

“Praise the Lord, O my soul;” “Thy will be done”—for this is to watch and pray, and it is the whole secret of a holy life.

And how happy is such a life! Not safe only but happy, not only a preparation for Heaven, but Heaven begun. For “the Kingdom of God”, says St Paul, “is not meat and drink, but righteousness and peace and joy in the Holy Ghost”; and are not all these secured by prayer? What joy is equal to that of victory over sin and selfishness, and the sense of the approval of our Heavenly Father, when we go to thank Him for giving us the victory? There is about some christians a brightness and light-heartedness, which are evidently the perennial flow of a well-spring of peace deep within. This is the fulfilment of our Lord’s promise, “If any man thirst, let him come unto Me and drink—and the water that I shall give him, shall be in him a well of water springing up into everlasting life.”

It has been beautifully said by the Christian poet,

“There are in this loud stunning tide
 “Of human care and crime,
 “With whom the melodies abide
 “Of the everlasting chime,
 “Who carry music in their heart,
 “Through dusky lane and wrangling mart,
 “Plying their daily task with busier feet,
 “Because their secret souls a holy strain repeat.*

‘Music in the heart,’ ‘the melodies of the everlasting chime’—these are the joys of the life of prayer, this is the peace which the world cannot give. Many, many such a bright day the christian enjoys, feeling on his head unceas-

* Keble’s *Christian Year*, St. Matthew’s Day.