the Ascension of Christ in your nature, it is only because He hath taken your manhood into Heaven, that you can hope to ascend thither.

Do you look to His promise, "I go to prepare a place for you"? He could only fulfil that by His Ascension.

Do you hope for the sanctifying grace of the Holy Spirit? It was only at His Ascension that our Lord received the Gift for men. "If I go not away the Comforter will not come unto you, but if I go, I will send Him unto you."

Do you trust in the Intercession of Christ, in His Meditation at the Right Hand of God? It was only through His Ascension that He interceedeth for us in heavenly places.

Oh, then, slight no more this great and blessed day upon which He hath thought so great things for us. If we celebrate His lowly Birth of Suffering, the beginning of His love, shall we not remember His triumphant Ascension, the crowning end of that love?—Surely we ought to do so, we must do so if we are Christians. "Seeing that we have a great High Priest that is passed into Heaven, Jesus the Son of God, let us hold fast our profession"

And on what day can it be more suitable for us to hold Blessed Communion with Him than on this day of His departure from us, that we may be still one with Him, our ascended Lord? The Church teaches us this by marking it with a special preface in her appointed service.

Oh, slight, then, no more, not once more, this great and blessed day. "Let the dead bury their dead;" let the worldly steal if they will a Christian festival, and use it for their own worldly ends; but do you go up to your house of prayer. Do you begin this year to offer praise in the congregation for the Ascension of your LORD. Do you leave your trade, your shop, your worldly business, even it be a loss, for such a loss will be a gain to your immortal soul, and you will show that you do love Christ, that you do remember your ascended Lord.*

WHITSUN-DAY.

"And there appeared unto them cloven tongues, like as of fire, and it sat upon each of them." Acrs ii: 2.

This festival commemorates the coming of "the Comforter, which is the Holy Ghost," promised by our Saviour to His disciples, and waited for by them with such eager hope and expectation. It took place on the Jewish feast of Pentecost, the aniversary of the giving of the law at Mount Sinai. A rushing, mighty wind filled all the house where they were assembled, cloven tongues of fire rested upon them, and they were filled with the Holy Ghost, so that they were enabled to speak in all languages; and the great multitude present there from all countries heard, each in his native tongue, the wonderful works of God.

Not visibly, not with a rushing wind or tongues of fire does the Holy Spirit descend upon us now when we gather together in the temple of the Lord. Yet is He present with us still, though unseen, at ne font, or in the laying on of hands, in prayer or sacred meditation, hovering above us with gifts of comfort and wisdom, ready to enter into every heart that will open to receive Him. Let us then keep this blessed feast of the Church with love, and faith, and special prayer, that we may never grieve or resist the Holy Spirit of God, but that our whole lives may prove His presence in our hearts.

^{*}Sec Tracts for the Christian Seasons.