in the Spirit of God—that is such prayer; not even a difficulty here, when living really in the power of communion. We have that energy of supplication which looks for answers—for all saints and myself too—watching thereunto with all perseverance. Suppose you begin the day with a sweet spirit of prayer and confidence in God; in the course of the day in this wretched world you find a thousand cares and agitations; but if you are spiritually exercised, alive to see the things of God, everything will be a matter of prayer and intercession, according to the mind of God. Thus humbleness and dependence should mark all the saint's actions.

What a blessed thing to carry everything to God! The word in verse 13 refers to a man walking in the whole armour. The apostle took the love of the saints for granted. We also, if walking in the Spirit, can always count on others being interested in our affairs.

— May we so trust the love of God, and the faithfulness of God, that we may have courage to say, "Shew me *Thy* way?" Faith in the full delight of God to bless us, so that we may do His will, even if it be the loss of everything, our souls so intimate with God, that we may seek His way and nothing else.