

## Five-Minute Additional Lessons.

[It is suggested that these lessons be given following the opening exercises, and be set apart from the lesson teaching by song or other exercises.]

## Lesson I.

## THE BLESSINGS.

Memory verse: "The blessing of the Lord, it maketh rich" (Prov. 10, 22).

The Lord Jesus in his word calls some people blessed. What is it to be blessed? Happy? Yes, more than happy. Blessedness comes from heaven, and will last forever. Let us see who are the blessed. "*Blessed are the poor in spirit: for theirs is the kingdom of heaven.*"

Money cannot make us rich in spirit, and the lack of it cannot make us poor in spirit. What, then, does Jesus mean?

He means that in our own spirits we may grow so proud of ourselves, and so satisfied with what we are and what we have that we feel no need of God. Some people feel happy because they are beautiful; others because they have money and fine clothes; and others because they have bright minds, and can talk or write or sing or act better than others. These things are their riches, and yet to have them all would not make them blessed. Would you be happy in a beautiful house full of gifts if there was no mother or father there? No, you would be pleased for a little while, but at night you would feel lonely—poor in spirit—without them. So are we poor in spirit when we long for our heavenly Father. Then he comes into our hearts, and we are blessed, for ours is the kingdom of heaven.

## Lesson II.

"*Blessed are they that mourn: for they shall be comforted.*"

What! happy, blessed, when one is sorrowful? How can that be? It must be, for Paul once said he was "sorrowful, yet always rejoicing." If all who mourn may be comforted and blessed why should there be anything but peace and gladness in all the world?

Because Jesus did not mean the kind of mourning that is sorry for itself, and mourns the loss of worldly things. He is speaking of those who do not wish for anything so much as the forgiveness of their sins, and are sorry that they have ever grieved a loving Saviour. He knows when the first feeling of sorrow for sin rises in the heart of one of his children, and he says, "They shall be comforted," for he loves to forgive and bless. He knows, too, all those who suffer for the sins of others, and for the loss of their loved ones, and he says, "They shall be

comforted." If you hide this sweet blessing away in your heart, it will come up to comfort you when you need it.

## Lesson III.

"*Blessed are the meek: for they shall inherit the earth.*"

What great gifts the Lord gives his children whom he calls "blessed!" To the "poor in spirit" he gives a kingdom—the kingdom of heaven; to those who mourn he gives comfort; and to the meek he gives the earth! Who are the meek? Just the gentle who are gentle because it is Christlike. Jesus did not try to become a king over the little country of the Jews; he just wanted to make people good, and he taught them to be gentle; never to fight for honors, or wealth, or fame, but to deserve them, and take them as the gift of God. He told his disciples—and he tells us—to love all men, and pray for those who are unkind and cruel. When he was taken by wicked men and put to death he might have destroyed them, but he came to save instead of to destroy, so he showed only love and pity toward his enemies.

A Christian gentleman or gentlewoman is "blessed" indeed, and every child may become one. It is better to "inherit the earth" than to fight for it.

## Lesson IV.

"*Blessed are they which do hunger and thirst after righteousness: for they shall be filled.*"

There are a great many hungry and thirsty people in the world, and thousands of them are unhappy because they are not filled. When the women of Samaria came to draw water Jesus said, "If thou knewest the gift of God, and who it is that saith to thee, Give me to drink, thou wouldest have asked of him, and he would have given thee living water." And when his disciples brought food and begged him to eat he said, "I have meat to eat that ye know not of."

The "bread of heaven," the "water of life," is the Lord himself who comes to dwell in our hearts, and to be the strength and the joy of our life. A bit of bread and a glass of water with his love in our hearts is a feast, but kings and millionaires cannot buy the blessing that comes to those who hunger and thirst after righteousness, until they also come with the "poor in spirit" and the "meek" to be fed from the Lord's table. Every little child has a place at that table, and it is very near to the Lord.

Are you hungry for goodness? Do you thirst to know what is right? Then you are one of the blessed, for God will fill you!