

day ; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying, but put ye on the Lord Jesus Christ, and make not provision for the flesh ; to fulfil the lusts thereof."

If on the other hand, your heart tells you, upon impartial examination, that you are endeavouring to walk as becometh the gospel ; if you truly repent and unfeignedly believe in Jesus Christ, and rely on him alone, and not on any thing that you can do, for your hope of acceptance ; if your faith is not a mere speculative belief, but a lively principle shewing itself by good works, a faith which worketh by love ; if you are striving to become dead to the world and alive to Christ ; then are you the children of the day, to you the Apostle addresses himself when he says—" Let us who are of the day, be sober, putting on the breastplate of love ; and for a helmet, the hope of salvation." " For God hath not appointed us to wrath but to obtain salvation by our Lord Jesus Christ." Thus protected by the Christian panoply, by " the whole armour of God," you will shew yourselves good soldiers of Jesus, you will fight the good fight of faith, you will be able to quench the fiery darts of the wicked ; the day of the Lord which cometh as a thief will find you at your post, you will be prepared for it, and clothed with the righteousness of your Redeemer, you will be the subjects of the blessed sentence which the son of God shall then pronounce, saying, Come ye blessed of my father, inherit the kingdom prepared for you from the foundation of the world.

Since such good results proceed from obedience to the exhortations of the Apostle, it will I trust contribute to our mutual edification to consider the subject a little more at large. " Let us" says St. Paul " who are of the day be sober, putting on the breastplate of faith and love ; and for an helmet, the hope of salvation." Sobriety, in its lowest and most common signification, means an abstinence from excess in liquor. In a more enlarged acceptation of the term it is used to express a coolness of judgment, and gravity of appearance and behaviour, as opposed to rashness, to the feverish dreams of an over excited imagination, and to the levity of manners, and extravagance of dress, which too often disgrace professing Christians. The language of the Scriptures is remarkable for its comprehensiveness, and St. Paul in the term sober, not only includes the several significations that we have alluded to, but also extends the meaning of the term in a far greater degree. We have already seen that he divides mankind into two great classes, those who are of the " night," and those who are of the " day," the former he brands with drunkenness, that is with all manner of excess, and with wallowing, as it were, in sin and with a total indifference to, and a sottish stupidity about the salvation of their souls ; while the latter he exhorts to be sober, to deny ungod-