

bearer. Turn attention next to the request which Nehemiah made of the king, and ask what we call one who makes a petition before a king. A little questioning will bring out the word SUPPLIANT (Print). Now ask about the result of Nehemiah's request, bringing out the fact

## THE SAD SUPPLIANT BUT SUCCESSFUL NEHEMIAH

that he was SUCCESSFUL. In conclusion, bring out the teaching that the success of Nehemiah was due to his prayers (see last lesson). Press home the truth that our true success depends on the same condition.

### Lesson VIII.

### A PSALM OF THANKSGIVING

November 25, 1917

Psalm 103. Scripture Memory Verses.

**GOLDEN TEXT**—Bless the Lord, O my soul, and forget not all his benefits.—Psalm 103 : 2.

1 Bless the LORD, O my soul : and all that is within me, *1* bless his holy name.

2 Bless the LORD, O my soul, and forget not all his benefits :

3 Who forgiveth all thine iniquities ; who healeth all thy diseases ;

4 Who redeemeth thy life from destruction ; who crowneth thee with lovingkindness and tender mercies ;

5 Who satisfieth thy mouth with good things ; so that thy youth is renewed like the *1* eagle's.

6 The LORD executeth *2* righteousness and judgment for all that are oppressed.

7 He made known his ways unto Mo'ses, his *3* acts unto the children of Is'rael.

8 The LORD is *4* merciful and gracious, slow to anger, and plenteous in mercy.

9 He will not always chide : neither will he keep his anger for ever.

10 He hath not dealt with us after our sins ; nor rewarded us *5* according to our iniquities.

11 For as the heaven is high above the earth, so great is his mercy toward them that fear him.

12 As far as the east is from the west, so far hath he

**Revised Version**—*1* eagle ; *2* righteous acts, and judgements ; *3* doings ; *4* full of compassion ; *5* after our ; *6* precepts ; *7* established ; *8* angels of his : Ye mighty in strength, that fulfil his word ; *9* Omit ye ; *10* ye his.

#### LESSON PLAN

I. The Psalmist's Call to his Soul, 1-5.

II. The Psalmist's Picture of God, 6-18.

III. The Psalmist's Call to the Whole Universe, 19-22.

#### DAILY READINGS

(By courtesy of I. B. R. Association, Mr. S. C. Bailey, Hon. Secretary, 56 Old Bailey, London, England.)

M.—A psalm of thanksgiving, Ps. 103 : 1-12. T.—A psalm of thanksgiving, Ps. 103 : 13-22. W.—God's tenderness praised, Deut. 32 : 1-12. Th.—The un-

wearied God, Isa. 40 : 25-31. F.—Man's life, Ps. 90 : 1-12. S.—God, our refuge, Ps. 46. S.—God rules over all, Ps. 47.

**Primary Catechism**—Ques. 57. Where do all our good thoughts and desires come from ? The Holy Spirit

removed our transgressions from us.

13 Like as a father pitieth his children, so the LORD pitieth them that fear him.

14 For he knoweth our frame ; he remembereth that we are dust.

15 As for man, his days are as grass : as a flower of the field, so he flourisheth.

16 For the wind passeth over it, and it is gone ; and the place thereof shall know it no more.

17 But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children's children ;

18 To such as keep his covenant, and to those that remember his *6* commandments to do them.

19 The LORD hath *7* prepared his throne in the heavens ; and his kingdom ruleth over all.

20 Bless the LORD, ye *8* his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.

21 Bless *9* ye the LORD, all ye his hosts ; ye ministers of his, that do his pleasure.

22 Bless the LORD, all *10* his works in all places of his dominion : bless the LORD, O my soul.

puts good thoughts and desires into our hearts. Ques. 58. In what other ways is the Holy Spirit our helper ? The Holy Spirit helps us in our study of the Bible and in prayer.

**Shorter Catechism**—Review Questions 104-107.

**Lesson Hymns**—Book of Praise : Memory Hymn—Primary, 17 ; Junior, 195, 197, 536, 24.

**Special Scripture Reading**—Matt. 21 : 12-16 ; given also in Departmental Graded Teacher's Quarterlies. (To be read responsively or in concert by the whole School.)

**Hymn for Opening Worship**—Hymn 539, Book of Praise ; given also in Departmental Graded Quarterlies.

**Lantern Slides**—For Lesson, S. P. 105, A Psalm of Thanksgiving (Ps. 103). For Question on Missions, C. 686, Hospital Compound. (Slides are obtained from the Presbyterian Lantern Slide Department, 96 Queen St. East, Toronto.)

### THE LESSON EXPLAINED

It is fitting that Ps. 103 should be studied from the exile. For there is a great probability that it was written during the early in connection with the return of the Jews