

true, attractive and deeply effectual ; for it will be bringing out Jesus Christ's Religion in your strictness and in your sympathy.

As you cultivate this Religion, which alone is the true, you will find that gradually it will come to present three virtues in your life, which are specially monastic virtues. Their names in ancient days were : *Benignitas*, *Simplicitas*, *Hilaritas*. Will you take these three names into your thoughts?—a memorial of English monastic life in the freshness of its first discovery of the beauty of love attained through sacrifice. *Benignitas*—that is kindness elevated and purified by piety. *Simplicitas*—a simple character that loves One only, and sees all things in the clear daylight of that love. *Hilaritas*—gladness ; the merry heart which "hath a continual feast," and "doeth good like a medicine."

Kindness, simplicity, joy,—will you take them into your remembrance of this day, not as a memorial of a religion that once flourished in our English Abbeys and has perished with them, but of the imperishable religion of Jesus Christ, that is forever springing up in new forms and under new circumstances wherever men believe in prayer ?

But the prayer of this week is that we may *increase* in true religion ; for this religion of Jesus Christ must ever advance in each of us, if we do not hinder it. This new step which you take to-day is not to leave you in a fixed level. It is a fresh advance in a journey which is to have a new horizon every morning, new mercies of GOD to discover, new revelations of the greatness of the purpose of GOD for you, and for the children whom GOD has given you. And it is as you cultivate that grace of GOD that is in you, and *increase* in true religion, that you keep and develop all that GOD has given you in the past, that you find all that GOD taught you in the past deeper and truer than you knew at the time, and find it open out for you to new greatness, beauty, certainty. Take the step of to-day with the intention that it shall not mean rest attained but a new impulse with a new hope of advance towards a horizon that grows ever clearer.

But there is a physical limit to activity ; age will stiffen me at last, and I shall be able to work no more.

No ; if I have learnt to pray in my work, when I can work no longer I shall be able to pray, and I may still be going forward in that way. We have known people who came to find their working days were over, but whose days of spiritual advance were never over, who made their very bodily infirmities an occasion of increasing in true religion, of going on to GOD in prayer.