

CHRISTIAN NOURISHMENT.

Some Bible Hints.

There is material in the Bible for many life-times of study. What a misfortune, then, not to begin in early life (2 Tim. 3: 15).

Observe, and you will note this suggestive fact—that those that know the most about the Bible, and obey its precepts most faithfully, are the most certain of its inspiration, and hold the doctrine in the fullest sense (2 Tim. 3: 16).

Of no book but the Bible would even an infidel claim that it furnished a complete guide for living (2 Tim. 3: 17).

One can no more judge of Christ without receiving Him into the life than he can judge of bread without eating it (John 6: 48).

Suggestive Thoughts.

Can you think of any other person in the world's history that would have dared to call Himself the Bread of life, and the world would gladly admit his claim?

The quiet hour for spiritual food-taking is as necessary as the meal hours for physical food.

You cannot feed the brain with ice-cream, nor the muscles with soda-water; no more can you feed the soul with material things.

The wise man will see where his body is weak, and will eat and exercise to build up the weak part. So will the Christian seek out those Bible portions and that gospel work which will best meet his spiritual needs.

A Few Illustrations.

Physicians say that most men eat too much, clogging the system with undigestible food. Christians will not eat too much spiritual food if they put in practice at once all that they learn from Christ.

It has been proved that food eaten without an appetite is poorly digested or is not digested at all. Get up an appetite for spiritual food!

Violent exercise is forbidden immediately after meals. So a little quiet meditation should follow the reception of truth, only do not wait long before you put it in practice!

We all see that physical growth is absolutely dependent upon food. Why should we expect spiritual growth to come by itself without the taking of spiritual food?

To Think About.

Is my Bible-reading regular and frequent?

Is my listening to sermons such as to nourish my soul?

Am I building up into a life the truths I know?

A Cluster of Quotations.

Men are constantly seeking to feed their higher nature upon wrong food, which may satisfy for a time, but in the long run cannot keep back the pangs of a noble spiritual hunger.—Wayland Hoyt.

What are pearls to a man who is

dying for want of bread?—Arnot.

God is a daily Presence; Christ a daily Meal.—W. W. Peyton.

If you can live without Christ, the Bread of Life, I fear your soul is not that of God's people, for they all hunger and thirst after Jesus.—Spurgeon.

The Quiet Hour.

The Comrades of the Quiet Hour is an enrolment, made by the United Society of Christian Endeavor, of all those, whether Christian Endeavorers or not, that wish to make the rule of their lives to spend at least fifteen minutes a day, preferably in the early morning, in thoughtful Bible-reading and communion with God. The plan merely serves to render a little more definite and helpful the provision of the Christian Endeavor pledge that is usually taken, promising daily prayer and Bible-reading as the rule of one's life.

Many thousands have been greatly helped by this covenant. It has confirmed their resolution, and given them a sense of sweet fellowship in worship. The practice itself has wonderfully deepened their Christian life.

FOR DAILY READING.

M., Mar. 27. Milk for babes. Heb. 5:11-14.

T., Mar. 28. Meat from above. John 4: 31-34.

W., Mar. 29. Water of life. John 4: 10-15.

T., Mar. 30. Spiritual honey. Ps. 19: 7-10.

F., Mar. 31. Manna for the soul. Rev. 2: 12-17.

S., Apr. 1. Eating in love. 1 Cor. 10: 23-29, 32, 33.

Sun., Apr. 2.—Topic—The making of a Christian his food. 2 Tim. 3: 14-17; John 6: 47-58. (Consecration meeting.)

C. E. Topic, April 2.—2 Tim. 3: 14-17; John 6: 45-58.

LEAN HARD.

Child of my love, lean hard,
And let Me feel the pressure of thy care.
I know thy burden, child. I shaped it:
Poised it in mine own hand; made no proportion
In its weight to thine unaided strength;
For even as I laid it on, I said,
"I shall be near, and while she leans on Me,
This burden shall be mine, not hers;
So shall I keep my child within the circling arms
Of my own love." Here lay it down nor fear
To impose it on a shoulder which upholds
The government of worlds. Yet closer come.
Thou art not near enough; I would embrace thy care,
So I might feel my child reposing on my breast.
Thou lovest Me? I knew it. Doubt not, then;
But, loving Me, lean hard.

To give up some precious thing which is legitimately yours, to shut your eyes upon visions of glory or safety or luxury which you might make your own without a shade of blame, that is so truly one of the marks of nobleness that no man is accounted by the best standards truly noble who is not doing that in some degree. The man who is taking all that he has a right to take in life is always touched with a suspicion and a shade of baseness. There's a paradox in it no doubt—one of the moral paradoxes which make the world of moral study always fascinating. Man has no right to take his full rights in the world; he is not wholly noble unless he sees the higher law which declares that all is not his to take which is his legitimately to own.—Phillips Brooks.

PRAYER.

Almighty God, thou hast surrounded us with mercy upon mercy, countless and precious. What shall we render unto the Lord for all his benefits towards us? If we might say aught before thee, we would say, Unclean, unclean! But if we confess our sins, thou art faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. Do thou begin and complete that work. Sanctify us, body, soul, and spirit. May our whole nature be pure, every affection, desire, aspiration be sanctified by the Holy Spirit. Help us to live in Christ, and then our life cannot be measured by time. May our heart be in Christ's keeping. May our whole life be hidden with Christ in God, and then eternity itself cannot waste our energy or impair our perfect beauty. And this we ask in Jesus' name. Amen. — Selected.

ENLARGING LIFE.

I am quite clear that one of our worst failures is at the point where, having resolved like angels, we drop back into the old matter-of-fact life, and do just what we did before, because we have always done it, and because everybody does it, and because our fathers and mothers did it; all of which may be the very reason why we should not do it. There is no station of life, and no place of one's home, where, if he wants to enlarge his life in caring for people outside himself, he may not start on a career of enlargement which shall extend indefinitely. And the man who enters upon infinite purposes lives the infinite life.—Phillip Brook.

GRATITUDE.

If one should give me a dish of sand, and tell me there were particles of iron in it, I might look for them with my eyes, and search for them with my clumsy fingers, and be unable to detect them; but let me take a magnet and sweep through it and how would it draw to itself the almost invisible particles by the mere power of attraction! The unthankful heart, like my finger in the sand, discovers no mercies, but let the thankful heart, sweep through the day, and as the magnet finds the iron, so it will find in every hour some heavenly blessings. Only the iron in God's sand is gold.—Henry Ward Beecher.

"A languid church breeds unbelief as surely as a decaying oak fungus. In a condition of depressed vitality, the seeds of disease which a full vigor would shake off are fatal. Raise the temperature, and you will kill the insect germs. A warmer tone of spiritual life would change the atmosphere which unbelief needs for its growth. It belongs to the fauna of the Glacial epoch, and when the rigors of that wintry time begin to melt, and warmer days to set in, the creatures of the ice have to retreat to arctic wilderness and leave the land no longer suited to their life."—A. M. McLaren.