

when writing to the Romans: "Now we that are strong ought to bear the infirmities of the weak, and not to please ourselves." (Rom. xv. 1). This is just the same thought which St. Paul expresses, when writing to the Galatians, in the words of our third text: "Bear ye one another's burdens, and so fulfil the law of Christ."

Many people deliberately increase and accentuate their own burdens and, by their inhuman conduct, make the burdens of life harder for their fellow-men. How sadly true are the exquisite lines of the great Scottish poet!

"Many and sharp the numerous ills
 Inwoven with our frame!
 More pointed still we make ourselves
 Regret, remorse, and shame;
 And man, whose heaven-erected face
 The smiles of love adorn,
 Man's inhumanity to man
 Makes countless thousands mourn:

"See yonder poor, o'erlabored wight,
 So abject, mean, and vile,
 Who begs a brother of the earth
 To give him leave to toil;
 And see his lordly fellow-worn
 The poor petition spurn,
 Unmindful, though a weeping wife
 And helpless offspring mourn."

Brethren, the words of our final text form the climax of spiritual life and experience. Let us not fail to remember that the love of Christ is not only a *sustaining* but also a *constraining* love. It is, as Chalmers finely puts it: "The expulsive power of a new affection." It expels sinful passions and constrains us to bear one another's burdens and so fulfil the law of Christ. What was that law? The law of love. It is this law which Christ fulfilled perfectly and which He thus commands us His disciples to obey: "A new commandment I give unto you, that ye love one another; even as I have loved you, that ye also love one another." (St. John xiii. 34).

Brethren, these three texts are not contradictory but supplementary to one another. They form the successive steps of a spiritual process. "Each man shall bear his own burden." "Cast thy burden upon the Lord and He shall sustain thee:" etc. "Bear ye one another's burdens and so fulfil the law of Christ."