

exertion, a very trifling self-denial might be here every morning! My brethren, there is a *laziness* that is a very near relation to infidelity, let me rather say a *stepping stone* to infidelity; Oh beware how you indulge it. At all events the Sunday services and the week day services of the Church are certainly means, by which you may edify yourselves without disedifying any one else.

4. Lastly, there is the *the frequent communicating* in the Sacrament of the Body and Blood of the Lord. *Preparing* week by week for this, and *partaking* week by week of this, and *remembering and reflecting* week by week over so solemn an action, must surely influence the whole conduct of the Christian, must influence the words, the deeds, the thoughts of each communicant. And this was just what the Lord intended it should do; exercise a controlling, guarding, guiding, grace-giving, influence over the whole life, the conversation, the habits of His disciples. Surely, we should not be afraid of such a Divine influence being exercised! Is it not just what we all need? Well, then, my brethren, this is how you may certainly build yourselves up in Faith, Hope, and Love, week by week and day by day throughout this year,—by *Prayer, Bible, Church, Sacrament*.—With these you will in your private capacities as fathers, mothers, sons or daughters, masters or servants, neighbours or friends, edify yourselves and one another, and with these you will most surely disedify no one. None of these, will be, or ought to be, a stumbling-block to your brethren.

II. But it remains that I should say a word about how you should edify or build up one another *as a congregation*. Here I am reminded of that famous saying attributed to St. Augustine, and for a thousand years a *watchword* to the *Church*:—

“ *In necessariis—unitas ;
In dubiis—libertas ;
In omnibus—charitas.*”

“ In essential things—unity ;
In doubtful things—liberty ;
In all things—charity.”