

# The Christian Endeavor

## THE PRAYER MEETING.

Sun., April 8. Topic—What Are Wise and Useful Uses of the Lord's Day?  
Isa. 58: 8-14; Ps. 118: 24.

### Some Bible Hints.

Good deeds are what help to make the Sabbath life beautiful. God will bless a useful life of that kind (v. 8).

Sunday should be a day in which one gives himself to better things. Then God will be pleased to answer him (v. 9).

Sunday should be spent in deeds of love and mercy. While we are helping ourselves through rest, we can help others through service (v. 10).

A Sunday well spent brings rich returns to one's spiritual nature. It enriches the life (v. 11).

Sabbath-observance is one of the foundations of society. We can do nothing better than to have respect to foundations (v. 12).

Pleasure-seeking on the Sabbath allies one with sin and with the devil. On the other hand, when one faithfully keeps the Sabbath holy, one is honoring God (v. 13).

Glorious promises are made to one who observes the Sabbath. God will shower blessings upon him (v. 14).

God has only reserved to Himself one day in seven. It is His day and it is well for the world to think so and to keep it holy (v. 24).

### Planning the Meeting.

Two things should be learned from this lesson. First, that the Sabbath must be observed if we wish to be God's people. Second, that we should help the great cause of Sabbath-observance by standing for good Sunday laws and for their strict enforcement. Should there be any occasion for it let your society stand true in your community on these matters. Outline on the blackboard what we should do, and what we should not do, on Sunday. Read our section of discipline on Sabbath-observance, Page 33.

### A Blackboard Exercise.

(We here follow the suggestions given for the daily readings, but the leader may well place other reasons along with these.)

1. **Wise to rest.** We all know that we need rest in order to be at our best physically. Sunday rest keeps us fit. God planned for us to keep one day in seven as a rest day.

2. **Wise to worship.** No Sunday is complete without attending church; without reading the Bible and good religious literature; without seeking in every way to get near to God.

3. **Sabbath blessing.** So surely is the Sabbath God's day that he gives blessings for its careful observance. In this way He sets His seal upon the day.

4. **Unwise to trade.** Secular business keeps us in touch with worldly things and draws us away from spiritual things. Sunday must be kept free from business so that we can better draw near to God.

5. **Unwise to criticise good.** Jesus was often criticised for doing good on the Sabbath. It is poor policy to find fault with one who is trying to honor God in good deeds on the Sabbath. Better go and do likewise.

6. **Unwise superstition.** Some people think because they cease from work on the Sabbath, that that is all the religion necessary, but God wants us to be alive and awake to spiritual things, and interested in the welfare of others.

### Outline for the Opening Remarks of the Leader.

We learn that there is a right way and a wrong way in which to spend the Sabbath. We must rest, we must worship, we must do good. We must give ourselves to contemplating spiritual things as we cannot do while engaged in the busy cares of life.

Giving ourselves to pleasure and so becoming forgetful of God is a fearful sin. Too many are busy looking for a good time on Sunday. Sunday is made a day of commercialized amusements.

We need a revival of Sabbath observance, and we need respect for Sunday laws. We cannot be a greater Christian nation unless we are willing to have an honest Sabbath, with a cessation of business, and a desire to build up the church.

### Suggestive Thoughts.

The plea that Sunday museums, concerts, excursions, movies, and so on are to help the people is a false one. It is the entering wedge for a wide-open Sunday for personal gain.

To use Sunday for amusement is to misuse it. It is God's day, not ours; it was given for man that man might develop his soul and serve God in it.

It is wise to use Sunday for rest. That was the original intention in establishing the day: rest for ourselves, our souls, and for all that serve us.

When we cease to use Sunday for worship, worship goes entirely out of our life and we sink to the level of animals, living the life of the lower senses and neglecting the soul.

The French abolished Sunday and their scheme failed. Nature revolts against a seven-day week of work. We may as well abolish the public schools.

The law establishes Sunday as a civic holiday. That is all that the state can do. The church and its members must create the Sunday spirit by their example.

If the church says that Sunday shall be made useful, men will say, then I go to the golf links. They feel the need of physical recreation; they are not sensible of their spiritual poverty.

To discard the Sabbath is like throwing overboard all our life-preservers in fair weather, forgetting the storms that may arise and find us unprepared.—C. E. Daily Companion.

Christ is the Christian's true Sabbath. In Him he finds rest. To keep the day is then a joy.—Anon.

Joy was the keynote of the Mosaic Sabbath. It was a day of special religious worship in the sanctuary, of ethical instruction in the home, as well as a day of rest for body and mind.—Carlos Martyn.

We need scientific instruction on the uses of the Sabbath, just as we needed temperance instruction in the schools and col-

leges. The school should be a moral and ethical institution.—J. P. Brood.

Within the church the Sabbath should be for worship; outside the church, a day for contacts with those that need our ministrations.—Dr. W. C. Covert.

### Questions for Discussion.

1. What is the value of the Sabbath?
2. Why should we rest on the Sabbath?
3. Why should worship come first on the Sabbath?
4. In what ways is the Sabbath desecrated?
5. What is your idea of a well-spent Sabbath?
6. Why should we visit the sick on Sunday?
7. What Sunday laws do we need?
8. Why should we help to enforce Sunday laws?

### Bible References.

The Sabbath Given—Gen. 2: 3; Exod. 16: 23; Matt. 12: 1, 8; Mark 2: 27; Heb. 4: 4. Service on the Sabbath—Matt. 12: 12; Mark 6: 2; Luke 6: 6; John 5: 9; Acts 16: 13.

Worship on the Sabbath—Deut. 12: 5; Ps. 84: 4; Isa. 37: 1; Micah 4: 2; Acts 2: 46; Heb. 10: 25.

A. B. Bowman.

## THE JUNIOR PRAYER MEETING.

Sun., April 8. Topic—Happy Sundays.  
Isa. 58: 13, 14.

(Let a Junior read this in the meeting, or give it in his own words.)

The happy Sunday is the busy Sunday. We are never so miserable as when we can find nothing to do. "No ball-playing," grumbles Johnny; "and no skipping ropes," whimpers Sally; and, "Mother, what shall we play?" cries Polly. And nothing is done, and soon you hear the children quarrelling and cross. Nothing to do!

It is different when they start the day with a jolly breakfast, everybody at table, and family worship afterwards. And then preparation for church service, and then Sunday school, and the meeting of companions there. And Junior Christian Endeavor in the afternoon, while some of the older boys and girls go to visit some one who is sick, or perhaps to sing at the hospital or even to the jail. And in the evening there is the Christian Endeavor meeting and evening church service, with, perhaps, the Juniors in the choir, and then a happy hour at home before retiring for the night. "Oh, what a short day!" says Nell. "It went like a flash," adds Tom. And there was no time to be grumpy or nasty, just time to be friendly and kind; and when we are friendly we feel right ourselves, for love is far better than crossness.

### For Junior Leaders.

The week before the meeting ask the members to come prepared to tell about the happiest Sunday they can remember and to tell also what made it happy. Ask some of them to state what makes Sunday miserable, and have a member of the Senior society present to tell at the close how to make Sunday a delight.

### Hints for Taking Part.

(Answer a question, speak on a topic, or expand a thought.)

- Why should Sunday be a happy day?  
Why does labor in workshop or farm make Sunday an unhappy day?