

The law of my body, which obeyed brings or continues health is God's will, as much as that which concerns moral action. Our bodies are holy because God lives in them. Overwork, insufficient sleep, that imprudent diet and eating which seems the rule rather than the exception, carelessness of bodily protection in rain or storm or drafts or otherwise:—these are sins against God's will for the body, and no one who is disobedient here can ever be a channel of power up to the measure of God's longing for us.

And so regarding all of one's life, one must ever keep an open mind Godward so as to get a well balanced sense of what His will is. Practice is the great thing here. This is school work. By persistent listening and practising there comes a mature judgment which avoids extremes in both directions. But the rule is this: cheery prompt obeying regardless of consequences. Disobedience, failure to obey, is *breaking with our Friend*.

These are the three keys which will let us into the innermost chambers of friendship with God. And with them goes a *key-ring* on which these keys must be strung. It is this:—*implicit trust in God*. Trust is the native air of friendship. In its native air it grows strong and beautiful. Whatever disturbs an active abiding trust in God must be driven out of doors, and kept out. Doubt chills the air below normal. Anxiety overheats the air. A calm looking up into God's face with an unquestioning faith in