"Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me.

"I find then a law, that, when I would do good, evil is present with me.

"For I delight in the law of God after the inward man: "But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

"O wretched man that I am! who shall deliver me from the body of this death?

"I thank God through Jesus Christ our Lord. So then with the mind I myself serve the law of God; but with the flesh the law of sin."

You must not fail to remark in this passage, the distinction that is made between indulged and unrepented sin and that which is felt to be the burden and the hindrance of a Christian's life, and that you may neither presume on the one hand nor despond on the other, you must carefully examine yourselves to beware whether with St. Paul you can say with sincerity that you "delight in the law of God," though you may be unable, through the infirmity of your nature, to live constantly in accordance with its holiness and purity-if so, you will often be led to exclaim as he did, "O wretched man that I am! who shall deliver me from the body of this death?" and to be thankful that, through Jesus Christ our Lord, a deliverance has been provided, and you may then think with hope and comfort of those words which you will find at the ninth verse of the tenth chapter of Romans, and with which we will close your lesson for to-day.

"That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved."