, when all growing things are rising out of the ground, and it was the morning of the first day of the week, when the sun was just beginning to shine away the night. Mary Magdalene was the first to see him. She had found an empty tomb, and had run to tell Peter and John, and they came and saw it also, and went back to their homes, but Mary stood by the tomb weeping. Then she saw two angels within who asked her why she wept, and she told them that her Lord had been taken away. Then One stood near her who said, as the angels had done, "Why weepest thou?" She did not know that it was Jesus until he said, "Mary." Then she knew, and said, "Dear Master!" and worshipped him.

Then he sent her to the disciples with the joyful news that the Lord had risen!

QUESTIONS FOR THE YOUNGEST.

What is our life? God in us.
 What are we without him? Dead.
 Could we make ourselves alive again? No.
 Who makes the plants rise in the spring? God.
 What is rising from the dead called? Resurrection.
 What did Jesus do for us? Died and rose again.
 Why did he do this? To show us the way.
 How long was he in the tomb? A little more than two days.
 What happened on the third day? He rose to die no more.
 Who saw him first? Mary Magdalene.
 Whom did she tell? The disciples.
 Why is Sunday called "the Lord's Day"? Because Jesus rose on that day.