

The Sunday School

BIBLE LESSON.

Abridged from Pelonbets' Notes.

Second Quarter, 1903.

APRIL TO JUNE.

Lesson IX. May 31. The Life Giving Spirit.—Romans 8: 1-14.

GOLDEN TEXT.

For as many as are led by the Spirit of God, they are the sons of God.—Rom. 8: 14.

EXPLANATORY.

I. THE LIFE OF GUILT AND THE LIFE OF RIGHTEOUSNESS.—Vs. 1-4. In Rom. 7 Paul pictures the soul's struggle to do good, and its sad failures: "What I hate, that do I."

1. THERE IS THEREFORE (because Christ died to save us, Rom. 7: 25) NOW (since we became Christians, accepting Christ as our Saviour from sin) NO CONDEMNATION. "No verdict of Guilty" for the past, and no fear of God's disapproval for the future. This is the chapter beginning with "no condemnation" and ending with "no separation." TO THEM WHICH ARE IN CHRIST JESUS, united to Christ by faith, love, and the doing of Christ-like deeds, as a branch is in the vine (John 15: 1-8). WHO WALK, etc. Omitted in R. V. and in the earliest manuscripts. See v. 4.

FOR THE LAW (the authority; the regulative principle) OF THE SPIRIT OF LIFE, God's Holy Spirit, who gives life, and is the essence of life. IN CHRIST JESUS. Either the law, the authority, which dwells in Christ; or construing it with the following verb, HATH MADE ME FREE in Christ, free through union with him. Paul's soul was in prison, until his acceptance of Christ released him FROM THE LAW OF SIN AND DEATH, from the power and authority of sin, which brings eternal death.

3. FOR WHAT THE LAW (the Scriptures) COULD NOT DO (literally, the impossible of the law), God could do and did do. This thing that the law could not do was to save men from sin; it could only point out the sin and fix the penalty. It showed men their duty, but IT WAS WEAK THROUGH THE FLESH, it was rendered inefficient by our lower nature (the flesh) which loves sin and readily yields to temptation.

GOD SENDING (i. e., by sending) HIS OWN SON. The Greek shows more strongly than the English, Christ's intimate personal relation to God, which renders more striking that he came to earth IN THE LIKENESS ("the form") OF SINFUL FLESH (literally of the flesh of sin). Christ's was genuine flesh, but not sinful. His was only the likeness of our sinful nature. He was a real man, exposed to all our temptations, but he kept himself from becoming a sinful man. AND FOR SIN, R. V., "and as an offering for sin"—the sin offering of the Old Testament. CONDEMNED SIN ("deposed it," "ordered it to execution.") IN THE FLESH, i. e., in man's sinful nature, where before it had rioted. Whoever trusts in Christ can condemn sin instead of being longer under its condemnation (v. 1).

BE INDEPENDENT.

It's Easy To Shake Off The Coffee Habit.

There are many people who make the humiliating acknowledgment that they are dependent upon coffee to "brace them up" every little while. These have never learned the truth about Postum Cereal Coffee which makes leaving off coffee a simple matter and brings health and strength in place of coffee ills. A lady of Davenport, Iowa who has used Postum Food Coffee for five years is competent to talk upon the subject. She says:

"I am a school teacher and during extra work when I thought I needed to be braced up I used to indulge in rich, strong coffee of which I was very fond and upon which I thought I was dependent.

"I began to have serious heart palpitation and at times had sharp pains around the heart and more or less stomach trouble. I read about Postum and got some to try. I dropped coffee, took up the Postum and it worked such wonders for me that many of my friends took it up.

"In a short time I was well again, even able to attend evening socials. And I did not miss my coffee at all. Now I can truthfully say that I have been repaid fully for the change I made. I have no indications of heart disease and not once in the past four years have I had a sick headache or bilious spell.

"My father, 78 years old, is a Postum enthusiast and feels that his good health in a large measure is due to the 6 cups of good Postum which he enjoys each day." Name furnished by Postum Co., Battle Creek, Mich.

4. THAT THE RIGHTEOUSNESS OF THE LAW, R. V., "that the ordinance—margin, requirement—of the law." The righteous life required by God's law. MIGHT BE FULFILLED IN US, in our upright life, made possible by Christ's dwelling in us. Paul was especially desirous, as Christ was (Matt. 5: 18), to show that the Christian religion did not supplant the Jewish, but continued it and filled it out. WHO WALK NOT AFTER THE FLESH, BUT AFTER THE SPIRIT, R. V., "spirit." To "walk after" a thing is to make it our aim, the object of our living. The revised version and the more recent commentators understand "spirit," here and in vs. 5, 6, 9 (first part), 10, and 13, as referring to the human spirit, contrasted with "flesh"; the thought throughout, however, is of the human spirit illumined by the divine Spirit dwelling within it, so that the new interpretation is very close to the old one.

II. THE LIFE OF THE FLESH AND THE LIFE OF THE SPIRIT.—Vs. 5-11. In v. 4 Paul has introduced a second contrast, that of the flesh and the spirit, which he now proceeds to treat at length. The life of the flesh is selfish absorption in lower matters (v. 5); it is in revolt against God's law, at enmity with God (v. 7) and cannot please him (v. 8); it is disowned by Christ (v. 9); it ends in death (v. 6). On the contrary, the life of the spirit is a mind set on higher things (v. 5); it is the indwelling of God's Spirit (v. 9); it assures the body of a happy resurrection (v. 11); it assures the spirit of life and peace (v. 6).

FOR THEY THAT ARE AFTER THE FLESH. Those that live for their lower natures. DO MIND. Set their minds upon, fix their affections on. THE THINGS OF THE FLESH. Enumerated in Gal. 5: 19-21. BUT THEY THAT ARE AFTER THE SPIRIT, R. V., "spirit." Those whose affections are set on the highest things. These rejoice in THE THINGS OF THE SPIRIT, R. V., "spirit." See Paul's glowing catalogue in Gal. 5: 22, 23.

6. FOR TO BE CARNALLY MINDED R. V., "for the mind of the flesh." That is, to fix our minds on selfish gratifications. IS DEATH. "It is spiritual death, and tends to and ends in eternal death." BUT TO BE SPIRITUALLY MINDED, R. V., "the mind of the spirit." Paul does not mean that there are two minds in us, but two possible bent of our one mind. IS LIFE AND PEACE. Fullness of life here and eternal life hereafter. The peace that is the result of such a life,—peace with God, and peace in one's own soul.

7. BECAUSE THE CARNAL MIND IS ENMITY AGAINST GOD. In contrast with the higher life, which is a life of peace, the lower life, either consciously or unconsciously, is at war with God. This is because the self-seeker is NOT SUBJECT TO THE LAW OF GOD, which is a perfect expression of God, so that to oppose it is to oppose God. NEITHER INDENTED CAN BE, until its nature is changed by Christ.

8. SO THERE THEY THAT ARE IN THE FLESH CANNOT PLEASE GOD. God is supremely unselfish. How could he take pleasure in beings that live for themselves?

9 BUT YE CHRIST'S DISCIPLES. You can please God for you ARE NOT IN THE FLESH, BUT IN THE SPIRIT. Not under the sway of your lower, but of your higher nature, which is itself controlled by the Spirit of God. IF SO BE THAT THE SPIRIT OF GOD DWELL IN YOU, comforting, teaching, guiding, upholding.

NOW IF ANYMAN HAVE NOT THE SPIRIT OF CHRIST, dwelling in him and controlling his life. HE IS NONE OF HIS. He is no true Christian, though he may be called by Christ's name.

10 AND IF CHRIST BE IN YOU, THE BODY IS DEAD BECAUSE OF SIN. Physical death is inevitable for all, and is a result of the sin of Adam and the human race but for the Christian its "sting" is gone. BUT THE SPIRIT IS LIFE BECAUSE OF RIGHTEOUSNESS. The human spirit is meant, in contrast with the human body; but it is the human spirit vitalized by the divine Spirit.

11. BUT IF THE SPIRIT OF HIM THAT RAISED UP JESUS FROM THE DEAD DWELL IN YOU. The God of Christ's resurrection dwelling in you, SHALL ALSO QUICKEN YOUR MORTAL BODIES. They will no longer be mortal, subject to death, but "incorruptible," immortal.

BY HIS SPIRIT THAT DWELLS WITH IN YOU "That body in which, as well as in Jesus, the Spirit of God has dwelt, will be judged worthy of the same honor as the body of Jesus himself."

III. THE LIFE OF SLAVES AND THE LIFE OF SONS.—Vs. 12-14, and to the end of the chapter. The glorious thought of the eternal destiny of Christians, who are to rise into the fullness of life forevermore, fires Paul with the thought of duty.

12 THEREFORE BROTHEREN, since this eternal life is to be ours WE ARE DEBTORS to the Spirit. The man who has not received the Spirit, however, but serves his lower nature, imagines that all his obligation is TO THE FLESH, TO LIVE AFTER THE

his senses, feed his passions, and achieve ignoble ambitions.

13. FOR IF YE LIVE AFTER THE FLESH, YE SHALL DIE. R. V., "ye must die." The more you rest your life in your lower, fleshly desires, the nearer are you to death, physical and spiritual, "the undying death in hell"; while, on the contrary, IF YE THROUGH THE SPIRIT (R. V., "spirit," the human spirit energized by the Spirit of God) DO MORTIFY (put to death) THE DEEDS (evil practices) OF THE BODY, YE SHALL LIVE. Put to death the lower nature, and the higher nature will live.

14. FOR. Paul is going to give the reason for his statement, "Ye shall live." AS MANY AS ARE LED BY THE SPIRIT OF GOD. All who submit themselves to this leading become by that very submission THE SONS OF GOD, and therefore they shall live forever, as God does. The expression, sons of God, includes these three ideas: (1) Likeness to God, (2) objects of God's fatherly love, (3) heirs of God's inheritance.

Paul sets off against this condition of slaves (v. 15) There were myriads of slaves in Rome. A single palace contained four hundred. Their plight was most wretched; their persons, possessions, family, lives, were absolutely at the mercy of inhuman masters.

Such slavery is the condition of a man who yields to sin. On the other hand, Paul devotes the remainder of this chapter to exhibiting, with an exultant splendor equaled nowhere else, the magnificence of the Christian's lot in this life, and the glory that awaits him in the future.

BABY'S PRAYER.

When weary with her evening play, the little curly head
Is bowed in childish worship as she kneels beside the bed
That little white-robed figure is a picture wondrous fair,
And God seems very near to us while baby says her prayer.

Her simple "Dad b'ess papa," how, it thrills my very soul!
I'll hold it in remembrance while eternal ages roll.

Though heavy be the burdens that my heart is called to bear,
I'll always find them lighter after baby says her prayer.

No gloomy fears or doubtings find a harbor in her breast;
She offers her petitions up, and leaves with him the rest.

It seems to me no mortal man should ever quite despair,
If once he was the subject of a trusting baby's prayer.

—George D. Gelwicks, in Southern Christian Advocate.

Premier Murray, now in Montreal, was interviewed by a Montreal Herald reporter, and in answer to a question about the Atlantic terminal of the Mackenzie and Mann trans-continental line said: "There has recently been some talk of Country Harbor, but in order to reach such a point it would be necessary to pass by many excellent harbors. The general opinion is certainly that Halifax should be the terminus of such an important line."

BEAUTY'S CHARM.

A Clear Skin, Rosy Cheeks and Bright Eyes Compel Admiration.

No woman needs to be told the charm of a clear complexion. No man can be blind to the beauty of rosy cheeks, or the power of sparkling eyes. And every woman—no matter what her features may be—can have a perfect complexion. Bright eyes and a perfect complexion come from pure blood—and pure blood comes from Dr. Williams' Pink Pills. By enriching the blood Dr. Williams' Pink Pills give vigor, strength, health, happiness and beauty. Here is a bit of proof: "For upwards of three years I suffered from anaemia," says Miss Mary Jackson, of Normandale, Ont. "I had no colour in my face, my lips and gums were bloodless and I grew so weak I could scarcely walk about the house. I doctored a good deal but got no benefit until I began using Dr. Williams' Pink Pills. Before I had taken them more than a couple of weeks I could see a change for the better, and continuing the use of the pills for some time longer my strength returned, the colour came back to my face, and I gained fourteen pounds in weight. I can recommend Dr. Williams' Pink Pills to every weak, ailing girl or woman." These pills are good for all troubles due to poor blood or weak nerves. Don't take any other medicine—see that the full name, "Dr. Williams' Pink Pills for Pale People," is found on the wrapper around every box. If in doubt send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be mailed at 50 cents per box or



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HERE IS PROOF.

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