

dwelleth in Me and I in him,"* and Christ thus dwelling spiritually in us is the principle of everlasting life; and so it is that the Priest says in the Office, "The Body of our Lord Jesus Christ which was given for thee, preserve thy body and soul unto everlasting life."

And see what inestimable blessings Christ brings in His train. (i) There is forgiveness of sins. Yes, brethren, you ought to know that they who go with heartfelt repentance and true faith to the Holy Communion obtain full forgiveness, an entire absolution for their sins. This is evident from the express words of our Saviour Christ in the institution, "Drink ye all of this, for this is My Blood of the New Testament, which is shed for many for the remission of sins." My Blood shed for the remission of sins, this is It. As Waterland asks, "Why such a stress laid upon drinking this Blood shed for remission, if they were not to drink remission in the very act?" And indeed the same is quite evident from general considerations, for it is beyond question that in the Communion the faithful partake of all the benefits of Christ's death; and as Waterland again says, "If we are partakers of Christ's death with the fruits thereof, and if the atonement be one of those fruits, and indeed the first and principal; and if remission follows the atonement, wherever it

* S. John, vi. 56, quoted in the exhortation in our Communion Office. "If with a true penitent heart and lively faith we receive that holy Sacrament, then we spiritually eat the Flesh of Christ and drink His Blood; then we dwell in Christ and Christ in us; we are one with Christ and Christ with us"—one proof that the Church of England interprets the 6th Ch. of S. John of the Holy Communion.