

strong safeguard against falling back from God, then the Saviour's words were vain when he said: "Watch and pray lest ye enter into temptation."

We do not ask for less *public* prayer, but more *private* prayer. It is here our main strength is obtained to battle with the world, the flesh, and the devil. It is here humanly speaking, the battle is lost or won.

THE REMEDY.

What is the remedy for the low state of religion we so often see in churches and individuals?

1. By a close and careful examination as in the sight of God and eternity seek out the *cause*. Seek by God's help to retrace our steps to the place where we turned aside from the straight path of duty, and then with a prayerful vigilance watch against the next temptation in that direction.

2. Pay good heed to the directions given in the Bible against apostasy. "Be watchful" says John in Rev. iii, "and strengthen the things which remain that are ready to die; for I have not found thy work perfect before God. Remember therefore how thou hast received and heard; and hold fast and repent." Paul says in Heb. x, "Let us hold fast the profession of our faith without wavering, for he is faithful that promised," with many other exhortations, and especially that found in Eph. vi: "Finally brethren be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil . . . praying always with all prayer and supplication in the spirit and watching thereunto with all perseverance and supplication, &c."

3. Frequent meditation of the life and death of Jesus Christ.

Let all who in any way suffer the woeful effects of religious declension, or are in danger of it, and who is not? often, very often think of the price paid for their redemption, of the agony endured in Gethsemane, the scourging, the crowning, the mocking, the shame, the spitting, the untold suffering both in body and mind of the Redeemer; of his death which ensures our life; of his resurrection which ensures ours: of where he now is: of the promises made to his followers, and the never-to-be told joy in store for them through him: of the mansions he is prepared for them that are his where they shall dwell with him in light and life eternal. These, and other thoughts that cluster around the name of Jesus the Christ, when and devoutly indulged in will serve in no small measure to prevent us from falling into a state of coldness and indifference, which is alike injurious to ourselves and to the cause of truth, as well as dishonouring to God. At the same time such meditations will also tend to increase our love to God and our Lord Jesus and bring us more into conformity with his image; to attain which, the christian should bend all the powers of his heart, and mind, and soul, and strength.