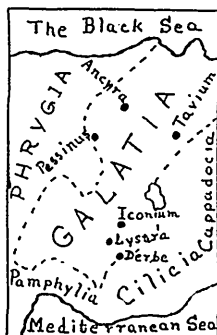


fore cannot be heirs of His kingdom, with all its blessings.

22-24. Fruit of the Spirit; which springs up in the life, when He dwells in the heart. **Love**; always first with Paul (1 Cor. ch. 13): where love is, all other virtues are also found. **Joy**; because sure of salvation. **Peace**; with God and man. **Longsuffering**; patience under insult. **Gentleness**; kindness in speech and deed. **Goodness**; the outflow of a loving heart. **Meekness**; thinking little of self. **Temperance**; self control. **No law**; for no charge can be brought by any law against those showing in their lives such virtues. **Christ's**; those who really belong to Him. **Crucified the flesh**; as the body of Jesus was nailed to the cross. **Affections** (passions) and **lusts**; such as those mentioned in vs. 19-21. These, in the Christian, are dead, and so long as he yields to the Spirit, they will have no power over him.

III. THE SPIRIT'S LIFE.—25, 26. If we live in the Spirit; if He is dwelling in our hearts, controlling all its desires and purposes. **Walk in the Spirit**; show in our outward life that He is directing and guiding us. **Not desirous of vain glory**; not seeking honor for ourselves. **Provoking one another**; not challenging to conflict, like the parties in the Galatian churches. **Envy** one another. Envy is a work of the flesh (v. 21), and therefore must not be allowed in the life.

THE GEOGRAPHY LESSON



The name GALATIA is used in two senses. At first, it denoted the country in the centre and towards the north of Asia Minor settled, about B.C. 280 by tribes from Gallia, as France was anciently called. The chief cities of this region were Tavi-um, Pessinus and Ancyra. But Galatia, for eighty years before the Epistle to the Galatians was written (from B.C. 25), had been the name of a Roman province, including, besides the original Galatia, parts of Phrygia, Lycaonia and Pisidia to the south. In this province stood the cities of Antioch in Pisid-

ia, Iconium, Lystra and Derbe, visited by Paul on his First Missionary Journey, Acts, chs. 13 and 14. Ancyra is now Angora, the capital of its district, which is noted for its breed of goats, with fine silky hair eight inches long. From this a kind of yarn is made, which is manufactured into camlet cloth, while fine Oriental leather is made of the skin. The Angora goat is bred for its hair at the Cape of Good Hope and in Australia.

LESSON QUESTIONS

From what law does Paul say Christians are free? What are they, none the less, bound to do?

15, 16 What had Paul been urging the Galatians to do? What were they doing? What was likely to result from such quarreling? Against what had Paul been warning? Under whose guidance should we live?

17, 18 What two great forces are at war in every soul? What does "the flesh" include? To what does the Spirit impel us? Whose will is it that this conflict should go on? Which power continually increases in the Christian? Why is no law needed by those whom the Spirit leads?

19-24 How many "works of the flesh" are named? Name the fruits of the Spirit. Why is there no law against these?

25, 26 Who dwells in the heart of the Christian? How can we show that He is in our heart?

FOR DISCUSSION

1. Evils that result from intemperance.
2. What the Holy Spirit does for us.

A LESSON FOR LIFE

Said Pasha, a ruler of Egypt about the middle of last century, once, to prove his courage, caused a piece of road two-thirds of a mile long to be strewn with gunpowder a foot deep. He then walked solemnly along the road, smoking a pipe, followed by a numerous suite, all of whom were obliged to smoke. The fall of a single spark meant deadly peril. Equally foolish is it to begin taking an occasional glass of liquor to show our manliness. For that glass may set on fire within us an appetite that will destroy us, as it has destroyed countless multitudes before us.

Prove from Scripture—That temperance is a fruit of the Spirit.

FOR WRITTEN ANSWERS

1. What is it to "walk in the Spirit"?.....

2. Between what forces is a war going on in every soul?.....

3. How is it shown that the Holy Spirit is dwelling in our hearts?.....