

breeze at some distance beyond his reach. Should he with one spring endeavour to catch hold of it? And if he should succeed, would it bear his weight? And if it should be strong enough to bear his weight, had he sufficient remaining strength to swing himself by its aid to the summit of the cliff?

He looked up at the overhanging bough, then he looked higher still—higher than the deep blue sky that was outspread above serene and clear—high up to Him who giveth power to the faint, and who to them that have no might increaseth strength; and with one last effort of strength, and one spring for life or death, he seized hold of the friendly branch of the seedling planted beside the rock, swung himself on

if conscious of sin and the punishment of sin which is your due, obtain salvation and pardon, and enter into the region of peace with God through our Lord Jesus!

First, believe. Think over the history of His love of His pity, of His death in your stead, and that He might bear your punishment and heal you by His stripes and not only with a vague general assent to the doctrine that Christ died for sinners, but with an intelligent, clear understanding that He died for you, and to bear your deserts in your place, accept adoringly the testimony to this wondrous love.

And then cast your whole soul on this great work of Christ. Tell Him that you are a sinner, and a

OUR HEARTS.

Our Hearts are naturally—

Evil	Hebrews iii. 12.
Desperately Wicked	Jeremiah xvii. 9.
Weak	Ezekiel xvi. 30.
Deceitful	Jeremiah xvii. 9.
Deceived	Isaiah xlii. 20.
Double	Psalms lii. 2.
Impenitent	Romans ii. 5.
Rebellious	Jeremiah v. 23.
Hard	Ezekiel iii. 7.
Stony	Ezekiel xi. 19.
Froward	Proverbs xvii. 20.
Despightful	Ezekiel xiv. 15.
Stout	Isaiah x. 12.
Haughty	Proverbs xviii. 12.
Proud	Proverbs xxi. 4.
Perverse	Proverbs xii. 8.
Foolish	Romans i. 21.

God can make them—

Clean	Psalms li. 10.
Good	Luke viii. 15.
Fixed	Psalms cxvii. 7.
Faithful	Schemiah ix. 8.
Understanding	1 Kings iii. 9.
Honest	Luke viii. 15.
Contrite	Psalms li. 17.
True	Hebrews x. 22.
Soft	Job xliii. 16.
New	Ezekiel xviii. 31.
Sound	Psalms cxix. 59.
Glad	Psalms xvi. 9.
Established	Psalms cxlii. 8.
Tender	Ephesians iv. 32.
Pure	Matthew v. 8.
Perfect	1 Chronicles xlix. 9.
Wise	Proverbs xi. 29.

Frances Ridley Havergal.

to the edge of the rock, and there lay for hours, exhausted, nearly unconscious, but SAFE.

A great many people—and think whether you are of that number—seem to live on contentedly with the gospel within their reach, but not taken hold of. They go to church, they say, and live very respectable lives, and now and then read their Bibles, and on the whole are worthy, and amiable, and perhaps more so than many who make greater profession. If they have nothing more than this, they are not saved. Salvation, eternal life, the covenant, God's strength, are held out before them, but they have not laid hold upon them.

And how may we thus lay hold? How may you, reading these pages, when you have laid them down,

grievous sinner, but that you find that His blood earned a receipt in full for all the chastisement that was yours by right, that by His cry of "It is finished," which rang forth from the cross, you claim His salvation, and must be saved from wrath through Him. Kneel at His feet over and over again, without, as it were, giving Him rest until you seem to hear Him say, "Thy sins are forgiven thee." Don't be satisfied with only hoping that you are safe, with only a vague desire for salvation. There is no real peace in this half comfort. Determine that you will not give sleep to your eyes nor slumber to your eyelids until your soul is a place for the Lord, and your redeemed body a habitation for your God.