

ings and joys, far exceeding anything temporal, and our most exalted imaginations; not to be grasped by the heart of man in the flesh; discerned only spiritually by the aid of the Holy Ghost in those who are God's true children, and even then only faintly during our sojourn here below. By such, great sweetness is enjoyed from eating the manna; and the more we feed on it only, the more will our characters and bearing to those around us assume a heavenly, soft, lowly holiness of life, and bring forth that precious fruit of the Spirit in *Galatians* v. 22, 23. Let me warn Christians of the mixing of this food with the world's bread, worldly literature, novel-reading, works of empty fiction, of untruth, theological disputations of clever, intellectual, but worldly men, though they may stand high in the religious profession, or the religious dignity of this world.

Such sorts of bread abound, and are greedily devoured, starving souls, and thus rendering their tone of life as worldly as their food, while there are comparatively but few books written by dear saints of God that are really helpful to an inquiring soul. God's own Word is the only grand store-house of the Manna that gives health and strength to our souls; all else is feeding on flesh more or less, the swine-husks of this world, which surely gives us a thorough distaste for reading the Word of God.

In *verse* 16 we see another lesson—that of personal responsibility taught us; every man was to gather for those dwelling with him, and in dependence on him.

How much this lesson needs to be considered by Christians: what blessing attaches to it! Remember the promise in *Acts* xvi. 31—"Believe on the Lord Jesus, and thou shalt be saved, and thy house". How truly was this fulfilled then (*verse* 34). The import of these last three words is much overlook-