

Those who are already believers in Christ feel that their spiritual life is not what it should be. How very far short do we come of what God requires of us! How much lower is our life than the standard of our possibilities! How much we lose by following Jesus afar off! As we look at the life of Jesus, so holy, so gentle, so loving, and self-sacrificing, we are at once humbled and filled with an ardent desire to live as he did. We long to make this year better in spiritual things than any that have gone before. How can we do so? By feeding upon God's word. The truth of God is the food upon which the soul lives and grows. Our Lord was himself a most diligent student of Scripture, and to those who follow him he says, "Search the Scriptures." If we become more diligent, systematic students of the Bible, if we store our minds with its precious teachings, and delight to be obedient thereto, this year will be one of great progress in spiritual things.

Prayer is also an important element in this growth. It brings us into contact with God and draws from heaven those gifts of the Holy Ghost without which we cannot prosper in