# Phatical fations. 



## A MOTTO FOR THE TEAR.

"Let us go up at once, and possess it; for we are well able to overeome it."-Nomr. wiii. 30.


HE hosts of Israel had passed the wilderness, and were near the bouders of the promised land. They had escaped from the cruel bondage of Egypt, crossed the Red Sea, escaped the perils of the widderness, and were about to enter the land flowing with milk and honey. But first a chosen band was selected by Moses to go up and spy out the land, and bring word again. These men fulfilled their commission: they said the land was good, and they brought back a sample of its fruits; but they also said the men of the land were strong, and their cities wailed up to heaven: and worst of all, they had seen the tall sons of Anak there, in whose sight they were lut as grasshoppers. This report discouraged the people. They desired the land, but feared the foe; and in their hearts turned back into Egypt. But among these craven hearts there was one who stood firm: "Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it! !

Reader: will you take this as your motto for the coming year? You have escaped from Egypt; perhaps you have "dwelt in the wildemess a long season;" it is time you went farther; time that you pressed forward into the promised land,-

> "The land of rest from inbred sin, The land .of finished holiness."

Do you fear your encmies-the tall sons of Anak? Fear them not! " their strength is departed from them,"-paralysed by the awful splendors of the "pillar of fire" giowing above the host. Gird on your armor; follow the Captain of your salvation; shout aloud your battle cry till, caught up by ten thousand earnest hearts, it shall roll in thunder down the line. "Let us go up at once, and possess it; for we are well able to overconce it."
"Let us go up." Where? Into the land of promise-the Canaan of perfect love. Then there is such a land? Doubtless there is, as thousands of happy dwellers within its borders can testify. Perhaps from some pisgah of spiritual communion you have caught glimpses of its beauty, and your heart

