spiritual things. Our Lord was a man of prayer. Never was known one who prayed so earnestly and persistently as he. He gave whole nights to prayer. All who are led of him must pray, and if this year finds us more regular and earnest in communion with God, it will be one of greater prosperity to Practice also gives strength to our spiritual fibre. We must be doers of the word and not hearers only, if we are to become strong in the Lord and in the power of his might. It is not enough to have the truth in our minds; it must get into our hearts and be wrought into our lives. We grow in faith by using the faith we already possess. We get more patience by being patient. We become more self-denying by performing acts of self-denial. Our sympathies are enlarged by the exercise of compassion. Our love grows deep and strong by loving even our enemies. Through obedience to God we grow like Him.

By thus keeping Christ in view and following his leading at all times, we will walk safely and make this year better than the past in our personal characters.