

denomination, there may be some who do cherish unholy desires, impure thoughts and uncharitable feelings. To such I would say "wherefore do ye not repent and amend?"

There are others however who are deterred by conscientious scruples, and who from a sense of deep humility, think that their absence from the Holy Communion is a light matter compared with the possibility of being unaccepted guests at that sacred feast. And no doubt this is an artifice of Satan by which he too successfully hinders the people of the Lord from participating in an ordinance which is expressly designed for "the strengthening and refreshing of their souls." In this way it is that many languish in their spiritual career and feel oftentimes surprised that there is so little real vitality in their religion, and that they make so little progress towards that state of perfection which all should seek to attain. And can this indeed be a matter of surprise? Surely not. The body, we are aware, needs continual nourishment and support, and how absurd and useless would it be, to look for the development of physical strength and energy where suitable and sufficient food was withheld. And can we wonder that the spiritual facilities should be retarded by the absence of such food as God Himself has provided for our benefit, and which He has commanded us to use for our growth in grace? Moreover, my brethren, can you not see how formal and insincere must be that petition which you daily offer up with your lips, and especially when you assemble within the walls of God's House, "Give us this day our daily bread," if when that bread is provided you refuse to put forth your hand and take it; and how utterly at variance is your conduct with this acknowledgment of your wants! Oh! consider