

loving God, we learn to love his character,—his holiness, justice, and truth, as well as his goodness and love. And loving God, we endeavour to be like him, and keep his commandments. And in proportion as we love God, and study to be like him, and endeavour to obey him, we hate sin and resist temptation, and struggle against the evil propensities of our nature. From the knowledge which we obtain of the consequences of sin, and the rewards of holiness, we are furnished with the most powerful motives to war against all that is sinful, both in us, and around us, and to seek to be adorned with the beauty of holiness. And here happily we are not left to struggle alone; for the Holy Spirit helps our infirmities, and strengthens us with all might in the inner man. We have many enemies to contend against the evil propensities of our fallen nature, the principalities and powers of darkness, and a corrupt and ensnaring world; but mightier is he that is for us, than all that can be against us. He fosters all that is good in us, strengthens our moral principles, and helps us in the evil hour, making his grace sufficient for us, and perfecting his strength in our weakness. What a beautiful encouraging idea is that, which is given of the Spirit's watchfulness over the church, when it is said,—“I the Lord do keep it, I will water it every moment: lest any hurt it, I will keep it night and day.” And every true member of the church shares in the care, which the Lord, the Spirit, constantly exercises. In endeavouring therefore, to subdue all sin in our souls, and to prevent all outbreaks of it in our lives, and to be perfectly conformed to the image of God, whilst strenuously exerting all our own powers, let us be constantly looking to God, the Spirit, for help, and praying earnestly, that we may be filled with all the fulness of God, so shall we be conquerors in the fight of faith, and more than conquerors through him that loved us.

III. THE SPIRIT SUSTAINS AND COMFORTS THE SOUL, IN TIMES OF TEMPORAL DISTRESS AND SEASONS OF SPIRITUAL WEAKNESS.

In the process of sealing us, or perfecting our conformity to the divine image, the Spirit often needs to sustain