

## Quiet Hour.

### The Overflowing Life.

The fact that you are a Christian may without doubt assure you a safe entrance into heaven, but it may not mean that you are much of a blessing to your friends about you. God makes the life to overflow, that other men's lives may be touched with your power. For it is only the overflow of your life that proves a blessing to your friends and kindred. It is the overflow of the Nile that makes the valley of the Nile fruitful.—*J. Wilbur Chapman.*

### Speaking of Jesus.

"I was visiting at my brother's one time," says a lady, "when Richard, his little boy, suddenly stopped in his play and looked steadily at me for a minute. 'What are you thinking about?' I asked. 'If you are a Christian, auntie. Are you?' 'I hope so, dear.' 'But you never speak of Jesus. If you loved Him very much, would you not talk about Him sometimes?' 'We may love a person without speaking of him,' I replied. 'May we? I did not know that. You love to talk of your brothers and sisters and your papa and mamma, don't you, Auntie?' 'Yes.' 'And then you speak of other people and things you like, but you speak no word for Jesus. Don't you love Him, auntie?' 'Yes.' 'Then I should think you could not help speaking of Him sometimes.'"

### Having Shut Thy Door.

How truly the life of holiness is dependent on prayer! Jesus said, "Thou, when thou prayest, enter into thine inner chamber, and having shut the door, pray to thy Father which is in secret." In the secret, the inner, the hid-away place, on the hidden knee, our God will be enquired of; there He would often have us go, that there in a sense we may dwell. In the cleft of the rock, in the place apart, repairing thither because we are expectant of a communion not of this world, because we have a childlike trust, because we expect appointed joys that we may see and realize and receive into our souls the promised Companion, we shall be blessed and made holy. It is for us if we observe the word of tender counsel which points to the place where He who seeth in secret, whose voice is the voice of silence and of emotion deeper than words, is the rewarder of them that seek His face. Shut thy door. Then thou mayest find Him and the holy life.—*Central Advocate.*

### Small Causes of Defeat.

I begin my day's work some mornings perhaps wearied, perhaps annoyed by the multiplicity of trifles which seem too small to bring great principles to bear upon them. But do you not think there would be a strange change wrought in the petty annoyances of every day, and in the small trifles which all our lives, of whatever texture they are, must largely be composed of, if we began each day and task with that old prayer: "Rise,

Lord, and let thine enemies be scattered"? Do you not think there would come a quiet in our hearts and a victorious peace to which we are too much strangers? If we carried the assurance that there is One who fights for us into the trifles as well as into the sore struggles of our lives, we should have peace and victory. Most of us will not have many large occasions of trial and conflict in our career; and if God's fighting for us is not actual in regard to the small annoyances of home and daily life, I know not for what it is available. There are more deaths in skirmishes than in the pitched field of a great battle. More Christian people lose their hold of God, their sense of His presence, and are beaten accordingly by reason of the little enemies which come down on them like a cloud of gnats on a sunbather's evening, than are defeated by the shock of a great assault or a great temptation, which calls out their strength and sends them to their knees to ask for help from God.—*Dr. Alexander MacLaren.*

### Begin To-Day.

Is there nothing which Christ as your Friend, your Lord, your Saviour, wants you to do which you are leaving undone to-day? Do you doubt one instant, with His high and deep love for your soul, that He wants you to pray? And do you pray? Do you doubt one instant that it is His will that you should honor and help and bless all men about you who are His brethren? Are you doing anything like that? Do you doubt one instant that His will is that you should make life serious and lofty? Do you one instant doubt that He wants you to be pure in deed and word and thought? And are you pure? Do you doubt one instant that His command is for you openly to own Him and declare that you are His servant before all the world? And have you done it? These are the questions which make the whole matter clear. No, not in quiet lanes, nor in the bright temple courts, as once He spake, and not from blazing heavens, as men sometimes seem to expect—not so does Christ speak to us. And yet He speaks! I know what He—there is all His glory—He, here in my heart—wants me to do to-day, and I know that I am not mistaken in my knowledge. It is no guess of mine; it is His voice that tells me.—*Phillips Brooks.*

### Progressive Holiness.

"This purity (of heart) implies an increase of spiritual desires. Paradox as this may appear, associated with the idea of perfection, it is true. Perfection in holiness precludes not, but rather stimulates to advancement. From the largest substance to the most insignificant atom, God's works are complete; yet, though His finishing touch is evinced in every stage of every work, it prevents not progression. The perfect acorn may grow to an oak. The perfect grain of mustard seed may rear a stately trunk, and widely extend its sheltering branches. Or the tender sapling may be strengthened to a mighty tree. So it is with holiness: ever ripening, but never ripe;

ever growing, never grown; ever maturing, but never arriving at a climax. The nature of holiness, contrasted with its receptacle, the heart, accounts for this. Holiness is an infinite attribute of an infinite God. The heart is limited and imperfect in its capacities, and must fail to embrace all this grace in the present life, or in any period of it. Eternity alone must comprehend the eternal subject; and through its endless ages we must increase in its experience. As the heart is daily satiated at the living fountain, it will expand. Its powers strengthened by exercise, and its desires supplied with heavenly riches, will increase—

"More of thy life, and more I have,  
As the old Adam dies."

"The thirst for variety, peculiar to the human mind, accounts for the necessity of the increase of spiritual desires. God has sanctioned this desire by gratifying it in the variegated beauties of nature. And if the spiritual appetite be but the natural one rectified, its desires must be satisfied. We cannot stand continually at the door-posts of justification, or even sanctification, and admire only a few principles of the love which redeemed and saved us—we must advance. These rudiments of repentance and faith are too simple for us now: we must go on to perfection—to the possession of the fullness of God."—*From Alexander Sturgeon Byrne, in "The Stripling Preacher."*

### A Cure for Spiritual Poverty.

The poverty of modern Christian life will never be cured until a far greater earnestness is put into the hard and happy work of praying.

It is instructive to read in the life of Frederick Maurice how he would often be engaged in prayer all the night through; and if everything were known, it would be found that all Christians who have made a deep mark have sought and found the Lord in like manner.

To live in the atmosphere of prayer is to live in the atmosphere of miracle, in the atmosphere of the New Testament; and it is in this way, and in this way only, that faith in the divine manifestation is kept alive and burning.

When the strength, the joy, the peace, and the power of the Christian Church are unimpaired, it is because her ministers and her people are proving that through Christ we have access in one Spirit to the Father, and confessing that Jesus is Lord in the Holy Ghost. Then there is no complaint of failures to attend Christian worship.

There is a longing even on the part of those outside to touch the hands of those who have walked with the Most High. The brethren are able to speak to one another of what the Lord has delivered unto them, of their comprehension of the supernatural revelation. They shine with the divine splendor which fills each star, one star differing from another in glory. The Holy Ghost comes upon them, and the power of the Highest overshadowed them.

So, confessing with their mouths the Lord Jesus, and believing in their hearts that God has raised Him from the dead, they are saved.—*British Weekly.*