

into strong and permanent gladness. He will transform your mirth, if you will allow Him, into an enduring joy. As the tide comes in it chafes and frets, rushing into the bay, lapping the shore and swirling round ; but when the tide is full the bay is at rest, and only gentle ripples rise and fall on the surface ; so when the soul is troubled by sorrow, the power and presence of God comes in surging and eddying, but when these fill the soul there is perfect peace and joy. The spirit of God brings gladness into the hearts as one of the graces which He bestows. In the service of God there is gladness. Religious duties are sweet when they are accepted and performed in the spirit of Christ. Be not afraid of possessing joy, fearing that some day your cup of gladness may be empty. Make a large and deep acquaintance with Christ, and you need never fear the loss of His love and power. Begin to be glad as soon as you can, and make the most of the little joy you possess. Be as joyous as it is possible for you to be, and give no place to sadness in your life, for Christ has taught the art of gladness through full surrender to Him.