

Christ and preaching the Sacraments. This folly was well rebuked by one of the most learned and amiable of our prelates (Bishop of Lincoln) a short time since, who well pointed out that there *cannot* be any antagonism between the two. The Church in preaching Christ, preaches Christ in and through the Sacraments. In exalting the Sacraments, we exalt Christ, for they derive and can derive their value and efficacy only from Him. Christ Himself is the spiritual reality conveyed through the Sacraments; without Him the outward signs would be, and could be, only "weak and beggarly elements." What is required in us is faith in Christ, so that the one sole object and tendency of the Sacraments is to exalt Christ, by whom they were ordained and positively commanded. But I will not spend any more time in fighting a shadow.

The real reasons, which keep men and women back from this most blessed means of grace, I know to be commonly very different. Usually they are *personal* reasons. If I were to say to you all "you know that in the intention of Christ, you ought to come regularly and as a matter of course to the Lord's Supper; why do you not?" I know that I should get certain answers. One would say "I am not fit:" another would say "people ought to be very good before they partake of the Communion:" another "I am afraid, lest, after I have partaken, I should commit some sin;" another "plenty of people partake of it and then go away and commit some sin:" another says simply "It is a very solemn thing." I shall not attempt now to answer all these replies in detail (though if any