

important thing that is, *to be right with the Lord*. And what a dreadful thing the flesh is in us. A constant source of trouble and sorrow if we do not "walk in the Spirit."

But what a comfort that truth is, "Ye are not in the flesh (though it is in us) *but in the Spirit*, if so be that the Spirit of God dwell in you." and to know that God *has condemned sin in the flesh*, sending His own Son in the likeness of sinful flesh, and by a sacrifice for sin, on the cross. *So there can be none for us*. And we may, and ought to count it gone in the death of Christ from before God's eye, *judicially*: and though actually in us as bad as ever, "No more I," but an enemy that must not be consulted, or listened to, or trusted for a moment.

"I am crucified with Christ (I as a man in the flesh or child of Adam), nevertheless I live, yet not I, but Christ liveth in me (Christ is become my life), and the life I now live in the flesh (here referring to the body) I live by the faith of the Son of God who loved me and gave Himself for me." Galatians ii. 20.

Two things I find we but feebly take in. One is, that all our spiritual nourishment and power flows down from Christ Himself, a living risen man, a Person, at God's right hand, to whom we are livingly united by the Holy Ghost, and in whom all the fulness of the Godhead dwells bodily; and the other, that we are the constant unceasing objects of His love and sympathy and care *all the time*, who is the head. "No man ever yet hated his own