

implied in this mutual indwelling, like the ocean in the sponge and the sponge in the ocean.

*Abideth* - for it is not a passing visit that leaves no trace. This is true even of reception at long intervals. But much more in the case of frequent, and beyond our power to express in daily Communion, does Christ abide



with and in the soul, the Sacramental Presence establishing a union that subsists by its fragrance and by its fruits after the precious time of thanksgiving is past, to vivify every action of the day and be renewed with ever increasing efficacy on the morrow.

(2.) *He that eateth Me the same also shall live by Me.* The body lives by its daily food, and its life will be vigorous in proportion as its nourishment is good and ge-