

he cannot withdraw, he at least withstands. The world we live in is a world full of temptation to these distempered, or, as the Apostle calls them, these vile bodies ; and it is only by a strenuous avoidance, and a strenuous resistance, together, that we can maintain a holy separation from the objects which would otherwise lord it over us, and bring us under the dominion of those evil affections which war against the soul.—*Ibid.*

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### REGULARITY IN DEVOTION.

The Prophet Daniel performed his devotions with frequency and regularity. "He prayed and gave thanks before his God three times a day." Those persons who regard religion as possessing only subordinate claims upon the attention of mankind, or as being a sort of necessary evil, will wonder that he was so often prostrate before God in acts of prayer and praise ; but those who understand its nature, and feel its importance, will entertain very different views. Spirituality of mind gives great tenderness to the conscience, and a solemn impression of danger and responsibility ; as well as an intense desire to please and enjoy God. The man who sees himself accountable to his Maker for all his thoughts, tempers, and designs, as well as for every word and action, who feels that he is every moment under the direct inspection of his Judge's eye, and is passing with fearful rapidity to his final account, which will be strict and scrutinizing, and the consequences of which will be either endless happiness, or endless misery, will often humble himself before his God and Saviour ; praying that he may be cleansed and kept from both secret and outward faults, and preserved blameless in the midst of abounding temptation and iniquity. Besides, he who loves God will avail himself of every opportunity for cultivating fellowship with him, and of aspiring to a more perfect conformity to his will. Without diligence in the use of the means of grace, there is no proficiency in personal godliness. All who have attained to eminent piety have been examples of holy diligence, and have made the service of God the great and leading business of life. The pleasure which arises from communion with God in acts of devotion is rich and satisfying ; and he who has drunk the most deeply of that spring is the most eager to drink of it again. Prayer to him is never irksome. "As the hart panteth after the water-brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God : when shall I come and appear before God ?" "My soul breaketh for the longing that it hath unto thy judgments at all times."

That Daniel waited upon God with regularity, and at certain fixed times, is a proof of sound wisdom, as well as of an eminently devout spirit. Every one who has at all studied human nature is aware of the power of habit ; and it is of the utmost importance to engage this