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The Sabbath-School

INTERNATIONAL LESSON.

Fourth Quarter—Lesson VIII - Nov. 21

THE CHRISTIAN ARMOR.—Ephesians 6 : 10-20.

Read the Whole Chapter.

Commit Verses 13-17.

GOLDEN TEXT.—*Be strong in the Lord and in the power of his might.* —EPH. 6 : 10.

THE NEED OF THE HOUR. — Vs. 10, 11. The first three chapters of this Epistle are doctrinal; the last three chapters are full of practical precepts for daily life. The Christian must be loving, humble, a new man, truthful, honest, unselfish, tender-hearted, full of the fruits of the Spirit, abounding in home virtues, free from uncleanness, covetness, bitterness, evil speaking, price. *Finally.* Either "in conclusion," or "from henceforth," in view of the blessed hopes and glorious possibilities of life, *be strong*, be endued with strength *in the Lord, and in the power of his might.* The strength that alone is stronger than the world is strength from above, strength in the Lord. It comes by faith, a faith that takes hold upon the unseen, that communes with heaven that leans upon the eternal promises

Man should do his part, without which all the divine powers at his control will be useless, as sunshine to the blind, or springtime to an unplanted garden Therefore, as a soldier of Christ, put on the whole armor of God.

THE ENEMY TO BE OVERCOME.—Vs. 11, 12 *The wiles.* The stratagems, plausible disguises, the crafty plans. *Of the devil.* Satan, the great adversary of God and man It is always dangerous to underrate an enemy. Many a battle has been lost, and many a hero has fallen from that cause. *For we wrestle* a single handed struggle in wrestling. in which each for himself is attacked. *Not against flesh and blood.* It is not a physical warfare. It is a spiritual warfare on the battle fields of the heart. *But against principalities, against powers.* The united, controlling, mighty influences against which the Christian has to content, are the customs, and habits and fashions of evil, worldliness, selfishness, ungodliness, lust, hate, oppressions, every form of evil used by the princes of darkness. *The rulers of the darkness of this world.* World-rulers are the mighty demons of world wide sway, whose power and methods are worldly in contrast with heavenly. This darkness is the overshadowing darkness of sin which now blights the world. *Against spiritual wickedness* (i. e. active evil) *in high places.* The reference is still to evil spirits, but to their collective bands, hosts, armies, forces, which are characterized by the term of "wickedness,"—*High places.* "High places" denote here only the spiritual world in opposition to the material one.

1. Every man is born into the midst of enemies and warfare. Whatever may be the reason for it, this is a fact.

2. This conflict "is not a battle, but war;" not a single trial of strength, but a warfare that lasts till final victory or defeat.

3. This warfare of each soul is but a part of the great conflict of evil and good in the universe.

4. While we cannot fathom the reasons for this state of things, we can obtain glimpses of them.

OUR ARMOUR OF DEFENCE.—Vs. 13 16. *Wherefore.* That is, because you have such formidable enemies, and because the conflict is inevitable. *Take unto you the whole armour.* The full accoutrement, i. e., shield, helmet, breastplate, greaves, sword, and lance. *Of God.* Supplied by God; *That ye may be able.* It is implied that thus, only thus, the militant Christian shall be able. *That ye may be able to withstand.* To resist successfully the attack of the enemy. *In the evil day.* Of violent temptation. *Having done all.* Being fully equipped, and having bravely fought. *To stand.* To hold your ground as a victor, and not be driven away defeated. *Stand.* Be ready for the battle. Stand in your proper place. *Having your loans girt.* The girdle did three things for the soldier. (1) It kept together his dress and accoutrements; (2) it was used to support the sword; (3) it supported the body, and gave it firmness and vigor *With truth*, sincerity, and possession of the actual facts and truths of the gospel. It is opposed to all insincerity, all pretence, all ignorance. Truth does for us what the girdle does for the soldier. (1) It binds the life together in one, for truth is one. (2) The truth holds the sword of the Spirit, which is the word of God; (3) it gives vigor and firmness to the soul.

THE BREASTPLATE OF RIGHTEOUSNESS. It covered the vital parts, as the lungs and the heart. *Righteousness* means personal righteousness of heart and life; right principles and right conduct. Every failure in righteousness opens the door for the assaults of the enemy, gives him power against the church, gives him excuses for sin. *Your feet shod.* The Roman soldier used sandals, bound by thongs over the instep and round the ankle, and having the sole thickly studded with nails. *With the preparation.* Readiness, or equipment for a firm foothold. The safety of a mountain climber and the swiftness of the runner depend upon his being well shod. *Gospel of peace.* The good news of peace, the gospel that brings peace; peace with God, the peace of God in the soul, the peace of forgiven sin, the peace of assured victory, peace with man. Such peace gives one a firm footing in the warfare of life.

Above all. The Greek may mean over all things, or "in addition to all," or "against all" as the universal defence. *Taking the shield.* The large shield. "It was a large oblong, four by two and a half feet, and sometimes curved on the inner side. *Of faith.* Perfect confidence in our leader, perfect trust in God, rests upon his promises, a trust that accepts the truth, and obeys it. *Wherewith ye shall be able.* The promise is sure, the defence never fails, *to quench all the fiery darts of the wicked*, especially the "Wicked One." *Take the helmet.* The defence of the head, the seat of sight, of hearing, of intellect, by which the whole battle is guided. *Of salvation.* Not merely a hope of salvation, but a present salvation, the power of salvation, the new heart, the new life. This is the strongest possible defence against the attacks of the enemy. When one is conscious of safety, he can give his whole attention to his work of defence and warfare. *And the sword of the spirit.* The one offensive weapon. The fight is stationary and defensive, but it continually requires the thrust and cut of the defender. *Of the Spirit*, the great inspirer, and user of the *word of God*, the great weapon of the Christian. It is by its principles he lives, by its promises he overcomes, by its truth he feeds his soul, he brings the world to Christ. *Praying always.* The spirit of prayer should never be absent, even when prayer cannot be expressed. *With all prayer.* All kinds of prayer, the forms public and private, secret and domestic. This gives us the help, the spiritual life, which will enable us to use the armor *Supplication.* Entreaty for special things needed. *In the Spirit.* Under his influence, teaching, and guidance. *Watching.* Watching should always go with prayer. *With all perseverance.* Because the prayer that does not persevere is not true prayer; and because the battle is long. When we pray for fruit, God gives us fruit trees *For all saints.* The selfish prayer goes unanswered. The Christian is to be as broad as the world in his labors and his prayers. *And for me.* Even Paul needed the prayers and sympathies of Christians.

The Danger of Discouragement.

"You can't do it, you had better give it up," said one boy to another, the latter being busily engaged in untangling a knotty rope. "You have spent ten minutes now and it has amounted to nothing."

"Ah, see," was the happily spoken answer, as the rope gave an inch. "Here is one tangle less, and the rest will be easier."

"You can buy a new rope for ten cents."

"Yes, but I want the satisfaction of accomplishing my task."

It is a sin to discourage those about you. There are those whom it may not affect, they have courage and go steadily on, while others turn listlessly aside, lay the task down as useless and hopeless, and live an idle or purposeless life.

Most of us know how much harder life is after having administered to us a bitter and uncalled-for dose of discouragement. It may not arrest us from our purpose, but it often causes us to go on with little heart or inspiration. On the contrary, who can estimate the good done by kind, helpful words. "That is good, but I am sure you can do better," said a teacher one day, as she examined the essay of a youthful aspirant. The boy returned to his seat, a bright smile lighting his face, the firm lines about his mouth indicating that what was expected of him he would accomplish. The simple words had a powerful influence over his life, and his ability became a surprise to those about him.

Thus it is that often a single word of encouragement is all that is needed to help us over the hard places in life. A young literary aspirant laid her pen down wearily one day. All inspiration seemed to have deserted her, the work seemed useless and unappreciated, and the profession already over crowded. "No one cares to read what I write," she sighed. She picked up a paper, her eyes glancing carelessly down the columns, when she saw an article of her own, and a kind editorial expressing pleasure in happily written words. It was just the impetus she needed; she set to work with new hope and inspiration, and ever after there was force of truth in her words which made itself felt. Others believed in her. and they should not be disappointed.

It is the duty of every Christian to encourage and help. Sometimes we hear of croaking Christians, but there number is few. It seems to me there is no sweeter mission than to bring cheer into a life filled with discouragement. There are hindrances, difficulties which all must meet—but out of the hardest conditions blessings may come.—Christian Union Herald.

A Hero of the Mines.

From a boy, Michael Verren had lived and worked in the dark mines. One day he was engaged with two others sinking a shaft. They had bored a hole in the usual way of blasting, and then according to a rule, one of the three had ascended the shaft, leaving the others to finish the preparations for firing the charge.

The hole was filled with powder and securely tampered, and all that was left to do was to cut the fuse, and then for one man to ascend the shaft and let down the bucket for the last, so that he who fired the fuse might have time to be drawn to the surface before the charge should explode.

Michael and his companion had become familiar with danger. They were careless, and when the fuse was attached they set to work to cut it through with a stone and an iron drill. In doing it the iron gave a spark, and in a second the hissing of the fuse told them that in a few minutes the charge would explode.

Both dashed to the shaft, and holding on to the bucket, gave the signal to be drawn up; but, alas! the strength of the man at the windlass was not equal to lifting two—he could wind up only one man at a time.

To remain was death to both, and it was Michael Verren's turn to ascend. He looked at his companion, stepped from the bucket, and quietly said, "Escape, lad, for thy life! I shall be in Heaven in a minute."

Swiftly the bucket ascended, and the man saved leaned over the pit's mouth and listened—listened for what? For the great roar and boom that told of the sudden destruction of the brave comrade who had given up his life to save him.

Up came the smoke and rubbish, blinding and sickening. There could be no doubt of the miner's fate, close shut against that fearful hole. Yet down they hurried, and among the scattered blocks of rock at the bottom of the shaft they shouted, in faltering tones his name, 'Michael! Michael! where are you?'

And the strong answer came; 'Thank God, I am here.'

Eager hands dragged away the rubbish and rock, and there, underneath a huge slab of stone that had blown across him, and lodging against the end of the shaft protected from all the rest they found him safe—not a scratch upon him or his clothes torn. He had set himself down in the corner of his rocky prison, placed a shield of rock before his eyes, and commented his soul in prayer to God; and the God who cared for Daniel in his rocky dungeon had delivered him and saved him from death. — Forward.

The Missionary Member

Plans for his offerings to the cause of missions with as much care as for his contributions to the work of his own church.

Looks with holy eagerness to the time when all the dark places of the earth shall be aglow with the light of his Lord.

Is in good company.

Believes in the Holy Ghost.

Soberly believes that Christ came to save the world.

Understands the duty of the church.

Believes the parable of the leaven.

Studies geography for Christ's sake.

Sees the hand of God in contemporaneous events.

Means it when he prays, 'Thy kingdom come.'

Is full of work in the local league and church.

Knows that the missionary spirit shows itself in a consuming desire to see men saved.

Lifts up his eyes and looks on all the fields that are whitening under every sun and in every land.

Has it settled that lack of missionary enthusiasm is due either to lack of consecration or lack of knowledge.

Prays specifically for the several fields of missionary effort, and for the workers in those fields. — Epworth Herald.

What Can the Pastor Do?

What can a pastor do in the Sunday school? He may take a class; in some cases it is necessary that he should do so. If he can secure some competent person to take charge of the class which properly would be his, he can do more for the school as a whole by keeping himself free. He then can keep watch of the school as a whole, and note in what respects it needs strengthening. He will be able to make valuable suggestions to the superintendent. If a class lacks a teacher, let him act as a substitute, and by so doing in time he will get personally acquainted with the scholars, and be able to preach to them better by coming more into sympathy with them. Also, he will know how to talk with and aid the various teachers in their work. They naturally will turn to him for advice, inasmuch as he knows the peculiarities of the scholars. Coming thus into touch with the superintendent, teachers, and scholars would seem to be much better than to teach a limited number. It is better for a commander to inspire his whole force to drill a company.—Pilgrim Teacher.

Can't you Sleep?

Sleeplessness is one of the most frequent symptoms of heart and nerve troubles. It affects all classes and all ages Milburn's Heart and Nerve Pills restore the nerves to healthy action and regulate the heart. Mr. Miles Boone. Fredericton, N. B, tells how they work. "I could never rest well, and often woke up with a start, and then sleep left me for the night. These pills gave me almost immediate relief, giving me healthful, refreshing sleep, and I am now strong and well."

Dyspepsia or Indigestion is occasioned by the want of action in the billiary ducts, loss of vitality in the stomach to secrete the gastric juices, without which digestion cannot go on; also being the principal cause of Headache. Parmelee's Vegetable Pills taken before going to bed, for a while, never fail to give relief and effect a cure. Mr F. W. Ashdown, Ashdown, Ont., writes: "Parmelee's Pills are taking the lead against ten other makes which I have in stock."

Let no opportunity pass without owning your Saviour before others, and modestly urging all to accept his service.

Souls are made sweet not by taking the acid fluids out, but by putting something in—a great Love, a new Spirit, the Spirt of Christ.—Henry Drummond.

The children in a Sunday-school were being questioned on the incident of the Tribute Money. The following answer was given by one of the scholars: "And when they brought him a penny, he said, Whose subscription is this?"

Anyone can criticise the Bible. A fly can criticise an elephant; a mosquito can criticise the statue of William Penn, but it wouldn't make any difference to the statue. The weakness of the character of the infidel lies in this—that he destroys and puts nothing better in the place. — Russell H. Conwell, D. D.

Biliousness

Is caused by torpid liver, which prevents digestion and permits food to ferment and putrefy in the stomach. Then follow dizziness, headache, insomnia, nervousness, and, if not relieved, bilious fever or blood poisoning. Hood's Pills rouse the liver, cure headache, dizziness, constipation. 25 cents. The only pills to take with Hood's Sarsaparilla.

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