

## Man's Share in God's Rest.

BY REV. ALEXANDER MACLAREN, D. D.

"Let us labor, therefore, to enter into that rest, lest any man fall after the same example of unbelief."—Heb. 4: 11.

With this simple practical exhortation the writer closes one of the most profound and intricate portions of the Epistle. He has been dealing with two Old Testament passages, one of them the statement in Genesis that God rested after His creative work; the other, the oath sworn in wrath that Israel should not enter into God's rest. Combining these two, he draws from them the inference that there is a rest of God which He enjoys, and of which He has promised to man a share; that the generation to whom the promise was first made, and, as a symbol of that participation, the outward possession of the land, fell by unbelief, and died in the wilderness; that the unclaimed promise continued to subsequent generations and continues to this day. All the glories of it, all the terrors of exclusion, the barriers that shut out, the conditions of entrance, the stern motives to earnestness, are one in all generations. Surface forms may alter; the fundamentals of the religious life, in the promise of God, and the ways by which men may win or miss it, are unchangeable.

And so the reiterated appeal comes to us with its primeval freshness, saying, after so long a time, "To-day, if ye will hear His voice, harden not your hearts." We have, then, in the words before us, these three things—the rest of God; the barriers against, and the conditions of, entrance; and the labor to secure the entrance.

—Note, then, first, the rest of God. Now it is quite possible that the Psalmist, in the passage on which our text itself, may have meant by "My rest" nothing more than repose of the land, which rest was God's since He was the giver of it. But it seems more probable that something of the same idea was floating in his mind, which the writer of this Epistle states so expressly and so strongly—viz: That far beyond that outward possession there is the repose of the Divine nature in which, marvellous as it may seem, it is possible for a man, in some real fashion to participate.

What, then, is the rest of God? The "rest" which Genesis speaks about was, of course, not repose that recruited exhausted strength, but the cessation of work because the work was complete, the repose of satisfaction in what we should call an accomplished ideal.

And, further, in that august conception of the rest of God is included, not only the completion of all His purpose, and the full correspondence of effect with cause, but likewise the indisturbance and inward harmony of that infinite nature wherein all the powers co-operate to an end move in a motion which is rest.

And, further, the rest of God is compatible with, and indeed, but another form of, unceasing activity. "My Father worketh hitherto, and I work," said the Master; though the work, as we should say, finished from the foundation of the world.

Now can we dare to dream that in any fashion that solemn, Divine repose and tranquility of perfection can be reproduced in us? Yes! The divine life is a sphere, as truly as the sun; the rainbow in the smallest drop of rain has all the prismatic colors blended in the same harmony as when the great iris strides across the sky. And if man be made in the image of God, man perfected shall be deiform, even in the matter of his apparently incommunicable repose. For they who are exalted to that final future participation in His life will have to look back, too, upon work, which, stained as it has been in the doing, yet, in its being accepted upon the altar, which it was humbly laid, has been sanctified and graven, and will be an element in their joy in the days that are to come. "They rest from their labors, and their works do follow them"—not for accusation, nor to redress their bitter memories of incompleteness, but rather that they may contribute to the deep repose and rest of the heavens. In a modified form, but yet in reality, the rest of God may be possessed even by the imperfect workers here upon earth.

And, in like manner, that other aspect of the Divine repose, in the tranquility of a perfectly harmonious nature, is altogether, and without obstruction, capable of being reproduced, and certain in the future to be realized in all them that love and trust Him, when the whole being shall be settled and centred upon Him, and will and desires and duty and conscience shall no more conflict. "Unite my heart to fear Thy name," is a prayer even for earth. The heart can be fully at rest in heaven, and the soul made one through all their parts shall rest in God, and shall rest like God.

And further, the human participation in that Divine repose will have, like its pattern, the hindering without disturbance of rest with action. The highest activity is the intensest repose. Just as a light, whirled with sufficient rapidity, will seem to make a still circle; just as the faster a wheel moves the more motionless it seems to stand; just as the rapidity of the earth's flight through space, and the universality with which all the parts of it participate in the flight, produce the sensation of absolute immobility. It is not motion, but effort and friction, that break repose; and when there is neither the one nor the other, there will be no contrary between activity and rest; but we shall enjoy at once the delights of both with out the wear and tear and disturbance of the one or the languor of the other.

This participation by man in the rest of God, which has its culmination in the future, has its germ in the present. For I suppose that none of the higher blessings which attach to the perfect state of man as revealed in Scripture do so belong to that state as that their beginnings are not realized here. All the great promises of Scripture, except those which may point to purely physical conditions, begin to be fulfilled here in the earnest of the inheritance. And so, though toil be our lot, and work against the grain, beyond the strength, and for merely external objects of passing necessity, may be our task here, and the disturbance of rest, though sorrows and cares is the experience of all, yet even here, as this epistle has it, "we who have believed do enter into rest." The Canaan of the Jew is treated by the

writer of this epistle as having only been a symbol and outward pledge of the deeper repose to which the first receivers of the promise were being trained if they had been faithful to look forward and aspire. And the Heaven that awaits us, in so far as it is a place and external condition, is in like manner but a symbol and making manifest to some finer sense of the spiritual verity, of union with God, and satisfaction and rest in Him.

—So look, secondly, at the barriers against, and the conditions of, entrance into the rest.

My text says, "lest any man fall after the same example of unbelief." Now it is to be observed that in this section, of which this is the concluding hortatory portion, there is a double reason given for the failure of that generation to whom the promise was addressed, to appropriate it to themselves; and that double representation has been unfortunately obscured in our Authorized Version by a uniform rendering of two different words. Sometimes, as here in my text, we find that the word translated "unbelief" really means "disobedience," sometimes we find that it is correctly translated by the former term. For instance, in the earlier portions of the section, we find a warning against "the evil heart of unbelief." The word there is correctly translated. Then we find again, "To whomsoever He, in His wrath, that they should not enter into His rest; but unto them that believed not." Where the word ought rather to be "them that were disobedient." And in the subsequent verse we find the "unbelief" again translated "disobedience," and there are two things stated by the writer as the barriers to entrance—unbelief and its consequence, and manifestation as well as root, disobedience.

And the converse, of course, follows. If the barrier be a shut door of unbelief, placed with disobedience, like iron upon an oak portal, then the condition of entrance is faith, with its consequence of submission of will, and obedience of life. Notice the important lessons that are given by this alternation of the two ideas of faith and unbelief, obedience and disobedience. Disobedience is the root of unbelief. Unbelief is the mother of further disobedience. Faith is submission, voluntary, within a man's own mind, to the will of God. Obedience is the outward expression of that submission. If the barrier be a shut door of unbelief, placed with disobedience, like iron upon an oak portal, then the condition of entrance is faith, with its consequence of submission of will, and obedience of life.

Notice the important lessons that are given by this alternation of the two ideas of faith and unbelief, obedience and disobedience. Disobedience is the root of unbelief. Unbelief is the mother of further disobedience. Faith is submission, voluntary, within a man's own mind, to the will of God. Obedience is the outward expression of that submission. If the barrier be a shut door of unbelief, placed with disobedience, like iron upon an oak portal, then the condition of entrance is faith, with its consequence of submission of will, and obedience of life.

So, then, consider the repose that engues from faith, the unrest that engues from unbelief. When a man comes to Christ, there is a change in his nature. The old nature is not the same. There follows the calming of the conscience and reconciliation with God, there is the beginning of the harmonizing of the whole nature in one supreme and satisfying love and devotion. The storm, the anger, the storm and making the incipient Christian life a true fashion, though in a small measure, participant of the rest of God.

People say that it is arbitrary to connect salvation with faith, and talk to us about the "justice" of men being saved and damned because of their deeds. There is no justice in that. Faith, not condemnation for our unbelief, but our saved in our faith, and condemned in our unbelief. Suppose a man did not believe that prussic acid was poison, and took a spoonful of it and died. You might think his opinion killed him, but that would only be a short-sighted way of saying that his opinion led him to take the thing that did kill him. Suppose a man believes that a medicine will cure him, and takes it, and gets well. Is it the drug or his opinion that cures him? If a certain mental state led to the production of certain emotions, you cannot have the emotions if you will not have the state. Suppose you do not rely upon the promised friendship and help of some one, you cannot have the joy of friendship. Suppose you do not believe in the necessity of the condition, the only condition possible, in the nature of things, by which a man can enter into the rest of God, if we will not let Christ heal our wounds, they must keep on bleeding; if we will not let Him soothe our conscience, it must keep on pricking; if we will not have Him to bring us nigh, we must continue far off; if we will not let Him do the work of His heart, let Him in, He must stop without. Faith is the condition of entrance; unbelief bars the door of our hearts against Him who is heaven.

And then, in like manner, obedience and disobedience are respectively conditions of coming into contact or remaining untouched by the powers which give rest. Submission is tranquility. What disturbs us in this world is neither work nor worry, but wills unconformed to our work, and unsubmitting to our destiny. When we can say, "Thy will be done," then some faint beginnings of peace settle over our souls, and birds of calm sit brooding even on the yet heaving deep. The ox that kicks against the yoke, the only makes its back bloody. The ox that bows its thick neck to the yoke, and willingly pulls at the burden, has a quiet life. The bird that dashes itself against the wire of its cage bruises its wings and puts its little self into a flutter.

When it is content with its limits, its song comes back. Obedience is repose; disobedience is disturbance, and they who trust and submit have entered into rest.

—III.—Now, lastly, a word about the discipline to secure the entrance. This is a singular paradox and bringing together of opposing ideas, is it not? Let us labor to enter into rest. The paradox is not so strong in the Greek as here; but it still is there. For the word translated "labor" carries with it the idea of earnestness and of diligence. And this is the condition on which alone we can secure the entrance, either into the full heaven above, or into the incipient Heaven here.

But note, if we distinctly understand what sort of toil it is that is required to secure it, that settles the nature of the diligence. The main effort of every Christian life, in view of the possibilities of repose that are open to it here and now, and yonder in their perfection, ought to be directed to this one point of deepening and strengthening their faith and its consequent obedience. To cultivate your faith, it is within your own power. You can make it strong or weak, operative through your life, or only partially, by fits and starts. And what is required is that Christian people should make a business of their godliness, and give themselves to it as a sacred pursuit, and as constantly, as they give themselves to their daily pursuits. The men that are diligent in the Christian life, that exercise that common-place, prosaic, pedestrian, homely virtue of earnestness, the "faithful" again, and there is no other way to succeed. You must go to heaven in silver slippers. But although it be true that heaven is a gift, and that the bread of God is given to us by His Son, the old commandment remains unrepented, and as direct and stringent reference to the inward Christian life as to the outward. "In the sweat of thy brow thou shalt eat bread," though it be at the same time bread that is given thee. And how are we to cultivate our faith? By contemplating the great object which kindles it. Do you do that? By resolving, with fixed and reiterated determinations, that we will exercise it. "I will trust and not be afraid." Do you do that? By averting our eyes from the distracting competition of the world, and the race, and so far as these might entice our confidence. Do you do that? Diligence; that is the secret—a diligence which focusses our powers, and binds our vagrant will into one strong, solid mass, delivers us from languor and indolence, and directs us to the increase of faith, as well as of hope and charity.

Then, too, obedience is to be cultivated. How do you cultivate obedience? By obeying—by contemplating the great object which kindles it. Do you do that? By resolving, with fixed and reiterated determinations, that we will exercise it. "I will trust and not be afraid." Do you do that? By averting our eyes from the distracting competition of the world, and the race, and so far as these might entice our confidence. Do you do that? Diligence; that is the secret—a diligence which focusses our powers, and binds our vagrant will into one strong, solid mass, delivers us from languor and indolence, and directs us to the increase of faith, as well as of hope and charity.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

So, dear friends, the path is a plain enough one. We all know it. The goal is a clear enough one, I suppose we all believe it. What is wanted is that we shall run with determination, and not be set before us. The word of my text which is translated "labor" is found in this Epistle in another connection, where the writer desires that we should show "the same diligence to the full assurance of hope unto the end." It is also caught up by one of the other apostles, who says to us, "Giving all diligence, add to your faith the manifold virtues of a practical obedience. And so the entrance shall be ministered unto you abundantly into the everlasting kingdom of our Lord and Saviour Jesus Christ." The same strenuous effort, for our Lord has said, "Labor not for the meat which perisheth, but for that meat which endureth unto everlasting life, which the Son of man shall give unto you: for he is the living bread which cometh down from heaven, and he will give life unto whomsoever he will. He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world." He that eateth this bread shall live forever: for the bread which I give is my flesh, which I give for the life of the world.

## Self Out and Jesus In.

BY REV. THEODORE L. CUYLER.

Less of self and more of Jesus. This is the constant prayer of every earnest Christian who honestly desires to make high attainments in godliness. Paul opens a window often into his own heart, and tells us no little of his own experience. The constant battle was just as with all of us—was with that inside demon of his old nature which kept rising up in new disguises after he had smitten it down with hard blows. His constant endeavor was to empty himself of Paul and to be filled with Lord and Master. During the last few weeks the farmers have been clearing their granaries of chaff and bran and other rubbish, in order to make room for the new wheat. They empty in order to fill. As two buckets cannot occupy the same space at the same time, and two hostile rivals cannot reign together in the same palace, so selfishness and Christ cannot both control our hearts at once. No one can become a Christian until Jesus is admitted into the soul, and that cannot be until stubbornness has yielded and opened the door to Him. If this process could be performed once for all, then the Christian life would be easy work; but self is so deeply and so tenaciously seated back again—often too, in very subtle disguises. So the emptying must be repeated over and over again.

At the ocean side, where cliffs jut out to the waves, certain mollusks may be found clinging tightly to the rocks. Each mollusk clings so tenaciously that the concussion of the waves cannot smite it off. The secret of