

causes of his discouragement was his bodily condition; so the first step in the cure of Elijah was to bring the body to a proper condition of vigor. Two things were needed for this, sleep and food, and these two were provided. Although the body is the servant of the mind, nevertheless, it powerfully affects the mind for good or evil. We, to-day, should give proper attention to our bodies, which so strongly influence us and condition our spiritual activity.

4. *The divine revelations.* The second great cause of his discouragement was the apparent failure of his work. Note here the elements of the cure, the revelation of the divine mode of working: (a) The wind—but the Lord was not in the wind; (b) The earthquake—but the Lord was not in the earthquake; (c) The fire—but the Lord was not in the fire; (d) The still, small voice—and Elijah knew that the Lord was speaking to him. Thus did God show Elijah the great lesson of the way his kingdom was to be established, "Not by might, nor by power, but by my Spirit." The forces which work silently are the mighty forces which are building up the kingdom. Illustrate from the forces of nature, etc. God further encouraged him (a) By revealing to him that there were many thousands of true worshippers; (b) By appointing work for him to do; (c) By giving him a companion—Elisha.

Specific application. It is hard for us to work on day after day without apparent results; yet it is our part to work faithfully and to leave the results to God. In this God will find a way to encourage us even as he encouraged Elijah. Pray, study, work, keep the eye open to obtain a true view of the facts, strengthen the body by proper care, strengthen the soul by sympathetic companionship, and leave all to God.

Blackboard.



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OPTIONAL HYMNS.

I'm poor, and blind, and wretched.
Is this thy time of trouble?
Come unto me.
I heard the voice of Jesus.
Come, ye disconsolate.

Art thou weary.
O, sometimes the shadows are deep.
Are you weary.
Go tell it to Jesus.
Fear not, O troubled soul.

[See

1 Kings 21

4 And A^l displeased I the Jez-re-el said, I will fathers, An and turned bread.

5 But Jez^u unto him, W eatest no bro

6 And he Na both the me thy viney thee, I will and he answer yard.

7 And Jez^u now govern t eat bread, an give thee the ite.

8 So she v scaled then unto the elder city, dwelling

9 And she claim a fast, i people:

10 And set him, to bear didst blasphem carry him out

11 And the the nobles who did as Jez-e-bel's was written i unto them.

12 They pro high among th

13 And then Belial, and Belial witness both, in the p both did blasphem they carried i stoned him wi

14 Then they lstoned, and

15 And it ca that Na both Jez-e-bel said t the vineyard e he refused to is not alive, bu

16 And it e that Na both w down to the vine to take possess