

PRAISING ALWAYS.

(From a letter to a Friend.)

Two things are essential to the nurture and maintenance of a fresh and healthy state of soul; the reading of the Word and Prayer: nor can we afford to neglect either the one or the other, if we desire that our hearts and lives may answer to the grace bestowed upon us. If the reading of the Word be neglected, there will be the danger of our prayers becoming the expression of mere natural desires instead of "intercession according to the will of God." We need to have our desires even for spiritual blessings formed in the atmosphere of the Word, in fellowship with the Lord himself, and by the power of His Spirit; while where this is lacking, the more earnest the soul is, the more danger will there be of a zeal that is not according to knowledge. An opposite danger, on the other hand, is that the reading of the Word without prayer, tends to a spirit of **INTELLECTUALISM**, ending in a cold, barren state of soul in which there is neither power nor joy, but abundance of spiritual pride. There is nothing more deadening to spiritual vitality than to have the mind occupied with Divine truth, while the heart and the conscience remain strangers to its power; and this is sure to be the case just in proportion as prayer is neglected. There can be no surer and more certain sign of a low, unhealthy spiritual state than the