


Lesson for October 19

and Tactics. They are the big winners, where so many are so well matched on the physical
side. They write most of the headAnd they are the least understood What They Are


THE HOLY SPIRIT OUR HELPER
 the Spirit of God, they are the sons of God.-
Romans B:14.
Nothing could be more practical
or blessed for and in the life and service of the believer than an
understanding of the person and work of the Holy Spirit; yet it is a
subject concerning which most subject concerning which most
Chriatians are woefully ignorant.
Defore the Before taking up the work of the
Spirit as it appears in our lesson, we should understand that the Holy
Spirit is a person, not an influence which may exert itself upon a serv-
ice, or a power which a man may obtain and use. He-the Spirit-is ne of the Trinity, with the at-
tributes of a person, doing the work of a person and always referred to
as a person in Scripture. (When
"it" it" is used of the Holy Spirit in rected to "him" in the R.V.)
What then does this divine person
lo? The work of creation was His
as one of the Godhead. He regen-
erates, He teaches, He comforts, He erates, He teaches, He comforts, He
leads, He calls and qualifies Christian workers, He is the divine author of the Bible. These and many other things He does, this One
who indwells the believer as the ever-present Guide and Counselor.
I. Born of the Spirit (John 3:5-8). The new birth is indispensable to We either enter that way or we do about that "Ye must be born again" is not the edict of a church or the statement of our Lord Himsell (v. 5). Holy Spirit is indispensable to
The regeneration. We must be born of the Spirit. How it takes place we
can no more explain than the coming or going of the wind, but just as
the power of the wind is known to us py clear evidence, so the regen rating power of the spirit, myste
rious be in operation, is
known to us by the evidences of re known to us by the evidences of re-
deeming grace in a man's life. (Acts $1: 8$ ).
Spiritual birth calls for service for Christ. For that we must have the may do many ordinary things in the strength of his own body and always to be under the Spirit's con-
(rol), but when he comes to witnessing for Christ, teaching or preaching God's Word, he must have holy Spirit
terly ineffective.
$8: 26-28$ ). The guidance of the Holy Spirit, especially in the matter of prayer
is stressed in these verses, but the are a part of a longer passage deal ing with the indwelling, enabling and guiding power of the Holy Spirit (read vv. 9-14). Every detai) in social relations should be in conscious submission to His leading. It is in the realm of the spiritual, however, that we find ourselves
peculiarly infirm (v. 26), and this peculiarly infirm (v. 26 ), and this
shows itself especially in prayerwe know not how to pray as we
ought." Then the Spirit in the
Christian makes intercession. How blessed! "The practical meaning of
these profound words seens to be these profound words seerns to be
that the divine Spirit, by His immediate influence in the saint's soul
which becomes as it were the
secures the rightness of the essence
Moule) Walking in the Spirit (Gal. 5
IV.
Being born again of the Spirit,
living daily by the Spirit, it is right,
that (as v . 25 puts it)
that (as .25 puts it) "if we live
the Spirit", The works of the flesh.
horrible in their wickedness and
lust, are listed in the verses preced-
ing (vv. 19-21), and then by striking
contrast we have the fruit of the
Spirit in the life of the Christian
Note the distinction: Work is some
thing we produce; fruit is some
Walking in the Spirit the Chris-
tian finds in his life the inward
tian finds in his life the inward
graces of love, joy, and peace. These then express themselves out-
wardly in longsuffering, kindness, goodness, faithfulness, meekness,
and self-control. The Spirit-filled

Youschoddes A damp eloth placed around a
kead of lettuce will keep it fresio and crisp.
If the beaten egs when making when making custards
tard will not be watery
When baking tatoes turn them fre
mit even browning.

Meats cooked
tures not only say
are not overcooke
low temper
are not overcooked, and for they
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