

transgressor is hard," and do you not see that it is true nearly every day of your life? You meet a good many broken-down looking men men who look as if they have had a hard time of it, and as if they still had a hard time of it. Are they men particularly noted for godliness? Those who serve the devil most faithfully all their lives, do not look as if they have had an easy or pleasant time; if they have, they have a profound way of concealing the fact. Why, the very thing God proposes to do for you is to deliver you from Satan's bondage and hard service. "Come unto me all ye that labour and are heavy laden, and I will give you rest, take my yoke upon you and learn of me, for I am meek and lowly in heart, and ye shall find rest unto your souls, for my yoke is *easy* and my burden *light*." If God's service appears irksome to you, and Christ's yoke galling, it is because you have not yet come to know the blessedness of the new life. It is no use trying to take to one or the other till you are born again. Then, but not till then, will you be sufficiently in accord with God, but coming to Him you will find that "the path of the just is as the shining light that shineth more and more until the perfect day"—that day when Jesus, Sun of Righteousness, shall shine forth in all His glorious wealth of love, grace and power.

No one, even though of the "elect," can be saved if he neglects so great salvation; and no one, even though of the "non-elect," can be lost if he only believes in Jesus Christ. R. SIMS.

THE HAND OF FAITH.

FAITH, is the hand upheld
Emptied of worldly grasp;
God's is the hand that gives,
Yielding His strength to clasp.

Hope, is the hand that waits,
Knowing that God will fill,
Sure that His time is best,
Ready to wait His will.

Trust is the hand that bears,
Counting as gain all loss,
Marked over the strokes of pain,
Holding, through all, its cross.

Love, is the hand that clings,
Casting on God all care,
Giving to Him its life,
Longing His Life to share.

Peace, is the hand that rests
Fast in God's hand of love,
Steady in joy or pain,
Held by the Strength above.

Joy, is the hand full-filled,
Free from earth's care and strife,
Bearing the victor's palm,
Led by the Lord of Life.
—A.C., Family Churchman.

For PARISH AND HOME.

THE SECRET OF REST.

A FEW months ago while attending a meeting in connection with our Church, a brother clergyman sat down by my side and began to speak to me about our Saviour's command to His disciples: "Abide in me and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye except ye abide in Me." He said, I have known for a long time that the secret of all rest in the Christian life, and the secret of all fruit-bearing, all success in one's ministry, was abiding in the Saviour. But the difficulty with me was to know the meaning of to abide. My idea was that it was to come as the result of my own effort. If by my own resolution and assertion of strength I could keep myself resting, keep myself in the way of holiness and peace, then I would believe I was abiding. But I found that I could not *keep myself* in these ways, and, therefore, despaired of abiding. But now I see it altogether in a new light. I see that abiding is simply resting, leaving myself in the care and keeping of the Saviour, putting myself definitely into His arms, and believing that He does receive me, and will not cast me out. I see that it is not necessary to *do some great thing in order to abide*; I *abide in order that I may do all things*. "I can do all things in Christ which strengtheneth me." This is the secret of rest—to abide in Jesus. Jesus *can* save us, and He *can* keep us, and He *can* supply all our need. But the one absolute condition is, that we let Him do so. We need in Christ not a helper simply, but a Saviour. In the life of sanctification and of Christian service the old contrast still finds place in us: the "going about to establish" stands over against the "have not submitted themselves." Let us more closely imitate St. Paul in his definite *committing*, and we shall enjoy his rest and his assurance. "I know whom I have believed and am persuaded that He is able to keep *that which I have committed* unto Him against that day." B. B.

For PARISH AND HOME.

STRENGTH AND BEAUTY.

THESE are seldom found united in the works of man. His strong works are not beautiful, his beautiful works are not strong—"But out of Zion the perfection of beauty—God hath shined;" "Strength and beauty are in His sanctuary." What a privilege to behold His beauty, to feel the stirrings of His strength!

There is the strength and beauty of attraction—not a law which acts on matter, but a love which acts on mind; a love which enlightens our darkness, quickens the conscience, gives hope to the heart, boundless powers to the affections. The Lord is strong in power, He is mighty to save. What blended elements are here—power and love, might and mercy, majesty and meekness, sublimity and grace!

Enter into his gates with thanksgiving, and into his courts with praise, be thankful unto him, and bless his name.

Let beauty bind me to the altar-throne,
Sustain me with majestic strength
That I may see Thy glorious power
And stand before Thee in the might of life.

Impart a character complete with
Vision purified: Thyself enshrined,
Enthroned; my powers responsive
To Thy gentle call.

Unflinching purpose give to me for
Life-long daring; my homage own,
And let me stand and lean
Upon the might of God.

H. T. M.

For PARISH AND HOME.

FORGIVE.

THE home may be very nice and comfortable; the chairs upholstered in the most charming manner; the pictures on the walls may delight the eye, and every room may be warm and bright, a happy contrast to the howling winds without. The home may be most inviting, but if in the inner chamber of some heart there is lurking a bitter spirit of unforgiveness, that heart is not happy. No amount of pleasurable surroundings can make it so. To carry such a spirit, too, will hurt *you* more than it will hurt any one else. It will, no doubt, destroy the happiness of many around you, but your happiness will suffer most. We have known the happiness of persons shattered for years, because for years they carried about an unforgiving spirit. Brother against brother, sister against sister, neighbour