

## GRADE III — SECOND SUNDAY

Bible Lesson — Genesis 42;43:1-26

## JOSEPH RECEIVES HIS BROTHERS—PART ONE

*Golden Text*—I will delight to do Thy will, O my God; Yes, Thy law is within my heart.—*Psalms* 40:8.

“I hear there is grain in Egypt; go there and buy for us that we may live and not die.” So said Jacob, Joseph’s father, to his sons, for famine had spread throughout their land. Ten of the brothers went to Egypt, but the youngest, Benjamin, remained at home, for their father was afraid something might happen to him as it had to Joseph.

It was necessary for the brothers to appear before Joseph with their request to purchase grain. He recognized them, but they didn’t know him since he spoke roughly to them.

“Where are you from?” Joseph asked. “We come from the land of Canaan to buy food.” “You are spies.” “No, my lord, but to buy food are we come. We are all one man’s sons; we are true men, not spies.”

Again Joseph accused them, and they answered, “We are twelve brothers, the sons of one man in the land of Canaan, the youngest is with our father, and one is not.”

Once more Joseph called them spies, and said, “You shall not leave until your youngest brother comes here. Send one of you to fetch your brother, while the rest remain in prison, that your words may be proved whether they be true.”

He put them all in custody for three days, after which he called for them and said, “This do and live; for I fear God. If you are true men, let one of you be bound in prison, the rest go and carry grain for the famine of your household; bring your younger brother unto me; so shall your words be verified, and you shall not die.”

The brothers talked among themselves, and believed that this trouble had come upon them because of what they

had done to Joseph long ago. They still did not realize that Joseph was the man from whom they were trying to buy grain. Reuben reminded them that he had asked them to be kind to the child Joseph, and they had not paid any attention. Joseph listened while they talked among themselves, and understood all they said, and wept. Then he had one of the brothers, named Simeon, bound as a prisoner.

Joseph commanded his servants: "Fill their sacks with corn, restoring every man's money in his sack, giving them provision for the way." The brothers loaded the sacks of grain upon their beasts and started for home. When one of them opened his sack to feed his beast, he discovered the money. The brothers were all afraid when they saw this, saying to each other, "What is this that God has done to us?"

When they reached home, they told their father all that had happened. As each brother opened his sack, he, too, found his money had been returned.

When the grain brought from Egypt had been used, Jacob asked the brothers to go again to purchase more food. The brothers reminded him that they had been asked to bring Benjamin and, reluctantly, Jacob agreed to let Benjamin go along. He also advised them to return the money they had found in their sacks.

When Joseph saw Benjamin with his brothers, he said to his servants, "Bring these men to my home and make ready that they may dine with me at noon."

The brothers again became fearful when they were brought to Joseph's house — still not knowing who he was. They thought Joseph would want to punish them for taking the money away in their sacks, and they showed Joseph's steward that they had brought it back with them. The steward reassured them, however, telling them that he had been given the money by Joseph to place in their sacks.

Then Simeon was brought out to join them, and they were given food for their camels and water to wash with.

Then the brothers went in to eat with Joseph, laying the gift they had brought for him at his feet, and bowing before him. Thus did Joseph's old dream, that his family would bow down before him, come true.

Next Sunday we shall learn what happened during this second meeting of Joseph and his brothers.

### GRADE III — THIRD SUNDAY

**KEYWORD:** The Heart.

Who would like to tell us about his experiences in trying to set up some laws for himself this past week? (Discussion.)

Today we will talk about that part of our body which the Star Angels from Leo helped us build, and that is the heart. Place your hand here (place hand on heart) and see if you can feel your heartbeats. What do you suppose is going on when your heart beats like that? (The heart is pumping blood to every cell in the body.)

The heart has four rooms in it, two above and two below. (If possible, have large picture or diagram of the heart on display.) A big river of blood, clean and pure and full of good air from the lungs, pours into the left-hand upstairs room of the heart. When the room is filled, the passages at the top shut, and the passages leading to the lower room open. This is what causes one "thump" of the heartbeat. As soon as all the blood has run into the lower room, the heart contracts and the passage into a large artery is opened, thus letting the blood pass on into the artery. This causes another "thump" of the heartbeat.

The artery divides after a bit, and some of the blood is pumped up to the head while the rest goes to lower parts of the body. The arteries divide again and again, and get smaller and smaller, until some of them are so tiny they are almost invisible.

When the good air and food in the blood have been taken from the arteries by cells all over the body, they throw off all the bad gases and waste products which have resulted from their work into blood in the veins, which, in turn, carry the blood back into the heart. This time the impure blood with all the waste is poured into the upstairs room on the right. From there it goes into the lower room on the right and thence out to the lungs, where the waste is removed and the blood again supplied with pure, fresh air. The blood then goes back to the left side of the heart and the cycle is started all over again.

Without our hearts to pump the good blood, filled with food and oxygen, to every cell in the body, and to pump the blood filled with waste material back to the lungs where it can be gotten rid of, we would not be able to live. The heart makes life possible in us.

In just the same way, the Sun makes life possible in the solar system. All the planets receive the rays and heat of the Sun in just the right amount for God's children who are living and learning on them. If our Earth were closer to the Sun, we would get too much heat and burn up; if we were farther away, we would not get enough heat to grow or learn. The Sun makes life possible in our solar system, just as the heart does in our own bodies.

### GRADE III — THIRD SUNDAY

Bible Lesson — Genesis 43:27-34; 44; 45

#### JOSEPH RECEIVES HIS BROTHERS—PART TWO

*Golden Text* — This commandment have we from Him, that he who loveth God love his brother also.—*I John 4:21.*

Last Sunday we learned how Joseph's brothers came to his house and laid their present at his feet, while bowing before him.

Joseph asked how they were, then inquired about their father. The brothers replied, "Your servant, our father, is alive and in good health." Again they bowed before him.

Then Joseph turned to Benjamin and said, "God be gracious to you, my son."

At the meal, Joseph's place was set apart since, according to their custom, he had to eat alone. The brothers all sat together at another table. Joseph sent food to them, making Benjamin's portion five times larger than those which went to the other brothers.

Later Joseph commanded his steward, "Fill their sacks with food, as much as each can carry, putting every man's money inside the sack. Put my cup, the silver cup, inside the sack of the youngest brother, together with his money."

At daybreak the next morning, the brothers departed. When they had gone a short distance, Joseph ordered his steward, "Up, follow after the men, and when you overtake them, say, 'Why have you rewarded evil for good? You have done evil by taking away the cup from which my lord drinks'."

This the steward did, but the brothers protested that they had not stolen the cup. The steward said he would search their belongings, and, finally, found the cup in Benjamin's sack. The brothers tore their clothes because they were so upset, but they put their sacks back on their camels and returned to the city with the steward and Benjamin.

They went straight to Joseph's house, and bowed low before him. Joseph said he would keep Benjamin with him as a servant because the cup had been found in his sack, but that the other brothers could go.

The brothers were more certain than ever that this trouble had come upon them because of what they had done to Joseph long ago, and they did not know how they could tell their father about what had happened to Benjamin. Finally, one of the brothers, named Judah, took

Joseph aside and told him all about what they had done and why they had such guilty consciences and did not want to return without Benjamin.

Joseph could no longer keep his secret. He said, "I am your brother Joseph whom you sold into Egypt. Do not be sorry or angry with yourselves. God sent me to save lives. For two years there has been a famine in the land, and there are five years more to come with neither seed nor harvest. God sent me to preserve life as ruler throughout all Egypt."

Joseph and Benjamin put their arms around each other and wept. Afterwards Joseph kissed all his brothers, crying and talking with them at the same time. What a wonderful re-union that was! Everyone was happy — even the people with whom Joseph had worked, and Pharaoh himself.

Joseph showed what a noble person he was by forgiving his brothers for the great wrong they had done him so many years before. He did not think of all the years in prison and the time away from his home as wasted or lost, for he knew that God was using him to help save the lives of many people.

### GRADE III — FOURTH SUNDAY

Bible Lesson — Genesis 46; 47; 48; 49; 50

#### THE REUNION OF JOSEPH AND HIS FATHER

*Golden Text* — The Father loves the Son, and has given all things into his hand.—*John 3:35*.

Although this is Review Sunday, we cannot leave Joseph and his brothers without learning more about their father, Jacob.

After the brothers had talked for a while about all that had happened since their separation many years ago, they

thought of their father. They wondered how he would receive the good news about Joseph.

Joseph helped them get ready for the journey home, and told them that Pharaoh ordered that they were all to return to Egypt with their father, their families, their servants, and all their cattle and possessions.

When the brothers reached home, Jacob couldn't believe that Joseph was alive, and that he was governor of Egypt. But when he saw the wagons, food, and clothing the brothers had brought from Joseph, he finally said, "It could be possible. It is enough. Joseph, my son, is alive, and I shall go and see him before I die."

When everything was ready, the family made a large company, journeying along, with Judah leading the way, to the land of Goshen, which was to be their new home. Joseph met them there, and what a meeting it was! Joseph embraced his father, and they both cried for quite a while.

Then Joseph took five of the brothers, and Jacob, to Egypt, where they were presented to Pharaoh.

The famine continued for five more years, and the people gradually disposed of their money and possessions in order to buy corn. Finally the famine was over. The people used what remained of the corn as seed, and soon they harvested a new supply of food.

Jacob's life was drawing to a close. After he passed on, Joseph buried him in Cana, which had been his wish. Joseph's brothers were afraid that, now that Jacob was gone, Joseph would revenge himself on them because of the way they had once treated him. But Joseph comforted them, telling them he was going to protect them and take care of them and their families.

So we see that love for his family remained in Joseph's heart in spite of the trouble they had caused him. Throughout his ordeal he had remained true to God, seeking always His guidance and help. Because Joseph passed his severe tests, God used him in the great work of saving the lives

of many people. Surely Joseph was a great man. He trusted in God to see him through, and he did his best to carry out God's commands, even though, sometimes, it seemed as though everyone was against him.

## LESSON SUGGESTIONS FOR VIRGO

### GRADE III — FIRST SUNDAY

**KEYWORD:** Discrimination.

Our Star Angel this month is Mercury, who was God's messenger just a few months ago. Who remembers Mercury's message? ("Look! God's truth is everywhere!")

When we talked about Mercury then, you remember that we were learning to pay attention to things around us — the things that we could taste, smell, hear, see, and touch. We talked about adapting ourselves to the things our senses tell us, and how important it is for us to continue doing that, observing and learning all we can.

But just as God's truth is everywhere, all around us and outside of us, so, too, it is within us as well. This month God's messenger Mercury wants us to look into ourselves and our own lives, pay attention to what we see there, and decide for ourselves whether our thoughts, words, and deeds have been right or wrong. Once we have learned to do that, we may choose to do only those things that are right. This is very important, because those things are the only ones which bring good results.

It is a very good idea, at the end of each day, to stop and think over what we have done. Did we say, do, and think, things that were loving and kind and helpful, or were there moments when we let an angry or unkind word or thought or deed get by? Did we do our chores well, and without being reminded? If there was a new child in our class, did we try to make him feel welcome, or did we let him

stand all alone at the sidelines at recess time while we and the other children played games? Did we remember to think nice thoughts, even though something may have happened that displeased us or made trouble for us? Did we behave in class the way the teacher has asked us to, or did we talk to other children during class, or do other things instead of concentrating on our schoolwork? Do we think God is happy about the things we did and said and thought today, or do we think He is sad?

The more often we do this sort of thing at the end of the day, the easier it will be for us to look inside ourselves and our lives and see what is really there. Sometimes we might be surprised to find out that a thing we have been doing for a long time is really not such a good thing after all. Sometimes we might find that something we have been wanting to do for a long time but just never got around to is *such* a good thing to do that we won't wait any longer to start.

This week please try to think over some of the things you did each day, and see if there is anything you might want to change or do better next time. Next Sunday we will talk about your experiences.

### GRADE III — FIRST SUNDAY

#### Bible Lesson — Exodus 2:1-10

#### THE BIRTH OF MOSES

*Golden Text* — For wisdom is better than rubies: and all things that may be desired are not to be compared to it. —*Proverbs* 8:11.

The time finally came when Joseph and all his brothers died. They had many children and grandchildren, and the family — or tribe, as it came to be called — grew, until they numbered in the hundreds. They were all called the children of Israel, or the Hebrews.

Many years later, a new Pharaoh ruled Egypt. One day his daughter was walking with her maids along the shores of the river, when she saw a little ark, or boat, floating among the bullrushes that grew in the river. Imagine her surprise when she found a baby boy, just a few months old, lying in the boat!

She knew that he was a Hebrew child, because of the clothes he was wearing. She felt very sorry for the poor little baby, and loved him right away. She took him home, and she and her maids took care of him. She named him Moses, which, in Egyptian, means: "Those who are saved from the water."

Moses grew up as the son of the Pharaoh's daughter, but he knew that he was a Hebrew, and not an Egyptian. Unfortunately, the Hebrews and the Egyptians were by this time not getting along very well, and the Egyptians were holding the Hebrews in bondage. Moses finally had to flee Egypt, and went to the land of Midian, where he married and had a son.

Next week we will learn more about Moses.

### GRADE III — SECOND SUNDAY

KEYWORD: Devotion.

Who remembers the message that Mercury has for us this month? ("Look! God's truth is everywhere!")

Did anyone decide last week that he had been doing, or saying, or thinking, some things that he would like to change and make better? (Discussion. At end of discussion ask if any children had trouble determining the desirability or undesirability of some of their thoughts, words, or deeds, and wait for response.)

If we have an ideal to work toward, and keep that ideal

always at the front of our minds, it is easier to decide what is right and what is wrong. And if we work toward the ideal that Christ wants us to work toward — that of loving and serving all of God's children here on Earth — then we will always know whether or not what we are doing is right.

Everyone's life is like a little garden, in which the plants that grow are the ones that he himself has planted there, and every plant has seeds from which others just like it will grow. Your thoughts and words and deeds are the plants you are growing in your thought-garden, and everything you think, say, and do has its own "seeds" which will grow up and be just like what has come before. If you think kind and loving thoughts, more kind and loving thoughts will follow, but if you think unkind, angry thoughts, they will cause other thoughts just like them to follow.

Those of you who have worked in gardens know how fast weeds grow. Unkind thoughts, words, and deeds in our thought-gardens will grow just as fast as weeds — and you know how ugly weeds make any garden look. Since we all have to live in the thought-gardens that we have made ourselves, it does make sense to make them as beautiful as possible. If our inner thought-gardens are beautiful, people will like us and want to be with us, just as they like to visit gardens that are lovely and well-taken-care of. If our inner gardens are full of weeds, people will keep away. So let us try to keep our inner gardens beautiful and inviting!

### GRADE III — SECOND SUNDAY

Bible Lesson — Exodus 3:1-14

### THE CALLING OF MOSES

*Golden Text* — Though he slay me, yet will I trust Him.  
—*Job* 13:15.

One day Moses, who took care of his father-in-law's

flocks of sheep, was tending them near a mountain called Horeb. Suddenly, he stopped in astonishment, as flames sprang out of a near-by bush. The bush did not burn up, however, and Moses saw a great Archangel standing amidst the flames.

The Archangel had come to tell Moses what God wanted him to do. God Himself is such a very great Being that we cannot imagine what He looks like, and the Light that shines from Him is so brilliant and blinding that we could not bear to look at it even if we could see Him. That is why God sent the Archangel as His representative to Moses.

The Archangel told Moses that God knew His people, the Hebrews, were being held as slaves and cruelly treated in Egypt, and that He wanted Moses to lead the Hebrews out of Egypt to safety. Moses could not believe that he, who had fled Egypt, would be chosen to; or *could*, lead the Hebrew to safety, but the Archangel told him that this was God's will.

Then Moses asked what he should say when, after he told the Hebrews that God had sent him to deliver them, they would ask him what God's Name was. The Archangel told him that the Name was "I AM THAT I AM."

This answer is very hard to explain or understand, but a little bit of what it means is this: We know that God is everywhere and can do everything. When He says, "I AM," He means that He really IS, and KNOWS, and DOES, all things. When we say "I am," we really mean that we know that we really are divine sparks of God, here on Earth in our four bodies, and that we can do many things and are learning to do more all the time. When we become like God, after millions and millions of years, and understand all that He understands, we will be able to say "I AM" about ourselves, too.

## GRADE III — THIRD SUNDAY

KEYWORD: The Intestines.

A few months ago, we talked about how food was broken up and digested in our stomachs. Today we will talk about what happens to food in that part of the body which the Star Angels from Virgo helped us build — the intestines.

When the digested food is let out of the stomach — just a little at a time — it is moved into a long tube which winds around and around. This is the small intestine. Some cells in the intestine push the food farther and farther into the tube, and others break up those pieces of food that the stomach might not have been able to break up. Finally, the food has been made so thin and broken up so much that it is almost like water. It is then ready to be carried by the blood to all parts of our body, as nourishment for the cells everywhere. The arteries that we talked about last month run all around the small intestine, and there are only thin walls between them and the intestine. The wall is so thin that cells in the intestine can push the food right into the arteries — into the blood stream. Then the blood rushes the food all over the body.

Sometimes, however, we eat the wrong kinds of food, or too much food, or a mixture of foods that don't go well together. When this happens the stomach and the intestine can't break it up enough for it to become watery and be pushed into the blood stream. And sometimes, when we are angry, or afraid, or eat too quickly, or rush around too much, the cells in the stomach and small intestine can't do their work properly either, and the food doesn't get broken up. When this happens, instead of being taken in the bloodstream to cells all over the body, and feeding them — which is really why we ate the food in the first place — the big lumps of food that have not been broken up are pushed on through the small intestine into a bigger tube, which is called the large intestine. From there they are eliminated from the body, and

the food that we ate that time didn't do us any good at all.

Now we see why it is so important always to have kind, loving, and calm thoughts, *especially* when we are eating, and why we should always eat the right kinds of food.

This week, let's try to figure out what we each can do to help make mealtimes pleasant for us and everyone around us. Sometimes children eating lunch at school gulp down their food so they can go outside and play. You can imagine what happens to the food when they do that! Sometimes at home people eat too quickly, too, so they can go off and do other things. Sometimes the things people talk about at mealtimes are not pleasant, and then they get upset or unhappy and the cells in their stomachs and small intestines can't do their work properly. We can do a lot of good, for ourselves and people around us, if we talk about cheerful, happy things at mealtimes, and eat slowly and calmly.

### GRADE III — THIRD SUNDAY

Bible Lesson — Exodus 5:1-10

#### THE BONDAGE OF ISRAEL

*Golden Text* — The Lord spake unto Moses, saying, I am the Lord; speak thou unto Pharaoh king of Egypt all that I say unto thee.—*Exodus* 6:29.

Because God knew that Moses would need help in delivering the Hebrews from Egypt, He caused it to happen that Moses should come together with his brother Aaron, whom he had never known before. Remember that Moses had been found by Pharaoh's daughter when he was still a baby, and did not know who the members of his real family were. A beautiful bond of love and brotherhood arose between the two brothers, and they worked well together from the very beginning. This is different from the story of Jacob and Essau, who had to learn to love each

other, or from the story of Joseph's brothers, who had so badly mistreated Joseph before they learned to be good to him.

Moses and Aaron went to Egypt together, and told Pharaoh that God had commanded him to release the children of Israel that they might make their homes in another land. Pharaoh, however, who did not worship the God that Moses spoke of, said that he did not know this God whose servant Moses was, and that he would not let the Hebrews go.

Then Moses and Aaron urged the Hebrews to go with them into the desert for three days and make sacrifices to God and worship Him. Pharaoh, however, was angry because the brothers wanted to take the people away from their work, and as punishment he ordered that the Hebrews be given more work than ever to do. He said that they did not have enough work before because, if they had, they wouldn't have been able to take three days off for their worship.

This is the kind of cruelty under which the Hebrews were living, and it was no wonder that they were glad to see Moses and Aaron who, they knew, would help them escape from their bondage.

### GRADE III — FOURTH SUNDAY

#### Bible Lesson — Exodus 12:1-14

#### THE STORY OF THE PLAGUES

*Golden Text* — And it came to pass at the end of the four hundred and thirty years, even the selfsame day it came to pass, that all the hosts of the Lord went out from the land of Egypt.—*Exodus* 12:41.

After Pharaoh had refused to let the Hebrews go, the Archangel appeared to Moses again, and told him that God wanted him to go back to Pharaoh and repeat the command

to him. The Archangel knew that Pharaoh would ask for a sign, or a miracle, showing that it was really God's command, and when he did this, Aaron was to throw his rod down before Pharaoh and it would turn into a serpent.

And so Moses and Aaron went to Pharaoh again and asked him to let the Hebrews go, and Pharaoh did ask to see a miracle, and Aaron threw down his rod and it did turn into a serpent. But even after this proof that the command was really issued by God, Pharaoh refused to let the Hebrews go.

Then God sent many troubles to Egypt. First the fish in the rivers died, and then Egypt was invaded by frogs who did much damage. Then swarms of flies plagued the land, and then all the cattle belonging to the Egyptians died. After that, a terrible hail storm damaged all the crops. After every one of these plagues, Pharaoh promised Moses that if God would take the trouble away, he would let the Hebrews go. Each time, however, after the trouble was removed, Pharaoh broke his promise and continued to keep the Hebrews in bondage.

Then the Archangel told Moses that God would send one more plague, after which Pharaoh surely would let the Hebrews go. God would cause the oldest child in every Egyptian family to die, but none of the children in the Hebrew families were to be harmed. This may sound very cruel, but remember that Pharaoh had broken his promise to Moses — really to God — many times. Remember also that when people "die" it really means only that they do not have to live in their physical bodies any longer, but go on and do their work in the heaven worlds. The children, therefore, would be happy in their new world, but the families they had left behind on Earth would be unhappy and miss them very much.

Just as the Archangel had said, the oldest child in every Egyptian family died, and Pharaoh, whose own son had also

died, called Moses and Aaron to him. He told them to take the Hebrews, and their flocks and herds, and leave Egypt, and they left on that very day. At last, the children of Israel were free!

## LESSON SUGGESTIONS FOR LIBRA

### GRADE III — FIRST SUNDAY

**KEYWORD:** Judgment.

God's messenger this month is again Venus (who came to us a few months ago. Remember Venus' message? ("Children, love one another."))

You have probably all studied about balance at school, and have tried to balance yourselves in different places and on different things. You certainly need good balance when you ride a bicycle, or roller skate, or ice skate. But probably none of you have tried to do what might be the hardest balancing of all — that which the tight-rope walkers and trapeze artists at the circus do. Besides good balance, they must have good judgment, and judge exactly when and how to take each step. If a trapeze performer should take a step too far to one side, or too short, or jump from one swinging trapeze to the other too soon or too late, he could be in real trouble. He can know when and how to take his steps, and to use good judgment, only after long and persistent and careful practice.

A juggler must be able to balance his balls, too, and needs very good judgment in order to keep all his balls in the air at one time, and to toss the right ball the right distance with the right amount of force each time. He must make his decisions instantly and accurately — he has no time to stop and think, "Shall I toss this ball or that one?" or, "How high should I throw the one that is coming down now?" If he took any time at all for that sort of thing, his act would

be ruined. And the juggler, too, can only learn to use his excellent, quick judgment after long, hard practice.

You might be surprised to learn that every one of us must do a kind of "juggling act" too, every day. You remember that we have four bodies: the physical body that we see; the vital body, which helps us grow and learn; the desire body, which has to do with our emotions; and the mind, which helps all the other bodies work together. The juggling act we have to perform all the time is to keep all our bodies balanced and in line, doing the things we know are right. Suppose that just before dinner you see a large piece of cake on a plate, all ready to eat. Ooooooh, how your physical body wants that cake! How good it would taste! But the real *you* knows exactly what would happen if you ate that cake before dinner, and if you have enough *judgment*, you will not eat that cake, in spite of what the physical body wants. Then you made your physical body do the right thing; you did not eat the cake, and you showed good judgment and balance.

Or suppose another person causes something to happen that interferes with your plans to have fun. Your desire body immediately wants to feel very angry with that person, and to do something to him to show your anger. But the real you knows that anger never does anything but harm, and instead of being angry you should be loving and kind, no matter what the other person has done. If you have enough judgment, and can balance your bodies well enough, you will not give in to the desire body's wish to get angry, but will do what the real you knows is right and be loving and kind. Then, again, you have made your desire body do the right thing, and showed good judgment and balance.

Every day we think, say, and do many, many things. We train our judgment by deciding whether the thing we want to do — or one of our bodies urges us to do — is good or bad, true or false, wise or foolish. By being on the alert all the time, we can become as skilled in choosing the right

thing or making the right movement as the trapeze artist or the juggler. There is one difference, however, and that is that the reward for handling our four bodies well and successfully is much greater and longer lasting than that for putting on a good juggling act in a circus.

### GRADE III — FIRST SUNDAY

#### Bible Lesson — Exodus 13:21-40

#### THE PASSOVER AND DEPARTURE FROM EGYPT

*Golden Text* — The judgments of the Lord are true and righteous altogether.—*Psalm 19:9.*

It was not easy for the Hebrews to go with Moses out of Egypt. Of course they were glad to leave, but it was a difficult journey, through wilderness and desert. God's Archangel, who was always with them as guide, appearing like a column of fire to show the way, led them through the wilderness on purpose. He did not want them to see comfortable cities like the one they had just left, and change their minds and go back to Egypt. Even though they had worked as servants in Egypt, they had all kinds of things to make their lives easier, which they did not have in the wilderness.

There is a hidden meaning to this part of the story. The Hebrews were now really following God and trying to obey His commandments, which the Archangel gave them. Everybody who tries to follow God and live according to God's law finds that he has to give up some things that might seem to make life easier, and, more important, he has to take on new responsibilities. But he is still living in the material world of things and not the spiritual world of God, and, for him, the material world is a little bit like being in the wilderness, too. He cannot always take the easy way out, as some of his friends might do. He has to do what he knows is right,

no matter how other people might tease him about it, and so he sometimes feels himself alone, and it is hard for him, just as the journey through the wilderness was for the Hebrews. If he is really sincere in following God's commandments, God gives him help, just as He helped the Hebrews, as we will see.

After the Hebrews had been on their journey for a few days, Pharaoh began to be sorry that he had let them go. "Why did we send these people away, who were our servants?" he asked. He called out his army, and soon the soldiers started off to bring Moses and his people back. This sort of thing sometimes happens to a person who has just started to live the kind of life God wants him to live. His old friends, who might still be selfish and be interested only in material things, decide to tempt him to come back to them and live selfishly, the way they do. If he is weak, it might be easy to tempt him, and he then goes right back to his old bad habits, forgetting the promises he had made to himself to live a pure, unselfish life. But if he is strong and determined, and especially if he asks God's help, he will get all the help he needs to keep him from giving in to any temptations that he might face.

In the same way, the Hebrews were afraid when they saw the Egyptian army coming. They had come to the shores of a big body of water called the Red Sea, and there were no boats in which to cross. The Egyptian army was at their heels, and they would soon be captured. Moses and all his people prayed, and the Archangel told them not to fear. The waters of the Red Sea were divided, and a path all the way across appeared before the Hebrews. Thus they were able to cross the Red Sea with all their cattle and possessions, and nothing got wet. Then, when the Egyptian army started to use the same path to follow them, the waters of the Red Sea came together again and the Egyptians were drowned.

So we see how God helped His people to follow Him, just as He always helps everyone who truly wants to do what is right, and asks for His help.

## GRADE III — SECOND SUNDAY

KEYWORD: Poise.

Can anyone tell us what "poise" is? (Discussion, getting children to understand that poise means self-control under all circumstances, no matter how great the external provocation to shatter that self-control.)

Poise is one of the most important things that God wants us to learn. If we have poise, it means we are calm and are using good judgment all the time, no matter what is going on around us. If we can be depended on to stay calm, no matter what is happening, then we can be depended on to take responsibilities and help other people who might not have learned poise yet. If other people can depend on us, then God can depend on us, too — and He is very glad when He sees that another one of His children is ready to be depended upon to help Him in His great work.

No one can have much success in doing anything on this Earth unless he knows how to stay calm and poised and use good judgment. You do much better at school, even when the subjects seem hard, if you stay calm, study hard, don't get worried about your tests, and simply do your best. In the same way, your fathers do much better at their work if they stay calm no matter what kind of problems they may have, and don't start worrying when things do not seem to go just the way they may want them to. We cannot use good judgment if we are not poised.

Let's suppose that there is a fire in a building where there are many people. In your fire drills at school, one of the most important things the teachers tell you is to keep calm. In a real fire, the person who stays calm will be able to help other people get out, will see which is the best way to go, will know enough to keep a wet towel or cloth around the mouth to keep out the worst of the smoke, and will be able

to think of other things that might have to be done in the emergency. The person who is not poised, but who lets his fear get the better of him, maybe screaming or crying, or pushing other people out of his way so he can get out first, or running without thinking in a direction from which he cannot escape, at the very least causes a problem for the people who are trying to stay calm, and at the worst could make other people so panicky and frightened that no one would get out.

If a person is calm and poised when little problems come up he will be more likely to be poised when big emergencies come up, too, but people who are not poised in the face of little problems cannot possibly be poised in the face of big ones. We have made our bodies just what they are by the things we have thought and said, and done, in other lives, and every day we are changing them for better or worse by what we are thinking and saying and doing now. If we want to have poise we must work for it, just as we must work for every good thing, and the way to work for it is to be kind and loving in everything we think, say, and do. If we do that, we will have poise, and all the other things we need to learn our lessons and to help God in His great work.

### GRADE III — SECOND SUNDAY

#### Bible Lesson — Exodus 20:1-17

#### MOSES RECEIVES THE TEN COMMANDMENTS

*Golden Text* — And the glory of the Lord abode upon Mount Sinai, and the cloud covered it six days; and the seventh day he called unto Moses out of the midst of the cloud.—*Exodus* 24:16.

After the Hebrews had journeyed on for some days, they came to a place called Mt. Sinai. The Hebrews made their camp at the foot of the mountain, and the Archangel

commanded Moses to climb up high onto the mountain, where he could talk privately with Moses.

Moses did as he was asked, and when they were alone, the Archangel told him that God wanted to make known to His people a new set of commandments, or laws, by which they were to live from then on. These are called the Ten Commandments, and they are the laws under which people should have been trying to live during all the thousands of years since the time of Moses.

The Ten Commandments are:

You shall have no other god before me. This means that we should worship only God, and no one else.

You shall not make any graven image, nor bow down to them nor serve them. This commandment is somewhat like the first, and means that we are not to worship idols, the way people often used to do in the old days.

You shall not take the name of the Lord your God in vain. This means that we must not say God's name for any reason *except* when we are praying to Him or are talking about Him in a respectful way.

Remember the sabbath day, to keep it holy. This means that we should set aside one day a week and dedicate it to God, going to church and Sunday school, or worshipping Him at home or in other places.

Honor your father and your mother. This means that we should always remember the many good things that our parents do for us, and the love they give us, and we should obey them, thank them, and do what we can to help them.

You shall not kill.

You shall not commit adultery. This means that we should all live pure, clean, good lives.

You shall not steal.

You shall not bear false witness against your neighbour. This means that we must not tell lies — about our neighbors or anyone or anything else.

You shall not covet your neighbor's possessions. This

means that we must not wish for anything that belongs to someone else.

We see that some of these commandments are still very hard to live by. Many people do not kill other people or steal from them any more, but it is not always easy to keep from wishing for something that belongs to one of our friends, is it? Let us discuss these laws that God has given us and see what we can do to work on those which are hardest for us to keep.

### GRADE III — THIRD SUNDAY

KEYWORDS: Purification — The Kidneys.

The Star Angels from Libra helped us build the kidneys — the part of the body we are going to talk about today. The vegetables and fruits we eat are made up of all kinds of things that the plants have drawn out of the earth and built into their leaves and roots. Some of those things the cells in our bodies can use, but others they cannot, and those are the parts of the food we eat that must be sent out of the body again without being used.

The kidneys are among the organs that help us get rid of this unused food. They are shaped like two beans, one placed on either side of the long backbone that holds our bodies straight, just about here (place hands on small of back). As the blood, which goes everywhere in the body, passes through the kidneys, the cells in the kidneys examine everything that is in the blood, leaving all the good things that can be used and removing all the bad things — called impurities — that might be in the blood. The impurities are pushed into tubes that carry away waste matter, and are taken along to places from which they can be eliminated.

With all the impurities and waste matter passing through the tubes of the kidneys, it is especially important that they be kept washed out and clean, and this is one reason why we

should drink plenty of water. If the tubes are not kept clean, the impurities cannot be sent out but, instead, they remain in the body and make us sick.

Just as the kidneys work so hard to hold on to all that is good and pure and nourishing in the food we eat, and throw out all that is not, so, too, should we hold on to all that is good, true, and beautiful in our lives, and get rid of all that is ugly, harmful, selfish, or unloving. When the kidneys cannot get rid of the harmful things and they stay in our bodies, we become sick. When we do not get rid of the harmful things in our nature, and they stay within us, we become sick, too.

### GRADE III — THIRD SUNDAY

#### Bible Lesson — Exodus 40:18-34

#### THE TABERNACLE IN THE WILDERNESS

*Golden Text* — And Moses did look upon all the work, and, behold they had done it as the Lord had commanded, even so had they done it: and Moses blessed them.—*Exodus* 39:4-3.

You remember that one of the Ten Commandments given to Moses is that we should set aside one day a week particularly for the worship of God. You also remember that Moses and the Hebrews were still traveling through the desert and did not have a place where they could come together in prayer. Therefore, they built the Tabernacle in the Wilderness, the Archangel telling them how to do it.

The Tabernacle did not look like any of the churches we are used to seeing now, but the important thing to keep in mind is not just the way it looked, but the many hidden meanings connected with it. A few weeks ago we said that “wilderness” in the Bible sometimes means the material world — the world of things, which is different from the spirit world of God. The Hebrews were living in the

material world of things, but they had developed a longing to return to God. The Tabernacle in the Wilderness (material world) was given them to show the way back to God, and the way back to God, as we know, is to let our Higher Selves subdue our lower natures, and to live according to God's laws.

The Tabernacle was surrounded by walls, which the people entered through a gate. The first thing they came to was a great Altar made of brass, which was used for burnt offerings. This may seem very cruel to us, but in those days, remember, people had not learned as much as they know now, and they thought that God would be very pleased if they sacrificed animals to Him. The hidden meaning of this Altar is important to us, though. It means that every one who wants to return to God has to "burn," or get rid of, all of his selfish desires and be ready to serve God. Unless he does this, he cannot go any farther on the path back to God.

This was true of the people who came to the brazen Altar in the Tabernacle, too. Most of them were not allowed to go beyond the Altar. Only the priests, those who had already dedicated themselves to serving God and had proved themselves sincere in trying to follow His commandments, could go farther. They had to wash their hands and feet in the Brazen Laver, which was a large basin always kept full of water. This means that they were to keep themselves clean and pure, just as all of us who want to live according to God's law must keep our hearts and minds, as well as our bodies, clean and pure.

Then the priests could go into the Temple itself, which was made up of two rooms, the East Room and the West Room. In the East Room were only three things: the Altar of Incense, the Table of Shewbread, and the Golden Candlestick. The candlestick had seven candles, each of which stood for a different period in our long evolution, or the long journey we have already taken from God. The Table of

Shewbread had on it two piles of six loaves of bread, each with a little heap of incense on top. The incense was later burned on the Altar of Incense.

What all this means is simply this: in our long evolution, we have already learned many things, and the more we learn, the more we are expected to use what we know in helping other people. We are all given many chances to serve, whether we realize it or not. Every day there are things we can do to help our parents, our teachers, or other children. The shewbread was a symbol of these opportunities for service which we are all given. If we take the opportunities — if we do give help when somebody needs it — then we have done something good which will help make our soul bodies grow and glow just a little bit more. But if we say, "I don't want to," or "I'd rather go out and play," then we do not take advantage of our chances to serve, and our soul bodies will not grow. The incense on the loaves of bread was burned as a symbol of those chances for service which were being used.

The West Room was the place in the Temple where God Himself was present. Only the High Priest was allowed to go into the West Room. The High Priest was a man who had used his opportunities for service so well, and had kept himself so clean and pure, that he was worthy to stand before God Himself and receive His commandments. Some day, when we have learned to use our opportunities for service, and when our Higher Selves have subdued our lower natures, we, too, will be able to stand in the presence of God, and hear Him.

In the West Room, too, was the Ark of the Covenant, which looked something like a chest and could be carried by staves, or long poles, which were attached to it when the Hebrews continued on their journey. Remember that they still had not come to the place where they were to settle down permanently. In the Ark, among other things, were

the two Tablets, or big stones, on which the Ten Commandments had been carved.

There are many other things about the Tabernacle in the Wilderness which we have not mentioned, and which you will want to learn about as you get older. Right now, however, it will be enough to think about the very important things we have already discussed.

### GRADE III — FOURTH SUNDAY — Review

## LESSON SUGGESTIONS FOR SCORPIO

### GRADE III — FIRST SUNDAY

KEYWORD: Intensity.

This month God's messenger is Mars, who is reminding us to "Do it! Do it!"

What is it that makes elevators in tall buildings go up and down, that makes our lights and television sets go on, that keeps our refrigerators cold and our ovens hot? It's electricity, isn't it? — electric power. Think how strong that power must be, to do all the things that electricity does in a big city.

Just as electric power does so much for us here on Earth, so, too, there is another, much stronger, power, that keeps our Earth and all the other planets in their places around the Sun. That power comes from God, of course, and it is the power of His love. Sometimes electric power stops — lights go off, elevators don't run, and so on — and then electricians have to come along and fix whatever is wrong. But the power of God's love never stops, and no one ever has to fix that. You can just imagine what would happen if God's power did stop for even a minute, and all the planets would fall out of their places. But that is something we

never have to worry about! God's tremendous, and loving, power is always there.

This same, marvelous power is in every one of us — in that divine spark of God that is the real person — and some day, billions and billions of years from now, we will be able to do the things that God does. But that is a long way off because we have to learn to unfold and use this marvelous power that is in us. The way to learn is to *do* things, not sit back and wait for others to do them for us, or to entertain us, to or somehow make our lives easier. We must get out and do things, and learn by doing. When we do things we are at first bound to make mistakes, but that is exactly how we learn. If we make a mistake, and if we are paying attention to what we are doing, then we will know not to make it again. This is just as true when we do arithmetic problems at school as when scientists do their research.

But it is very important to remember one thing when we are learning to use the power we have, and that is, that no matter *what* we do, we should always remember to do it with love. No matter how big or important or unusual a thing we have accomplished, if someone is hurt or made unhappy by it, it will not be good. Power without love always destroys in the end. We have all read stories of wicked kings who had a lot of power, and who used it only for their own selfish purposes, not caring how cruelly other people were treated. Always, you will remember, those kings were destroyed, in one way or another, and this is true now as then.

God uses His great power only with love. Love means kindness, and consideration for other people's feelings and rights. It means being honest, and unselfish, and gentle, and patient, and most of all, it means *wanting* to do things for other people and help them. If you truly want to do that, and try hard, and learn to use good judgment and learn from your mistakes, you will unfold more and more of that wonderful power that is within you, and you will use it to do just those things that God wants you to do.