

Their spiritual life has not kept pace with their bodily life. They have neglected the one, and cared for the other. We see also that Conversion and Regeneration are totally distinct. If, after a course of neglect, the baptized individual turns to God, this is conversion. In the case of an unbaptized adult, conversion should precede regeneration. We conclude these thoughts thus :

THE NATURAL LIFE.

1. God, the Author.
2. A principle of life.
3. The organization—the Body.
4. The sphere—the world.

THE NEW BIRTH.

1. Jesus Christ, the Author.
2. A principle of life.
3. The organization—the Body.
4. The sphere—the Church of God.

If the life in either case be neglected, and the means of nourishment despised, the result will inevitably be weakness and death. Fathers, mothers, sponsors, see that your children be taught the solemn vows, promises, and professions they made by you in Baptism. Teach them the privileges ensured to them in the Covenant. By example and precept, see that they be brought up to lead a Godly and Christian life, and show them how, by Prayer, reading God's Word, Praise, listening to Sermons, Meditation, Confirmation, and the Lord's Supper, they may nourish and increase the principle of spiritual life which God the Holy Ghost implanted, and which is intended to ripen, until it reaches its full maturity in the Church Triumphant in Heaven.

"O GOD, OUR REFUGE AND STRENGTH."

THERE are no words which the Christian addresses to the Almighty and All-merciful God, that ought to be more comforting to our hearts than these. "Our Refuge," an abiding Refuge, to which at *all times*, whether of trial, temptation, or distress, we may flee for safety—How gladly, how eagerly, would the sailor, tempest-tossed, and in peril of shipwreck, avail himself of the sheltering haven where he might rest in perfect safety, untroubled by the raging winds and waves. But *we*, often in how much sorer distress, driven by the stormy winds of our passions, or swept towards the fatal rocks of sin and unbelief, well nigh wrecked, put forth no effort to reach that blessed haven, open to receive us, and give us peace. And we cannot plead our *weakness* as an excuse, for God is not only our Refuge, but our Strength. What a thought!—if only our souls could grasp it, and avail themselves of the heavenly truth. Our Strength. His Strength is made perfect in weakness, and He is waiting to bestow it on us. He is "more ready to hear than we to pray." He is ever ready, for the Intercessions of the Divine Son are ever entering into the ears of the Lord of Hosts, and "*whatsoever ye shall ask the Father in my name He will give it you.*"

We call ourselves members of Christ's Church, the lips of many of us repeat—at least week by week—utterances of humble, adoring Faith, expressions of our utter helplessness and constant need of the Divine grace and Protection, but—how few of us "pour out our hearts