

they wonder at their failure to rescue men from sin and death? "O my God, my soul is cast down within me." "While they continually say unto me, Where is thy God?"

*Our second thought is that we are not to give way to sorrow of heart, and depression of spirit.* Like this man of God, we should investigate the matter of our despondency. We should inquire into the cause of our depression. We should look it in the face. We should interrogate ourselves in regard to it. We should reason with our own souls. "Why art thou cast down, O my soul?" Why should we be cast down? Why should we be discouraged? Why should we be despondent? Why should we feel that our life is crushed? If we earnestly press these questions home, upon ourselves, we may be delivered from many of the dark and despondent days of life. The old proverb, that a knowledge of the disease, is half its cure, holds good in intellectual and spiritual life, as well as in physical life.

Modern poetry and philosophy have thrown themselves into the gloomy thoughts of men. But to what end? Only to give them more exquisite and luxurious expressions. They even tend to prolong and deepen men's gloomiest thoughts, by refining, without consecrating them. So that those in trouble can get no help from modern poetry or modern philosophy. To fly to them, in

time of trouble, is simply to fly to deeper despondency and darker despair.

It is very different, however, with the Bible. It also addresses itself to the darker moods of the human soul. It turns in sharply upon human life, with its sadness and disquiet of heart, and mind. But to what intent? To the intent that it may turn these to good, that we may regard them in such a way as that our hope shall return, and we shall be brought back into a life of joy and peace and spiritual prosperity. The real point of the Psalmist's question is, Should we allow any trials, however great, to cast down and crush us in spirit, in heart, in life? Should any man who knows the God of the Bible, as his Saviour, become utterly discouraged and give way to depression? It is true that many of the trials of our life may be sharp to bear. To be in darkness, and not to have the Christian sympathy and help that we ought to have; to feel the burdens and responsibilities of life weighing upon us, and not to have the hand-grasp that we ought to have; these things may crush any sensitive soul, who stands in his own strength. But think what a God and Saviour we have. As Robertson of Brighton says:—"He is the living personal God, the God of life. He is a tender Father, who feels and is felt; is loved and loves again; feels our hearts throb into His; counts the hairs of our