

see if they do not enable you to run without weariness, and without fainting. All earth can find their like, they are unrivalled, they make men like the angels, to whom duty is delight.

These gospel shoes are also an effectual preservative from all the ordinary roughnesses of the road of life, although to most of us it is far from smooth. He who expects to find a grassy walk all the way to heaven well mown and rolled, or looks for a highway levelled by a steam-roller, will be sorrowfully mistaken. The way is rugged, like the goat-tracks of Engedi, and oftentimes so narrow and so far on high that the eagle's eye cannot discern it; the blood of former pilgrims stains the way to glory; yet from all perils to our feet the preparation of the gospel of peace will guard us, from fears within and fightings without gospel peace will surely deliver us. Perhaps we are more vexed with little trials than with great ones, certainly we bear them with far less equanimity; but a peaceful heart protects alike from tiny thorns and terrible rocks. Everyday vexations as well as extraordinary tribulations we shall bear cheerfully when the peace of God keeps our heart and mind.

Beloved, this shoe is also good for climbing. Do you ever practise the holy art of spiritual climbing, God's blessed Spirit leading the way? Do you ever climb Mount Tabor to be transfigured with your Master? Have you watched with him one hour, and seen his conflict and his victory? Have you ever looked from Pisgah's glorious heights upon the goodly land and Lebanon, anticipating the glory to be revealed? Has your spirit ever been away there alone in mysterious communings with God upon the Hermons? I trust you know what climbing work means, and that you have enjoyed rapt ecstatic fellowship with Jesus Christ; but of this I am sure, you can never

mount on high if your feet are not shod with the peace of God. Unshod with these sacred sandals, there is no climbing. Only those who delight themselves in the Lord God shall ascend the hill of the Lord and stand in his holy place.

The heart prepared by peace with God is shod suitably for running as well as climbing. There are periods when all our energies must be put forth, and we must rush forward at the heroic pace, for at certain passages in life's campaign things must be carried by storm, and every faculty must dash forward at its swiftest speed. We cannot at all times keep up the swiftness, which, nevertheless, is occasionally required of us, but the man for a push and a dash is he whose soul abides in peace. Troubled in heart our foot is blistered, our knee is weak, and our movements are painfully slow, but the joy of the Lord is our strength, and in the power of it we become like Asahel, fleet of foot as a young roe. Try on these shoes, my limping brother! What say you?

Lastly, this shoe is good for fighting; and that I gather from Paul having put it among the armour. In the old style, fighting meant hand to hand and foot to foot, and then it was needful for the feet to be well protected, and indeed so well covered over as to be useful in assault, for the warriors spurred with their feet as well as smote with their hands, and many a foe was placed hors de combat with a heavy kick. Christian men are expected to fight with their feet in the battle against sin and Satan, indeed they must fight with all their powers and faculties. That grand promise has been given us, "The God of peace shall bruise Satan under your feet shortly." What a tread we will give him when we once have the opportunity! We shall need to have our feet shod with the preparation of the gospel of peace to break that old dragon's