any stead but the wisdom that is from above. The Lord knew what the flesh was, and what Paul needed, when he had been caught up into the third heaven. To be taken up into a fourth? No; but a messenger of Satan to buffet: that is, he needed to be brought down. There is the thorn in the flesh given him; there is to be the con-

sciousness that the flesh is worth nothing.

We may notice that there are three ways of learning the power and wretchedness of the flesh: prior to peace, often in desperate struggles (for knowledge and conscience are distinct things); when we have peace before the Lord in prayer and communion, not daring to take a step till He leads us, and then He is glorified in us in grace and obedience, whatever the trial; or in the bitter experience in which Peter learned it, when flesh is not judged in communion with God. This last will be the way, so long as we are judging of things instead of judging ourselves. When we are faithfully judging ourselves and walking with God, we shall enter into no temptation. Trial may come, but there will be full preparation to meet it; not that we may be able to say, "now I am prepared for this or that temptation." We are in no certainty from one moment to another as to what trial may be coming; but we shall have the strength of God with us in it. Therefore our only safe place is watching and prayer-yes, prayer before the assault-prayer that may amount to agony; for so Jesus prayed!

We must expect to have our souls much exercised; often, it may be, when trial is there, casting about as to why this trial is sent. It may be for a fault; it may be for some careless or hard state of soul. It may be, as Paul's, to keep down the flesh; it may be preparatory to some coming