

watches and prays that he may not enter into temptation. Prudence keeps guard over him.

Discretion keeps watch over the lips. O what loss many a child of God suffers by the thought that if he only speaks nothing wrong, he may speak what he will. He knows not how, through much speaking, the soul becomes ensnared in the distractions of the world, because in the multitude of words there is not wanting transgression. Discretion endeavors not to speak, save for the glory of God and blessing to neighbors.

Over the ear also discretion keeps guard. Through the gate of the ear comes to me all the news of the world, all the indiscreet speech of others, to infect me. Very hurtful for the soul is eagerness for news. One can afterwards no more look into one's self: one lives wholly in the world round about. Corinth was much more godless than Athens; but in this last place, where they "spent their time in nothing else but either to tell or to hear some new thing," very few were converted. Take heed, says Jesus, what ye hear.

On this account, discretion keeps watch over the society in which the Christian mingles. "He that separateth himself seeketh his own desire." The child of God has not the freedom to yield himself to the society of the world so much and so long as he would: he must know the will of his Father.

Discretion keeps watch over all lawful occupations and possessions. It knows how gradually and stealthily the love of money, worldly-mindedness, the secret power of the flesh, obtains the upper hand, and that it can never reckon itself free from this temptation.

And, above all, it keeps watch over the heart, because there are the issues of life, there is the fountain out of which everything springs. Remembering the word, "he that trusteth in his own heart is a fool," it walks in deep humility, and it works out salvation with fear and trembling.—*Andrew Murray.*



The Christian's Joy.

Dec. 18.—How to enjoy our religion. Neh. 8: 8-12; 1 Pet. 4: 3, 12, 13.

DAILY READINGS.—Monday: The fruit of the Spirit, Gal. 5: 22-26. Tuesday: Joy of salvation, Isa. 12: 1-6. Wednesday: Joy of obedience, Psa. 119: 97-104. Thursday: Joy of service, Deut. 28: 47-52. Friday: "Be of good cheer," John 16: 31-33. Saturday: Fulness of Joy, Psa. 16: 1-11.

For a Good Meeting.

Plan that your meeting may be in itself an example of how to enjoy our religion. A little prayerful and careful preparation will ensure an hour of spirited singing, earnest prayer, and hearty participation. Have a band of pause-fillers arranged for who will be on the alert to fill each unoccupied moment. Plan for several hymns to be started spontaneously, without announcement or music. For topics to discuss take some of the following: "Clouds dispelled by Gospel Light," "The greatest joy my religion has brought me," "How the joy of the Lord makes strong," "The true source of a Christian's joy." Suggest the following experiments in joy: Giving at a sacrifice; making some one else happy; seeking definitely some soul for Christ; yielding Christ full obedience.

Joy Texts.

The Source of Joy.—Ecc. 2: 26, Psa. 4: 7, Isa. 61: 3, Gal. 5: 22, Luke 2: 10, 11, Jer. 15: 16, Psa. 97: 11, 16: 11. *Reasons for Joy.*—Luke 10: 20, Psa. 21: 1, Isa. 61: 10, Psalm 105: 43, 2 Chr. 7: 10, Joel 2: 2

3, 24, Isa. 12: 3, Psa. 5: 11, 63: 7, John 16: 33, Rom. 5: 2, Acts 15: 3. *Our Joy Should be.*—Zech. 9: 9, Acts 8: 8, 2 Cor. 8: 2, Psa. 21: 6, Luke 6: 23, 1 Pet. 1: 8, 2 Cor. 6: 10, Phil. 4: 4, 1 Thes. 5: 16, 2 Cor. 6: 10, Jas. 1: 2, Heb. 10: 34.

Songs of Joy.

"Rejoice and be glad," "Blessed assurance," "I feel like singing," "O crown of rejoicing," "Praise Him! Praise Him!" "My joyful heart is filled," "Far, far, beyond the storms," "It may be at morn."

Rejoice Alway!

Joy is the smile of God.

Joy finds no definition outside of Christian experience.

Happiness, as its name implies, is incidental; joy is permanent and continuous.

Thoughts from Andrew Murray:

To thank much for what God is and does, to believe much in what God says and will do, is the way to abiding gladness.

The gladness that I have in anything is the measure of its worth in my eyes: the gladness in a person, the measure of my pleasure in him: the gladness in a work the measure of my pleasure in it. Gladness in God and His service is one of the surest tokens of healthy spiritual life.

Gladness is hindered by ignorance, when we do not rightly understand God and His love and the blessedness of His service: by unbelief, when we still seek something in our own strength or feeling: by double-heartedness, when we are not willing to give up and lay aside everything for Jesus.

"The light of the eyes gladdens the heart." God has not intended that His children should walk in the darkness. Satan is the prince of the darkness: God is light: Christ is the Light of the world: we are children of the light: let us walk in the light. Let us believe in the promise, "The Lord shall be to thee an everlasting light. Thy sun shall no more go down, for the Lord shall be to thee an everlasting light, and the days of thy mourning shall be ended."

Understand this saying: "He that seeks gladness shall not find it; he that seeks the Lord and His will shall find gladness unsought." Think over this. He that seeks gladness as a thing of feeling, seeks himself: he would fain be happy: he will not find it. He that forgets himself to live in the Lord and His will shall be taught of himself to rejoice in the Lord. It is God, God Himself, who is the God of the gladness of our rejoicing: seek God, and you have gladness. You have then simply to take and enjoy it by faith.

"Jesus, I am resting, resting
In the joy of what Thou art,
I am finding out the greatness
Of Thy loving heart.
Thou hast bid me gaze upon Thee
And Thy beauty fills my soul,
For by Thy transforming power
Thou hast made me whole."

The Joy of Service.

There is a new joy that comes to the Christian, springing out of service. To me it is not difficult to speak or write of that joy. Have you ever led one soul to Christ? Then you know more than all words can teach you of the essence of real joy. To tell the evangel, to pray with the seeker, to travail in birth for souls, to see the breaking of the light of God, to find another passing to His kingdom, this is life and joy indeed. Paul, the great missionary,