

### THE WORD HID IN THE HEART.

"Thy word have I hid in mine heart, that I might not sin against thee."—Ps. cxix. 11.

There is something in most every verse of this long psalm about the Word of God, and the love and value of the writer for it. Although the name of David is not given, it is thought that he wrote the psalm. We know from other psalms as well as this how very greatly he loved and valued that part of the Bible which was written in his day,—how he thought it more precious than gold, and sweeter than the honeycomb.

David, like every child of God, knew and felt his own sinfulness, and was always seeking to fight against sin. In this verse he tells us what he found the best help: "Thy Word have I hid in mine heart, that I might not sin against thee." What was good for David must be good for us. Dear children, if you are wishing to get the better of sin, take David's plan—try to have the Word of God hid in your hearts.

How is this to be done?

You must get well acquainted with your Bible. If you do not read easily yet, try to learn as fast as you can; and in the meantime listen attentively to all you hear from the Book of God,—to all your parents and teachers tell you about it. If you can read you will have got a Bible of your own, and I hope you study it for yourselves every day. Pray, whenever you open it, that the Holy Spirit may make what you read get not into your *head* only, but into your *heart*, that you may not only understand, but *love* it.

Try not to *forget* what you read; and therefore it is well to have as much as possible in your *memory*. Begin to learn it by heart, asking your parents to direct you, if you are not sure what chapters will be best. But you will soon find out for yourselves, I hope, what will be most useful for you.

Learn a verse every day at least, and go over them on the Sabbath. If you begin this *now*, in a few years you will have a great deal hid in your memory; and it will be learned much more easily now than afterwards, and not so soon forgot. I recollect quite well the chapters and psalms I learned when I was young like you; but if I learn new ones now, it is much more difficult, and I soon forget them again.

How will this help us not to sin?

Because, when we are tempted to what is wrong, we shall be able at once to remember that God has forbidden it. We shall recollect his warnings and threatenings against the sin, and also the sweet promises he gives to help and comfort us. The apostle calls the Word of God the "sword of the Spirit," with which we must fight against the enemies of our souls. Jesus himself used this sword, as we read in Matt. iv. 1-11. It is a sword for the young Christians as well as for the old.

May you and I have more of this blessed Word every day hid in our hearts!

Have you been seeking this yet! Have you more of it in your hearts to-day than you had last week, last year? —J. C. B.

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### HELP IN TIME OF NEED.

"The Lord is my shepherd, I shall not want."

I could tell you many stories, dear children, about the people of God, who have said with David, "The Lord is my shepherd, I shall not want," and have not been disappointed. For what David says in another psalm, is as true now as when he wrote it,—“Our fathers trusted in thee: they trusted, and thou didst deliver them. They cried unto thee, and were delivered: they trusted in thee, and were not confounded” (Ps. xxii. 4, 5).

These were sad times in England 200 years ago, when many pious