

action. We must not only meditate in God's law but walk in his law, Deut. xxviii. 9. Without this we are like those gnostics, of whom Epithanius complains, they had much knowledge, but were in their lives licentious. Christians must be like the sun, which doth not only send forth heat, but goes its circuit round the world. It is not enough that the affections be heated by meditation, but we must go our circuit too; that is, move regularly in the sphere of obedience. After warming at the fire of meditation, we must be fit for work. Meditation is the life of religion, and practice is the life of meditation. It is said to the honour of Nazianzen, that he lived over his own sermons. So a good Christian must live over his own meditations.

For instance: 1. When you have been meditating on sin, which, for its bitterness, is compared to grapes of gall, for its damnableness, to poison of asps, and you begin to burn in a holy indignation against sin, now put your meditations in practice, give sin a bill of divorce; "If iniquity be in thy hand, put it far away, and let not wickedness dwell in thy tabernacles," Job xi. 14.

2. When you have been meditating on the graces of the Spirit, let the verdure and lustre of these graces be seen in you; live these graces; meditate, "that you may observe and do." It was St. Paul's counsel to Timothy, "Exercise thyself unto godliness," 1 Tim. iv. 7. Meditation and practice are like a pair of compasses; the one part of the compass fixeth upon the centre, and the other part goes round the circumference: a Christian by meditation fixeth upon God as the centre, and by practice goes round the circumference of the commandments. A man who hath let his thoughts run out upon riches, will not only have them in the notion, but will endeavour to get riches.

That this rule may be well observed, consider, 1. It is only the practical part of religion will make a man blessed.

2. If when you have meditated in God's law, you do not obey his law, you will come short of them who have come short of heaven.

3. Meditation without practice will increase a man's condemnation.