

IMPROVED UNIFORM INTERNATIONAL

# Sunday School Lesson

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## LESSON FOR SEPTEMBER 24

### REVIEW: THE EXILE AND THE RESTORATION

DEVOTIONAL READING—Ps. 66:1-5, 16-20.

GOLDEN TEXT—The Lord hath done us: whereof we are glad.

TOPIC—Selected Stories Related to the Restoration.

OBJECT—How God Restored His People.

INTERMEDIATE AND SENIOR TOPIC—Leaders in the Restoration of Israel. YOUNG PEOPLE AND ADULT TOPIC—Lessons from the Exile and Return.

Two methods of review may be employed to advantage.

1. Character Study. Assign the outstanding heroes of the quarter's lessons to members of the class and have them to report. This assignment must be made the week previous, e. g. Ezekiel, the prophet of God; Daniel, the statesman; Ezra, the teacher of God's word, etc.

2. Summary of Contents. This is a good method at all times. It can be adapted to different grades. The following is a suggested method:

Lesson I. Before Ezekiel was commissioned as a prophet he was given a vision of the Almighty. After that he was given an experimental knowledge of God's word—he ate the book—digested and appropriated its contents. An experimental knowledge of God's word is essential.

Lesson II. Because Daniel besought the Lord he was able to make known the king's dream and interpret it. "If any man lack wisdom, let him ask of God (Jas. 1:5).

Lesson III. While Belshazzar and his lords were engaged in drunken revelry a mysterious hand recorded Divine judgment. There is a day coming when men shall be judged. Happy is the man who has fled to Christ, for to such there is no judgment (John 5:24).

Lesson IV. Daniel's sterling worth brought him to the front—he was elevated to be prime minister of the Persian empire. Moved by jealousy certain wicked men plotted his downfall. Because of a flawless record in business they trumped up a charge against him on the ground of his foreign religion. Though the king executed the foolish decree Daniel was delivered and his accusers were cast into the den of lions and destroyed.

Lesson V. Though Israel went into captivity as a chastisement of the Lord, in due time He recovered them. God's covenant and judgments are sure. He can move a heathen king to fulfill His own good pleasure.

Lesson VI. In the restoration of the Jews to their own land, the first thing that was provided for was a place of worship of God. As soon as this work was begun, violent opposition was in evidence. That which God sets out to do shall be completed, though all hell oppose.

Lesson VII. Haman's wicked plot against the Jews was frustrated by Esther's shrewdness and courage. Those who plot against a God's covenant people shall be brought to destruction.

Lesson VIII. Through Zerubbabel the people were brought back and established in their own land, but they had gone far away from God. There was now need of a religious leader. Ezra was moved by the Spirit of God to lead them back to fellowship. Because Ezra sought the Lord his way was prospered. Success always comes to those who trust God.

Lesson IX. When Nehemiah heard of the distress of his brethren at Jerusalem, he took the matter to the Lord in prayer. Their sorrow and distress, is let him pray (Jas. 5:13).

When Nehemiah began to build the walls of Jerusalem he encountered violent opposition from without and from within. His faith in God moved him to go straight on with the work and he had the joy of seeing the work completed.

Lesson XI. The nation used to bring back the people to God by the word of God, because God's word was made plain to the people. The repentance of the people and their obedience to God.

Lesson XII. Malachi as an aid to Nehemiah in effecting reforms pointed out the sins of the people, viz: Their ingratitude, a corrupt priesthood, mixed marriages, robbing God by withholding tithes, etc., pointing to a day of judgment when a righteous retribution would be meted out to the wicked and rewards would be given to the faithful.

### Beginning the Day.

If any man will come after Me, let him deny himself and take up his cross, and follow Me. For whosoever will save his life shall lose it and whosoever will lose his life for My sake shall find it.

### Sing With Grace in Your Hearts.

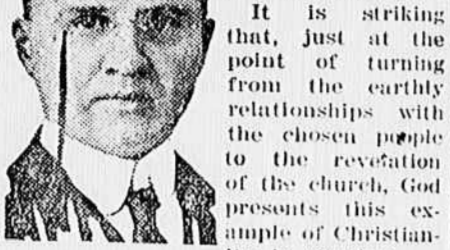
Let your hearts be filled with the psalms and songs, singing and making melody to the Lord.

## A Pattern Christian

By REV. GEORGE E. GUILLE, Extension Department, Moody Bible Institute, Chicago.

TEXT—And he, being full of the Holy Ghost, looked up steadfastly into heaven and saw the glory of God, and Jesus standing on the right hand of God.—Acts 7:55.

The book of Acts is the history of a period of transition in which Israel nationally is set aside and the gospel begins its mission of blessing to the Gentiles.



Observe the two fundamental principles of Christianity, as opposed to all of men's religion: (1) A man is glorified in heaven and (2) God is dwelling in a man on earth.

"Jesus" is our Lord's name as man, and in every instance in which Scripture speaks of His exaltation it mentions simply that human name to emphasize the fact that He is exalted in His humanity. There is a man in the glory! It is the same man who died for your sins. He is there in the same body of "flesh and bones" in which He died, and showed Himself alive after the resurrection, and His exaltation is the proof of His finished work: "When He had by Himself purged our sins, He sat down at the right hand of the Majesty on high." (Heb. 1:3).

O soul, no richer interest in the heavens could you have! He who was on a cross, beneath the load of your sins, is now in heaven without your sins, having borne their penalty, delivering you from their guilt and putting them away from the sight of God forever.

The second great distinguishing mark of Christianity is that God, by His Spirit, dwells in the Christian. In response to the prayer of the Lord Jesus the Holy Spirit takes up His abode in him, making a temple of his body and thus forever sealing him as God's own possession. And thus, dwelling in you, He yearns to possess you entirely and to fill you with Himself. And the Spirit's fullness waits for your yielded life—waits for you to present wholly to God that which is His by every right that can be named.

Behold this Spirit-filled man! Stephen "looked steadfastly toward heaven . . . and saw Jesus." Ah, this is the Spirit's office—work that He joys to do! "He shall glorify me," said Christ, "He shall take of mine and show it unto you." If He fills and dominates your life, He will do this one thing: He will turn your eyes away from all things else and fix them upon that glorified Man in heaven. Never mind the "outlook." The Holy Spirit is concerned with the "uplook." If you are looking up, the outlook is always good.

Christianity provides the heart with an object—the object that God's own heart has found in that Blessed One, who fills all the heavens with His glory. And by a thousand voices God is calling us to behold and to discover what He sees and what He has found in Christ alone! This is the essence of Christianity: absorption with the glorified Man who died to save you and to have you with Himself in His glory.

How many, alas! are trying to be Christians without Christ?

Mark now the blessed results of this occupation with Him. See the triumph and joy they are missing, who have not Christ before their hearts. Of Stephen it is written that "all they that sat in the Council beheld his face as it had been the face of an angel."

You cannot look at Christ and remain the man you were. You cannot gaze at glory without reflecting it in your face upon the moral gloom around you. You, "we all, gazing as in a mirror upon the glory of the Lord with unveiled face, are changed into the same image from glory to glory." (II Cor. 3:18).

Oh, Christian, be constantly "looking unto Jesus" and look and look again. The world is waiting to see Him, but it can see Him only as He is reflected in your face.

And see how that vision of Christ rendered Stephen altogether superior to his circumstances. Trying circumstances indeed! An angry mob stoning him to death. I hear men speak of being "under the circumstances." Why be under the circumstances? The Stephens have these under their feet, where they belong.

Then see how this Spirit-filled man spent his dying breath in imitation of the Lord Jesus. "Father, forgive them," was His cry, and Stephen's, "Lord, lay not this sin to their charge."

Occupation with Him must lead to the imitation of His ways.

The ideal Christian is habitually occupied with the Christian's Ideal.

### A Thought for Today.

Therefore, be beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord; forasmuch as ye know that your labor is not in vain in the Lord.—I Corinthians 15:28.

## THE KITCHEN CABINET

Flower in the crannied wall  
I pluck you out of the crannies,  
I hold you here, root and all, in my hand,  
Little flower—but if I could understand  
What you are, root and all, and all in all,  
I should know what God and man is.

### SEASONABLE PICKLES AND CONDIMENTS

In most families favorite recipes are handed down from generation to generation. Some of us like variety and would enjoy trying something which has been recommended by others.

#### Mustard Pickles.

To one gallon of vinegar add one-half cupful of dry mustard, one cupful of salt, two cupfuls of brown sugar. Stir until dissolved and pour over the cucumbers, cover with horseradish leaves and drop in the well-washed pickles as they are picked each day.

Mushroom Catsup.—Wipe carefully but do not wash, fresh mushrooms. Put in layers in a stone jar with salt on each layer. Cover with a cloth and let stand in a warm place twenty-four hours. Wash and strain by pressing through a sieve; to every quart of this liquor and pulp add one ounce of peppercorns and boil thirty minutes very slowly; add one-fourth ounce of whole allspice, one-half ounce of sliced ginger root, one dozen whole cloves, three blades of mace. Cook fifteen minutes, take from the fire, strain again and put into small bottles. Cork and seal with paraffin.

Tomato Soy.—Peel and chop one peck of ripe tomatoes, put over the heat with one-half cupful of whole cloves, one-half cupful of allspice, one cupful of salt, one tablespoonful of pepper, three red peppers, three onions chopped. Cook for one hour, add one quart of cider vinegar; after straining the cooked mixture, reheat and bottle.

Oil Pickles.—Slice one hundred small green cucumbers unpeeled and three medium or six small onions, sprinkle thickly with salt and let stand over night. In the morning rinse off the salt and place in jars. Cover with the following: Two quarts of vinegar, two-thirds cupfuls of mustard seed, one tablespoonful each of celery seed and ground pepper, and one cupful of good olive oil. Mix well before pouring over the pickles.

When we cultivate the power of focusing all our force on any single act, we are cultivating also the power of throwing our whole mind from one subject to another. The power to concentrate is the attribute of genius. Thus we can forget worry, grief, discouragement in happy work.

### BREAKFAST BREADS AND CAKES

Even during the fall days there are occasional warm days when the warm weather dishes are acceptable.

Cooling fruits and sliced tomatoes are delicious with ham or bacon for breakfast, and a hot muffin is not refused.

Sally Lunn.—Take four cupfuls of flour, three eggs, one teaspoonful of the butter and flour with the yeast and two cupfuls of milk. Beat the yolks of the eggs until light, stir in the butter and flour with the yeast dissolved in a little of the milk, and the milk. Beat the whites to a stiff froth and add at the last. Set to rise and when light drop in buttered muffin pans; let rise again and bake in a moderate oven.

Danish Pan Cakes.—Separate the whites and yolks of three eggs, beat well, to one cupful of flour add enough milk to make a thin batter, one-half teaspoonful of soda, a teaspoonful of vinegar and the eggs, with salt to taste. Fry as usual.

Blue Grass Waffles.—Take two cupfuls of thick sour cream, two cupfuls of flour, three eggs well beaten, one-half teaspoonful of soda sifted with the flour, mix and fold in the whites well beaten, the yolks beaten having been added to the cream. Bake a golden brown on hot waffle iron.

Newport Dried Beef.—Prepare a cream sauce, adding the dried beef and an egg; when well-cooked add one-half cupful of stewed strained tomatoes and a tablespoonful of grated cheese just before taking from the fire. Heat thoroughly and serve at once on buttered toast.

Raised Fruit Doughnuts.—Cream together one-fourth of a cupful of sugar and two tablespoonfuls of butter. Dissolve one-half of a yeast cake in one cupful of milk that has been scalded and cooled. Add one-half teaspoonful of salt and combine, adding two cupfuls of flour. Let rise until double its bulk, then add one-half cupful of sugar, a half teaspoonful of cinnamon, a grating of nutmeg, one-half cupful currants and the same of raisins with a little citron; add a pinch of allspice and two scant cupfuls of flour. Add one beaten egg, knead thoroughly and let rise until light. Cut or tear off pieces of dough the size of an egg, drop into smoking hot fat and when brown drain on brown paper. Roll in sugar when cool.

Nellie Maxwell

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### Not to Be Cheated.

Grandfather and Betty were paying a visit to the strawberry patch. He picked some small, luscious berries and fed them to the little girl. For himself he found much larger ones.

However, if you wish first to try this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Advertisement.

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### AT LEAST GUILTY OF LYING

Truly Clergyman Had Refrained From Blasphemy, but He Had Sinned in Another Direction.

A clergyman who years ago settled in Massachusetts once reproved a workman for swearing while he was plowing a new field.

"Swear!" said the man. "I guess you'd swear?"

Whereupon the preacher took the plow and hurried after it, indignantly denying the charge. Then, as the field became more impassable, he began panting:

"I never saw the like! I never saw the like!" When he had gone once round the field he stopped, breathless, and added:

"There, you see I didn't find it necessary to swear."

"No," said the other, "but you've told more'n 50 lies. You said you never did see the like, and you saw it all the time I was plowin'."

### Henry Hadn't Changed.

Mr. Duverson was feeling rather pleased with himself.

"So you heard me make my speech last night, Maria?"

"Yes," answered his wife, "I was up in the gallery."

"Well, you haven't told me what you thought of it," said Henry, expecting to be highly praised.

"Oh, it reminded me so much of your courting me, Henry?"

"Really? How was that?"

"Why Henry, I thought you would never come to the point."

### Gentlemen of the Guard.

The original function of the household cavalry was to protect the king's person, and Charles I saw to it that his life guards were recruited from old cavalier families. Even the privates were men of very good families, and were well paid. Their fine uniforms and finer swagger were an essential part of the splendor of Whitehall. They were called "Gentlemen of the Guard."

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### COULD DO WITHOUT UNIFORM

Youthful Fijian Proved Anew That Necessity Is the Fertile Mother of Invention.

A traveler from Fiji in the old days reports that at times in the past when the game was first introduced there the Fijians used to get waves of cricket madness, and in some outlying villages—where it was not so readily quelled by law—a match would be kept up for weeks, on end. Incidentally, they wore their pads strapped on their naked, hairless legs with a very ludicrous effect. But evidently the Fijians have no sense of the ludicrous, for our traveler further reports: "Another distinguishing mark that rather amused me once up country was when my house boy, Esau, came in one day with his hair cut away from one side of his head looking like a somewhat weird 'parting' for the remainder stood up as usual like a bass broom with bristles five inches long. I asked him what on earth he had been doing and he replied: 'Sir, I am now a member of the Lomaloma "A" team, and we have agreed to cut our hair like this, as the store cannot get it shaves all the same color.'"—London Tit-Bits.

### NOTHING WORSE IN PROSPECT

Traveler Satisfied He Had Got Over the Most Uncomfortable Part of His Journey.

W. S. Inglis, the well-known coal operator, told a railroad story at a railroad men's banquet in Scranton.

"There used to be a little line," he said, "a branch line about 12 miles long, that was notorious for its bumps, general discomfort and dirt."

"A train on this line pulled into town one morning, late half an hour, as usual, and a man said as he rose and brushed himself off:

"Well, thank goodness, the worst part of my journey is over."

"Goin' for my second man."

"Hong Kong, China," said the first chump."

### Lander the Explorer.

Henry Savage Lander has a splendid record as an explorer. He was the first known white man to reach both sources of the Brahmaputra river of India and established their exact positions in Tibet. His exploration tours in the Himalayas also yielded a vast store of information. He later spent a whole year cruising around and studying the Philippine Islands.

With a single partner, Mr. Lander traveled 3,800 miles on a pack saddle through Corea. Later he turned his attention to Africa spending several years there and then again changing his scene of action to South America where he traveled almost continuously until 1914.

### On to Him.

"I promised to make a call tonight," said her husband as he started off.

"Very well, dear," said his wife, "but don't call unless you have the car."

If a man can play on the piano, you never have to tense him to do it.

## Life Partners

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