Now this may be all very correct, when man is disconnected from his spiritual nature, and his heirship to immortality; but is utterly unscriptural, so far as the believer under the light and guidance of the Holy Spirit is concerned, the very reverse being taught in the Bible.

The presence of abounding hope in the being of man we are here taught is a distinct grace of the Holy Spirit, and as such is designed to be the common property of redeemed man—not a simple trace or intermittent gift of hopefulness, but an inexhaustible supply. "That ye may abound in hope."

Now, if hope abound in the experience of a man, there is no room for fearfulness or despondency: everything in the future is radiant with the promise of good things to come. And thus the Gospel touches every part of our experience, it provides present fulness of joy, the immediate gift of the Holy Spirit, who abides in the heart, making the body His temple, and throws its rainbow glories around all the future, so that the brightness of hope horizons all our life here until it is lost in the inconceivable glories of Heaven.

But many a sincere Christian will say, "All very well to talk about or write about, but the fact still exists that I am subject to periods of despondency; there are times when I find it impossible to rise above my surroundings;" and then, misapplying Scriptural language, such will say we cannot always expect to be on the mount of transfiguration, but must often come down to the valley of temptation. This is all very true, but not in the sense that such persons use the figure; for, whether on the mountain top or in the valley, whether fellowshipping with Christ in His humiliation or rejoicing with Him in spirit, as we behold Satan as lightning fall from Heaven, still it is our privilege, nay, duty, to rejoice in the Lord always, and to have the prayer fulfilled in us, "that ye may abound in hope through the Holy Ghost."

It is our duty, then, as well as blessed privilege, to always abound in hope. But let it not be forgotten that it is "through the Holy Ghost." When the Blessed Spirit is received in all His offices and in all His fulness, then and not till then can this delightful result be realized. When despondency or lack of hopefulness is confessed as sinfulness, and by continuous faith Christ is accepted as our Saviour from the sin, and the power of the Holy Spirit is accepted as the only antidote, then only do these gloomy phantoms take their final departure, then