

yourself to see if you hate sin, and if you sorrow over it, with a godly sorrow, in yourself and others.

4. *Love.* You must love God and His Son with all your heart, you must love His people love Him much, because you were forgiven for His sake, and all your brethren of mankind. You love Christ because He first loved you. You much. You love His people because He loves them and because "they are of the household of faith" and are born of His Spirit. You love your brethren of mankind because Jesus died for them and would have you seek their salvation.

5. *New Obedience.* You were once the servant of sin. You are now the slave of Jesus Christ. Once you obeyed Satan. Now you obey your Saviour. Your obedience is new because rendered to a new Master and from new motives. Old things have passed away. Christ's law is written within your heart, and you delight to do His will.

V.

HOW CAN WE COMMUNICATE WITH PROFIT?

i. How Shall We Come to the Table

The Christian life should be one of constant communion with Christ. Our fellowship with Him should be abiding. We should also make a constant use of the means of grace. We should not be religious in "fits and starts." Our light should be kept ever burning, and it should be growing brighter and brighter unto the perfect day. We should live every hour as though the next were to usher us into the immediate presence of the King. There should be no "preparatory services" for more holy services to follow. All life should be a preparation. And all days should be holy days.

This, however, is the ideal. And our Lord did not contemplate such a high standard of liv-