

of flesh and blood, but the most important part of man is the spiritual. That which is immortal is spiritual. That which is created in the image of God is the spiritual. That which is to be saved is the spiritual man, and requires a spiritual Saviour.

Religion is of the heart. Jesus came to proclaim a spiritual Religion. We have so depended upon outward things, so largely depended upon outward things that we sometimes well nigh lose sight of this greater part of mankind, this spiritual nature.

Worship has been so largely of an outward nature that I fear we have sometimes forgotten, almost forgotten this expression of Jesus, "That they who worship Him must worship Him in spirit and in truth." The Jews were burthened in their religion with outward forms and ceremonies and with an outward religion, but Jesus called them to a more spiritual religion. He said "The letter killeth, but the spirit giveth life." Nothing of material nature can feed the spiritual nature. We know that to sustain our bodies they must have food adapted to their wants. But our spiritual natures can never be builded up, can never be purified and cleansed, can never be saved by ought of a material or outward nature. There must be something of a spiritual character, there must be a spiritual food which can come into our inward natures and build them up, sustain them, and fully develop them, and that spiritual food alone can come from God through his spirit.

Jesus said, "Man cannot live by bread alone, but by every word that cometh from God." And again he said to his disciples, "I have meat to eat that ye know not of. My meat is to do the will of Him that sent me." That was the food which sustained his immortal nature, and it is the food which alone can sustain our immortal natures. There is nothing that can develop or build up the soul to perfection but doing the will of God which is made known to each individual man

through the spirit coming into our most parts, and giving us that food which alone can nourish and sustain our immortal natures. And I have desired to draw our attention in this meeting this morning to the importance of spiritual worship, and the seeking of spiritual food that our souls may receive this food and be builded up into everlasting life.

Oh, that Friends would turn inwardly, for there we will find this life-giving food. "Know ye not that Christ is in you except ye be reprobates? Know ye not that ye are the temples of the living God?" Oh, friends, God is not far off. He dwells in the immortal soul. He is ever near us. He dwelleth within us if we have not shut the door of our hearts against him. Christ the spirit of truth, or spirit of God, has said, as we read in Revelations, "Behold, I stand at the door and knock; if any man hear my voice and open the door, I will come in to him, and sup with him and he with me." Oh! what a blessed communing this is. How our souls will be strengthened by this incoming Christ, supping with us and we with Him. This is the only source whence the soul can be nourished. Then let us worship Him in spirit and in truth; then we will be satisfied. Every hungry soul will be fed, for he has an abundance and will abundantly give to all who are willing to seek for such food.

THE SWEETEST LIVES.

The sweetest lives are those to duty wed,
Whose deeds, both great and small,
Are close-knit strands of an unbroken thread,
Where love ennobles all.
The world may sound no trumpets, ring no bells,
The Book of Life the shining record tells.
Thy love shall chant its own beatitudes
After its own life-working. A child's kiss
Set on thy sighing lips shall make thee glad :
A poor man served by thee shall make thee rich ;
A sick man helped by thee shall make thee strong,
Thou shalt be served thyself by every sense
Of service which thou renderest.

—Mrs. Browning.