

children of God thereto, and in the nature and motive power of the action in question.

We know that there are in the redeemed, here below, two principles of action which are opposed one to the other ; that of the flesh and that of the spirit of adoption. The flesh never willingly keeps quiet, even if the body itself is at rest. And yet there is such a thing as rest according to the Spirit. It is never without danger that the Christian follows the thoughts of the flesh, either in getting into action or in keeping still ; but the danger is infinitely enhanced when he does either the one or the other, induced thereto by thoughts which have the sanction of religion. It is always well for the energy of the Spirit of God to subject the flesh, and to oblige it to keep still. Then only is it that faith acts in love and according to the will of God, that is, according to Scripture.

The heart of the wise discerns the times, and knows what is right. The spirit of adoption seeks the will of God in retirement, by prayer and in the study of the word. He is sure to find and to recognize what the will of God is, who has the sincere desire to do it, and desires nothing but it. But in seeking that will, we often find that faith and spirituality are more largely taxed by the study *to be quiet*, than by having somewhat *to do*.

For them that are spiritual, there is a time to be doing and a time of cessation from doing—of rest and hope. But the flesh cannot bear the latter, for it has neither the will nor the ability to subject