

LESSON VIII—November 21st, 1897.

The Christian Armour. EPH. 6: 10-20.

I. GOLDEN TEXT: Be strong in the Lord, and in the power of his might. Eph. 6: 10.

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

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

IV. REVIEW.

1. To whom was Paul delivered when he arrived in Rome?

2. How was he treated?

3. Where was he allowed to live?

4. How was he occupied when in Rome?

V. SYNOPSIS OF THE LESSON: In our last lesson we left Paul in Rome, living in his own hired house, but in charge of a Roman soldier. While living thus, he had in mind the

churches he had founded, and amongst other letters he wrote to them, is the one from which our lesson is taken.

The epistle to the Ephesians was probably a circular letter sent to more than one church, several copies being made, and each authenticated by Paul's own autograph.

The epistle deals in the first three chapters with doctrinal subjects amongst others—The grace of God as manifested in Christ,—the unity and headship of Christ.

The fifth and sixth chapters are of a practical character and it is from the latter our lesson today is taken—He teaches the Ephesians on all occasions that Christians ought not to fight. He shows them that there is an enemy to overcome, and whether in offensive conflict or in defence in the onslaughts of the enemy, he teaches us to be prepared by having on the armour of God.

VI. SUGGESTIVE STEPS IN TEACHING THE LESSON:

1. Tell the story of the giants used all through last quarter.

Once upon a time, many years ago (the fable says) there was a wicked king, who had kept some bad giants locked up in a dark cave. These giants did not want to stay in the cave, and asked the king to let them out and allow them to go about the world where they pleased. The king said "If I let you go free you can never come back to this cave again to live, but will have to find another home." As soon as the giants were set at liberty they went roving around the world, but as their king had told them they soon found they wanted a place to live in. The place they liked the best was in the hearts of boys and girls, and men and women, and sought, and still are seeking every day for opportunities to get into these hearts. They enter without an invitation, and before we know it are living in our hearts. These giants are so big, and so strong, that we are not able to drive them out by ourselves, and we must every day ask Jesus to be our Saviour, and keep us from these enemies.

2. Giant killers must be strong. Paul was a hero. Paul was a giant-killer and in today's lesson he tells us how to be prepared for the giants when they come and try to get into our hearts.

Teach the Golden Text. "Be strong in the Lord and in the power of his might." How can

