

fore. If we did but meditate more upon him, his promises and faithfulness, we should not so often, with clouded faces and sinking hearts, exclaim, "O, my God, my soul is cast down within me!" but the language of the Psalmist would more become our lips: "Why art thou cast down, O my soul? and why art thou disquieted in me? Hope thou in God: for I shall yet praise him for the help of his countenance." There can be no tangible reason assigned why our spirits should be depressed on account of the trials of life, when we know that Christ is at our right hand to protect us from evil and do us good. It would be well if we followed the advice which Luther sung:

Commit thou all thy griefs
And ways into His hands,
To His sure trust and tender care
Who earth and heaven commands.

If we could imbibe the spirit of that verse, and trust entirely in the Lord, we should be much happier than we are. Trust in God is a blessed, effectual cure for care. This the Psalmist found, and hence his advice: "Commit thy way unto the Lord; trust also in him, and he shall bring it to pass," (Psa. xxxvii, 5.) It is certain that "confidence in the flesh," (Phil. iii, 3,) "trust in ourselves," (2 Cor. i, 1,) or in any carnal resources, (Psa. xx, 7; xlv, 6,) will only end in vanity and disappointment; for the weapons of our warfare are not carnal," (2 Cor. x, 4.) In the Lord alone should be our trust, (Psa. xi, 1; xxv, 2; xxxi 14,) in his word, (Psa. cxiv, 42,) and mercy, (Psa. xlii, 5.) No fear shall fill his bosom whose heart is fixed, trusting in the Lord," (Psa. cxii, 7.) Even death itself shall have no terror to such a one, (Job xiii, 14.) In all his troubles and sorrows, with which he must meet in his journey from the cradle to the grave, the Christian who trusts in his heavenly Father shall find him a safe refuge, (Psa. lxxii, 8,) and a very present help in trouble. And what powerful reasons there are to incite us to this "trust!" The beneficence of God, (Psa. xxxi, 19; Nahum i, 7,) his great love, (Psa. lxxvi, 6,) his paternal pity, (Psa. lv, 22; ciii, 12) his solicitude for our welfare, (1 Peter v, 7,) his eternal omnipotence, (Isa. xxvi, 4,) his god-like and gracious liberality, (1 Tim. vi, 16,) his promises and faithfulness in the past, (Psa. ix, 10,) all these are so many irresistible arguments, proving that it is not only our duty but our interest to confide in the Lord. O that you, dear reader, may be led to trust him with your soul and all that concerns you. Believe me, you may trust him heartily and unreservedly, (Prov. iii, 5,) and he shall order all things aright for your soul. No foes are strong enough to prevail against those who trust in the Lord, and are therefore under his especial protection, (Psa. xxxvii, 40.) Mercy encircles the believer, and is his life-guard in this wilderness world, (Psa. cxxiii, 10.) He is blessed above all men, (Psa. ii, 12; xxxiv, 8 lxxxiv, 2;) perfect peace fills his heart, (Isa. xxvi, 3,) and he cannot be moved by all the artifice and rage of the world, (Psa. cxxv, 1.) Truly, they alone have true happiness who trust in Jehovah, (Prov. xvi, 20.) They have no need to fear anything, and can say, "In God I have put my trust: I will not fear what flesh can do unto me," (Psa. lvi, 4; xxvii, 1; cxviii, 6.) And dear Christian reader, you can doubtless say that you have experienced the blessedness of trusting in the Lord, having been delivered from dangers, defended against enemies, cheered and supported in trials,