

**DAILY STRENGTH  
FOR DAILY NEEDS**



# Daily Strength For Daily Needs

SELECTED BY  
MARY WILDER TILESTON  
1843-1934

**Memorial Edition**

*With a Foreword by*  
WILLIAM LAWRENCE  
*Bishop of Massachusetts*

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## FOREWORD

FOR fifty years, ever since its first publication, I have used "Daily Strength for Daily Needs" from time to time and have given away many copies to Confirmation candidates and others; now that Mrs. Tileston's hand is stayed, I count it a privilege as a token of gratitude to commend this Memorial Edition to the younger generation, knowing that however far they have traveled from the habits of life and thought of their elders they have still the same need for a call to courage, faith and cheer.

Since this little book was published empires have fallen, theologies have been rewritten, wars have been fought and standards of life have changed, but men are still men, their yearning in times of disaster for comfort is still keen and the call for courage strong.

In these days of great emotion and radical changes we need the steady, persistent and refreshing inspiration of spiritual thoughts, which, entering the texture of our life in the morning, will guide and refresh us through the day or in the evening give a sense of confidence and peace. The path of life in these days is often exhausting,

barren of ideals, stripped of romance and depressing to faith: alongside of the path, if we would but stop for a moment, runs a stream of refreshing thought. Of each one of us it may be said, as we turn a page of this little book, "He shall drink of the brook in the way; therefore shall he lift up the head."

If you have a friend who is discouraged, laden with heavy cares or weak of body or faith, give him a copy of "Daily Strength for Daily Needs"; two minutes in the reading, one minute of thought or prayer, and his day will have a fresher note.

The great inventors of the age are those who connect mighty physical resources with the needs of men; Mary W. Tileston, by her love of spiritual literature, her skill in selection and her knowledge of the spiritual needs of men and women, has brought them into connection with eternal truth and spiritual resource. I wonder at the untold influence of a quiet, modest little woman whose skill has given new impulse to millions of men and women through this little book.

WILLIAM LAWRENCE

*August, 1934*

*They go from strength to strength. — Ps.  
lxxxiv. 7*

*First the blade, then the ear, after that the full  
corn in the ear. — MARK iv. 28*

BUILD thee more stately mansions, O my soul,  
As the swift seasons roll !  
Leave thy low-vaulted past !  
Let each new temple, nobler than the last,  
Shut thee from heaven with a dome more vast,  
Till thou at length art free,  
Leaving thine outgrown shell by life's unresting sea  
O. W. HOLMES

HIGH hearts are never long without hearing some new call, some distant clarion of God, even in their dreams; and soon they are observed to break up the camp of ease, and start on some fresh march of faithful service. And, looking higher still, we find those who never wait till their moral work accumulates, and who reward resolution with no rest; with whom, therefore, the alternation is instantaneous and constant; who do the good only to see the better, and see the better only to achieve it; who are too meek for transport, too faithful for remorse, too earnest for repose; whose worship is action, and whose action is ceaseless aspiration.

J. MARTINEAU

*The Lord shall preserve thy going out and thy coming in from this time forth, and even for evermore. — Ps. cxxi. 8*

*Lord, Thou hast been our dwelling-place in all generations. — Ps. xc. 1*

WITH grateful hearts the past we own;  
The future, all to us unknown,  
We to Thy guardian care commit,  
And peaceful leave before Thy feet.

P. DODDRIDGE

WE are like to Him with whom there is no past or future, with whom a day is as a thousand years, and a thousand years as one day, when we do our work in the great present, leaving both past and future to Him to whom they are ever present, and fearing nothing, because He is in our future as much as He is in our past, as much as, and far more than we can feel Him to be, in our present. Partakers thus of the divine nature, resting in that perfect All-in-all in whom our nature is eternal too, we walk without fear, full of hope and courage and strength to do His will, waiting for the endless good which He is always giving as fast as He can get us able to take it in.

G. MACDONALD



*As thy days, so shall thy strength be.* — DEUT.  
xxxiii. 25

*Sufficient unto the day is the evil thereof.* —  
MATT. vi. 34

OH, ask not thou, How shall I bear  
The burden of to-morrow?  
Sufficient for to-day, its care,  
Its evil and its sorrow;  
God imparteth by the way  
Strength sufficient for the day.

J. E. SAXBY

HE that hath so many causes of joy, and so great, is very much in love with sorrow and peevishness, who loses all these pleasures, and chooses to sit down upon his little handful of thorns. Enjoy the blessings of this day, if God sends them; and the evils of it bear patiently and sweetly: for this day only is ours, we are dead to yesterday, and we are not yet born to the morrow. But if we look abroad, and bring into one day's thoughts the evil of many, certain and uncertain, what will be and what will never be, our load will be as intolerable as it is unreasonable.

JEREMY TAYLOR

*If we sin, we are Thine, knowing Thy power: but we will not sin, knowing that we are counted Thine. For to know Thee is perfect righteousness: yea, to know Thy power is the root of immortality.*

— WISDOM OF SOLOMON XV. 2, 3

OH, empty us of self, the world, and sin,  
And then in all Thy fulness enter in;  
Take full possession, Lord, and let each thought  
Into obedience unto Thee be brought;  
Thine is the power, and Thine the will, that we  
Be wholly sanctified, O Lord, to Thee.

C. E. J.

TAKE steadily some one sin, which seems to stand out before thee, to root it out, by God's grace, and every fibre of it. Purpose strongly, by the grace and strength of God, wholly to sacrifice this sin or sinful inclination to the love of God, to spare it not, until thou leave of it none remaining, neither root nor branch.

Fix, by God's help, not only to root out this sin, but to set thyself to gain, by that same help, the opposite grace. If thou art tempted to be angry, try hard, by God's grace, to be *very* meek; if to be proud, seek to be *very* humble.

E. B. PUSEY

*That he might present it to Himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish. — EPH. v. 27*

*Ye also, as lively stones, are built up a spiritual house. — I PETER ii. 5*

ONE holy Church of God appears  
Through every age and race,  
Unwasted by the lapse of years,  
Unchanged by unchanging place.

S. LONGFELLOW

A TEMPLE there has been upon earth, a spiritual Temple, made up of living stones; a Temple, as I may say, composed of souls; a Temple with God for its light, and Christ for the high priest; with wings of angels for its arches, with saints and teachers for its pillars, and with worshippers for its pavement. Wherever there is faith and love, this Temple is. J. H. NEWMAN

To whatever worlds He carries our souls when they shall pass out of these imprisoning bodies, in those worlds these souls of ours shall find themselves part of the same great Temple; for it belongs not to this earth alone. There can be no end of the universe where God is, to which that growing Temple does not reach, — the Temple of a creation to be wrought at last into a perfect utterance of God by a perfect obedience to God.

PHILLIPS BROOKS

*In all ages entering into holy souls, she [Wisdom] maketh them friends of God, and prophets. —*  
WISDOM OF SOLOMON vii. 27

MEANWHILE with every son and saint of Thine  
     Along the glorious line,  
 Sitting by turns beneath Thy sacred feet  
     We'll hold communion sweet,  
 Know them by look and voice, and thank them all  
     For helping us in thrall,  
 For words of hope, and bright examples given  
 To shew through moonless skies that there is light in  
     heaven. J. KEBLE

IF we cannot live at once and alone with Him, we may at least live with those who have lived with Him; and find, in our admiring love for their purity, their truth, their goodness, an intercession with His pity on our behalf. To study the lives, to meditate the sorrows, to commune with the thoughts, of the great and holy men and women of this rich world, is a sacred discipline, which deserves at least to rank as the forecourt of the temple of true worship, and may train the tastes, ere we pass the very gate, of heaven. We forfeit the chief source of dignity and sweetness in life, next to the direct communion with God, if we do not seek converse with the greater minds that have left their vestiges on the world. J. MARTINEAU

Do not think it wasted time to submit yourself to any influence which may bring upon you any noble feeling. J. RUSKIN

*The exceeding greatness of His power to us-ward who believe, according to the working of His mighty power. — EPH. i. 19*

THE lives which seem so poor, so low,  
The hearts which are so cramped and dull,  
The baffled hopes, the impulse slow,  
Thou takest, touchest all, and lo!  
They blossom to the beautiful.

SUSAN COOLIDGE

A ROOT set in the finest soil, in the best climate, and blessed with all that sun and air and rain can do for it, is not in so sure a way of its growth to perfection, as every man may be, whose spirit aspires after all that which God is ready and infinitely desirous to give him. For the sun meets not the springing bud that stretches towards him with half that certainty, as God, the source of all good, communicates Himself to the soul that longs to partake of Him.

WM. LAW

IF we stand in the openings of the present moment, with all the length and breadth of our faculties unselfishly adjusted to what it reveals, we are in the best condition to receive what God is always ready to communicate.

T. C. UPHAM

*As we have therefore opportunity, let us do good unto all men.* — GAL. vi. 10

*Let brotherly love continue.* — HEB. xiii. 1

I ASK Thee for a thoughtful love,  
Through constant watching wise,  
To meet the glad with joyful smiles,  
And to wipe the weeping eyes,  
And a heart at leisure from itself,  
To soothe and sympathize.

A. L. WARING

SURELY none are so full of cares, or so poor in gifts, that to them also, waiting patiently and trustfully on God for His daily commands, He will not give direct ministry for Him, increasing according to their strength and their desire. There is so much to be set right in the world, there are so many to be led and helped and comforted, that we must continually come in contact with such in our daily life. Let us only take care, that, by the glance being turned inward, or strained onward, or lost in vacant reverie, we do not miss our turn of service, and pass by those to whom we might have been sent on an errand straight from God.

ELIZABETH CHARLES

Look up and not down ; look forward and not back ; look out and not in ; and lend a hand.

EDWARD E. HALE

*And in every work that he began in the service of the house of God, and in the law, and in the commandments, to seek his God, he did it with all his heart, and prospered. — 2 CHRON. xxxi. 21*

*What shall we do, that we might work the works of God? — JOHN vi. 28*

GIVE me within the work which calls to-day,  
To see Thy finger gently beckoning on;  
So struggle grows to freedom, work to play,  
And toils begun from Thee to Thee are done.

J. F. CLARKE

GOD is a kind Father. He sets us all in the places where He wishes us to be employed; and that employment is truly "our Father's business." He chooses work for every creature which will be delightful to them, if they do it simply and humbly. He gives us always strength enough, and sense enough, for what he wants us to do; if we either tire ourselves or puzzle ourselves, it is our own fault. And we may always be sure, whatever we are doing, that we cannot be pleasing Him, if we are not happy ourselves.

J. RUSKIN

*Because Thy loving-kindness is better than life,  
my lips shall praise Thee. — Ps. lxi. 3*

*Whosoever shall seek to save his life shall lose  
it; and whosoever shall lose his life shall preserve  
it. — LUKE xvii. 33*

O LORD! my best desires fulfil,  
And help me to resign  
Life, health, and comfort, to Thy will,  
And make Thy pleasure mine.

WM. COWPER

WHAT do our heavy hearts prove but that other things are sweeter to us than His will, that we have not attained to the full mastery of our true freedom, the full perception of its power, that our sonship is yet but faintly realized, and its blessedness not yet proved and known? Our consent would turn all our trials into obedience. By consenting we make them our own and offer them with ourselves again to Him.

H. E. MANNING

NOTHING is intolerable that is necessary. Now God hath bound thy trouble upon thee, with a design to try thee, and with purposes to reward and crown thee. These cords thou canst not break; and therefore lie thou down gently, and suffer the hand of God to do what He please.

JEREMY TAYLOR



*I will be glad, and rejoice in Thy mercy: for Thou hast considered my trouble; Thou hast known my soul in adversities.* — Ps. xxxi. 7

NAY, all by Thee is ordered, chosen, planned;  
Each drop that fills my daily cup Thy hand  
Prescribes, for ills none else can understand:

All, all is known to Thee.

A. L. NEWTON

GOD knows us through and through. Not the most secret thought, which we most hide from ourselves, is hidden from Him. As then we come to know ourselves through and through, we come to see ourselves more as God sees us, and then we catch some little glimpse of His designs with us, how each ordering of His Providence, each check to our desires, each failure of our hopes, is just fitted for us, and for something in our own spiritual state, which others know not of, and which, till then, we knew not. Until we come to this knowledge, we must take all in faith, believing, though we know not, the goodness of God towards us. As we know ourselves, we, thus far, know God.

E. B. PUSEY

*Let the words of my mouth, and the meditation of my heart, be acceptable in Thy sight, O Lord, my strength, and my redeemer. — Ps. xix. 14*

THE thoughts that in our hearts keep place,  
Lord, make a holy, heavenly throng,  
And steep in innocence and grace  
The issue of each guarded tongue. T. H. GILL

THERE is another kind of silence to be cultivated, besides that of the tongue as regards others. I mean the silence as regards one's self, — restraining the imagination, not permitting it to dwell overmuch on what we have heard or said, not indulging in the phantasmagoria of picture-thoughts, whether of the past or future. Be sure that you have made no small progress in the spiritual life, when you can control your imagination, so as to fix it on the duty and occupation actually existing, to the exclusion of the crowd of thoughts which are perpetually sweeping across the mind. No doubt, you cannot prevent those thoughts from arising, but you can prevent yourself from dwelling on them; you can put them aside, you can check the self-complacency, or irritation, or earthly longings which feed them, and by the practice of such control of your thoughts you will attain that spirit of inward silence which draws the soul into a close intercourse with God.

JEAN N. GROU

*Speak not evil one of another, brethren.* — JAMES  
iv. 11

*Let all bitterness, and wrath, and anger, and  
clamor, and evil speaking, be put away from you,  
with all malice.* — EPH. iv. 31

IF aught good thou canst not say  
Of thy brother, foe, or friend,  
Take thou, then, the silent way,  
Lest in word thou shouldst offend.

ANON

**I**F there is any person to whom you feel dislike,  
that is the person of whom you ought never  
to speak.

R. CECIL

To recognize with delight all high and generous  
and beautiful actions; to find a joy even in seeing  
the good qualities of your bitterest opponents,  
and to admire those qualities even in those with  
whom you have least sympathy, this is the only  
spirit which can heal the love of slander and of  
calumny.

F. W. ROBERTSON

*Thy servants are ready to do whatsoever my lord the king shall appoint.* — 2 SAM. XV. 15

I LOVE to think that God appoints  
My portion day by day;  
Events of life are in His hand,  
And I would only say,  
Appoint them in Thine own good time,  
And in Thine own best way.

A. L. WARING

IF we are really, and always, and equally ready to do whatsoever the King appoints, all the trials and vexations arising from any change in His appointments, great or small, simply do not exist. If He appoints me to work there, shall I lament that I am not to work here? If He appoints me to wait in-doors to-day, am I to be annoyed because I am not to work out-of-doors? If I meant to *write* His messages this morning, shall I grumble because He sends interrupting visitors, rich or poor, to whom I am to *speak* them, or "show kindness" for His sake, or at least obey His command, "Be courteous"? If all my members are really at His disposal, why should I be put out if to-day's appointment is some simple work for my hands or errands for my feet, instead of some seemingly more important doing of head or tongue?

F. R. HAVERGAL

*For this is the will of God, even your sanctification.* — I THESS. iv. 3

BETWEEN us and Thyself remove  
Whatever hindrances may be,  
That so our inmost heart may prove  
A holy temple, meet for Thee.

LATIN MSS. OF 15TH CENTURY

BEAR, in the presence of God, to know thyself. Then seek to know for what God sent thee into the world; how thou hast fulfilled it; art thou yet what God willed thee to be; what yet lacketh unto thee; what is God's will for thee *now*; what thing thou mayest *now* do, by His grace, to obtain His favor, and approve thyself unto Him. Say to Him, "Teach me to do Thy will, for Thou art my God", and He will say unto thy soul, "Fear not; I am thy salvation." He will speak peace unto thy soul; He will set thee in the way; He will bear thee above things of sense, and praise of man, and things which perish in thy grasp, and give thee, if but afar off, some glimpse of His own, unfading, unsetting, unperishing brightness and bliss and love.

E. B. PUSEY

*Now our Lord Jesus Christ, Himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through grace, comfort your hearts, and stablish you in every good word and work. — 2 THESS. ii. 16, 17*

WHEN sorrow all our heart would ask,  
We need not shun our daily task,  
And hide ourselves for calm;  
The herbs we seek to heal our woe  
Familiar by our pathway grow,  
Our common air is balm.

J. KEBLE

OH, when we turn away from some duty or some fellow-creature, saying that our hearts are too sick and sore with some great yearning of our own, we may often sever the line on which a divine message was coming to us. We shut out the man, and we shut out the angel who had sent him on to open the door. There is a plan working in our lives; and if we keep our hearts quiet and our eyes open, it all works together; and, if we don't, it all fights together, and goes on fighting till it comes right, somehow, somewhere.

ANNIE KEARY

*Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened unto you: but rejoice, inasmuch as ye are partakers of Christ's sufferings. —*  
I PETER iv. 12, 13

WE take with solemn thankfulness  
Our burden up, nor ask it less,  
And count it joy that even we  
May suffer, serve, or wait for Thee,  
Whose will be done !

J. G. WHITTIER

RECEIVE every inward and outward trouble, every disappointment, pain, uneasiness, temptation, darkness, and desolation, with both thy hands, as a true opportunity and blessed occasion of dying to self, and entering into a fuller fellowship with thy self-denying, suffering Saviour. Look at no inward or outward trouble in any other view; reject every other thought about it; and then every kind of trial and distress will become the blessed day of thy prosperity. That state is best, which exerciseth the highest faith in, and fullest resignation to God.

WM. LAW

*Thou shalt rejoice in every good thing which the Lord thy God hath given unto thee.* — DEUT. XXVI. 11

*Rejoice evermore. In everything give thanks.* —  
1 THESS. V. 16, 18

GRAVE on thy heart each past "red-letter day"!  
Forget not all the sunshine of the way  
By which the Lord hath led thee; answered prayers,  
And joys unasked, strange blessings, lifted cares,  
Grand promise-echoes! Thus thy life shall be  
One record of His love and faithfulness to thee.

F. R. HAVERGAL

GRATITUDE consists in a watchful, minute attention to the particulars of our state, and to the multitude of God's gifts, taken one by one. It fills us with a consciousness that God loves and cares for us, even to the least event and the smallest need of life. It is a blessed thought, that from our childhood God has been laying His fatherly hands upon us, and always in benediction; that even the strokes of His hands are blessings, and among the chiefest we have ever received. When this feeling is awakened, the heart beats with a pulse of thankfulness. Every gift has its return of praise. It awakens an unceasing daily converse with our Father, — He speaking to us by the descent of blessings, we to Him by the ascent of thanksgiving. And all our whole life is thereby drawn under the light of His countenance, and is filled with a gladness, serenity, and peace which only thankful hearts can know.

H. E. MANNING



*Let the heart of them rejoice that seek the Lord.*  
— Ps. cv. 3.

*The joy of the Lord is your strength.* — NEH.  
viii. 10

BE Thou my Sun, my selfishness destroy,  
Thy atmosphere of Love be all my joy;  
Thy Presence be my sunshine ever bright,  
My soul the little mote that lives but in Thy light.

GERHARD TERSTEEGEN

I DO not know when I have had happier times in my soul, than when I have been sitting at work, with nothing before me but a candle and a white cloth, and hearing no sound but that of my own breath, with God in my soul and heaven in my eye. . . . I rejoice in being exactly what I am, — a creature capable of loving God, and who, as long as God lives, must be happy. I get up and look for a while out of the window, and gaze at the moon and stars, the work of an Almighty hand. I think of the grandeur of the universe, and then sit down, and think myself one of the happiest beings in it.

A POOR METHODIST WOMAN, 18TH CENTURY

*The Lord taketh pleasure in His people: He will beautify the meek with salvation. — Ps. cxlix. 4*

LONG listening to Thy words,  
My voice shall catch Thy tone,  
And, locked in Thine, my hand shall grow  
All loving like Thy own.

B. T.

IT is not in words explicable, with what divine lines and lights the exercise of godliness and charity will mould and gild the hardest and coldest countenance, neither to what darkness their departure will consign the loveliest. For there is not any virtue the exercise of which, even momentarily, will not impress a new fairness upon the features; neither on them only, but on the whole body the moral and intellectual faculties have operation, for all the movements and gestures, however slight, are different in their modes according to the mind that governs them — and on the gentleness and decision of right feeling follows grace of actions, and, through continuance of this, grace of form.

J. RUSKIN

THERE is no beautifier of complexion, or form, or behavior, like the wish to scatter joy and not pain around us.

R. W. EMERSON

*Even the youths shall faint and be weary, and the young men shall utterly fall: but they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk and not faint. — ISA. xl. 30, 31*

LORD, with what courage and delight  
I do each thing,  
When Thy least breath sustains my wing!  
I shine and move  
Like those above,  
And, with much gladness  
Quitting sadness,  
Make me fair days of every night.

H. VAUGHAN

MAN, by living wholly in submission to the Divine Influence, becomes surrounded with, and creates for himself, internal pleasures infinitely greater than any he can otherwise attain to — a state of heavenly Beatitude.

J. P. GREAVES

By persisting in a habit of self-denial, we shall, beyond what I can express, increase the inward powers of the mind, and shall produce that cheerfulness and greatness of spirit as will fit us for all good purposes; and shall not have lost pleasure, but *changed* it; the soul being then filled with its own intrinsic pleasures.

HENRY MORE

*Then shall we know, if we follow on to know the Lord.* — HOSEA vi. 3

AND, as the path of duty is made plain,  
May grace be given that I may walk therein,  
Not like the hireling, for his selfish gain,  
With backward glances and reluctant tread,  
Making a merit of his coward dread, —  
But, cheerful, in the light around me thrown,  
Walking as one to pleasant service led;  
Doing God's will as if it were my own,  
Yet trusting not in mine, but in His strength alone!

J. G. WHITTIER

IT is by doing our duty that we learn to do it. So long as men dispute whether or no a thing is their duty, they get never the nearer. Let them set ever so weakly about doing it, and the face of things alters. They find in themselves strength which they knew not of. Difficulties which it seemed to them they could not get over, disappear. For He accompanies it with the influences of His blessed Spirit, and each performance opens our minds for larger influxes of His grace, and places them in communion with Him.

E. B. PUSEY

THAT which is called considering what is our duty in a particular case, is very often nothing but endeavoring to explain it away.

JOSEPH BUTLER

*If thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday; and the Lord shall guide thee continually. — ISA. lviii.*

10, 11

IF thou hast Yesterday thy duty done,  
And thereby cleared firm footing for To-day,  
Whatever clouds make dark To-morrow's sun,  
Thou shalt not miss thy solitary way.

J. W. VON GOETHE

**O** LORD, who art our Guide even unto death, grant us, I pray Thee, grace to follow Thee whithersoever Thou goest. In little daily duties to which Thou callest us, bow down our wills to simple obedience, patience under pain or provocation, strict truthfulness of word and manner, humility, kindness; in great acts of duty or perfection, if Thou shouldest call us to them, uplift us to self-sacrifice, heroic courage, laying down of life for Thy truth's sake, or for a brother. Amen.

C. G. ROSSETTI

*I will bless the Lord, who hath given me counsel.*  
— PS. xvi. 7

*Not slothful in business; fervent in spirit; serving the Lord.* — ROM. xii. 11

MINE be the reverent, listening love  
That waits all day on Thee,  
With the service of a watchful heart  
Which no one else can see.

A. L. WARING

NOTHING is small or great in God's sight; whatever He wills becomes great to us, however seemingly trifling, and if once the voice of conscience tells us that He requires anything of us, we have no right to measure its importance. On the other hand, whatever He would not have us do, however important we may think it, is as nought to us. How do you know what you may lose by neglecting this duty, which you think so trifling, or the blessing which its faithful performance may bring? Be sure that if you do your very best in that which is laid upon you daily, you will not be left without sufficient help when some weightier occasion arises. Give yourself to Him, trust Him, fix your eye upon Him, listen to His voice, and then go on bravely and cheerfully.

JEAN NICOLAS GROU

*If ye know these things, happy are ye if ye do them.* — JOHN xiii. 17

*Therefore to him that knoweth to do good, and doeth it not, to him it is sin.* — JAMES iv. 17

WE cannot kindle when we will  
The fire that in the heart resides,  
The spirit bloweth and is still,  
In mystery our soul abides :  
But tasks in hours of insight willed  
Can be through hours of gloom fulfilled.

MATTHEW ARNOLD

HURT not your conscience with any known sin.

S. RUTHERFORD

DEEP-ROOTED customs, though wrong, are not easily altered ; but it is the duty of all to be firm in that which they certainly know is right for them.

JOHN WOOLMAN

HE often acts unjustly who does not do a certain thing ; not only he who does a certain thing.

MARCUS ANTONINUS

EVERY duty we omit obscures some truth we should have known.

JOHN RUSKIN

*O the depth of the riches both of the wisdom and knowledge of God! how unsearchable are His judgments, and His ways past finding out! —*

ROM. xi. 33

*It doth not yet appear what we shall be. —*  
I JOHN iii. 2

No star is ever lost we once have seen,  
We always may be what we might have been.  
Since Good, though only thought, has life and breath,  
God's life — can always be redeemed from death;  
And evil, in its nature, is decay,  
And any hour can blot it all away;  
The hopes that lost in some far distance seen,  
May be the truer life, and this the dream.

A. A. PROCTER

ST. BERNARD has said: "Man, if thou desirest a noble and holy life, and unceasingly prayest to God for it, if thou continue constant in this thy desire, it will be granted unto thee without fail, even if only in the day or hour of thy death; and if God should not give it to thee then, thou shalt find it in Him in eternity: of this be assured." Therefore do not relinquish your desire, though it be not fulfilled immediately, or though ye may swerve from your aspirations, or even forget them for a time. . . . The love and aspiration which once really existed live forever before God, and in Him ye shall find the fruit thereof; that is, to all eternity it shall be better for you than if you had never felt them.

J. TAULER



*For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones.*

— ISA. lvii. 15

WITHOUT an end or bound  
Thy life lies all outspread in light;  
Our lives feel Thy life all around,  
Making our weakness strong, our darkness bright;  
Yet is it neither wilderness nor sea,  
But the calm gladness of a full eternity.

F. W. FABER

O TRUTH who art Eternity! And Love who art Truth! And Eternity who art Love! Thou art my God, to Thee do I sigh night and day. When I first knew Thee, Thou liftedst me up, that I might see there was somewhat for me to see, and that I was not yet such as to see. And Thou streaming forth Thy beams of light upon me most strongly, didst beat back the weakness of my sight, and I trembled with love and awe: and I perceived myself to be far off from Thee in the region of unlikeness.

ST. AUGUSTINE

*O fear the Lord, ye His saints: for there is no want to them that fear Him. — Ps. xxxiv. 9*

*Thou openest Thine hand, and satisfiest the desire of every living thing. — Ps. cxlv. 16*

WHAT Thou shalt to-day provide,  
Let me as a child receive;  
What to-morrow may betide,  
Calmly to Thy wisdom leave.  
'Tis enough that Thou wilt care;  
Why should I the burden bear?

J. NEWTON

HAVE we found that anxiety about possible consequences increased the clearness of our judgment, made us wiser and braver in meeting the present, and arming ourselves for the future? If we had prayed for this day's bread, and left the next to itself, if we had not huddled our days together, not allotting to each its appointed task, but ever deferring that to the future, and drawing upon the future for its own troubles, which must be met when they come whether we have anticipated them or not, we should have found a simplicity and honesty in our lives, a capacity for work, an enjoyment in it, to which we are now, for the most part, strangers.

F. D. MAURICE

*I the Lord will hold thy right hand, saying unto thee, Fear not; I will help thee. — ISA. xli. 13*

*Show Thy marvellous loving-kindness, O Thou that savest by Thy right hand them which put their trust in Thee. — Ps. xvii. 7*

I TAKE Thy hand, and fears grow still;  
Behold Thy face, and doubts remove;  
Who would not yield his wavering will  
To perfect Truth and boundless Love?

S. JOHNSON

DO not look forward to the changes and chances of this life in fear; rather look to them with full hope that, as they arise, God, whose you are, will deliver you out of them. He has kept you hitherto, — do you but hold fast to His dear Hand, and He will lead you safely through all things; and, when you cannot stand, He will bear you in His arms. Do not look forward to what may happen to-morrow; the same everlasting Father who cares for you to-day, will take care of you to-morrow, and every day. Either He will shield you from suffering, or He will give you unfailing strength to bear it. Be at peace then, and put aside all anxious thoughts and imaginations.

ST. FRANCIS DE SALES

*If I take the wings of the morning, and dwell  
in the uttermost parts of the sea: even there shall  
Thy hand lead me, and Thy right hand shall hold  
me. — Ps. cxxxix. 9, 10*

I CANNOT lose Thee! Still in Thee abiding,  
The end is clear, how wide soe'er I roam;  
The Hand that holds the worlds my steps is guiding,  
And I must rest at last in Thee, my home.

E. SCUDDER

HOW can we come to perceive this direct leading of God? By a careful looking at home, and abiding within the gates of thy own soul. Therefore, let a man be at home in his own heart, and cease from his restless chase of and search after outward things. If he is thus at home while on earth, he will surely come to see what there is to be done at home, — what God commands him inwardly without means, and also outwardly by the help of means; and then let him surrender himself, and follow God along whatever path his loving Lord thinks fit to lead him: whether it be to contemplation or action, to usefulness or enjoyment; whether in sorrow or in joy, let him follow on. And if God do not give him thus to feel His hand in all things, let him still simply yield himself up, and go without, for God's sake, out of love, and still press forward.

J. TAULER

*In all thy ways acknowledge Him, and He shall direct thy paths.* — PROV. iii. 6

*He leadeth me.* — PS. xxiii. 2

IN "pastures green"? Not always; sometimes He  
Who knoweth best, in kindness leadeth me  
In weary ways, where heavy shadows be.

So, whether on the hill-tops high and fair  
I dwell, or in the sunless valleys, where  
The shadows lie, what matter? He is there.

HENRY H. BARRY

THE Shepherd knows what pastures are best for his sheep, and they must not question nor doubt, but trustingly follow Him. Perhaps He sees that the best pastures for some of us are to be found in the midst of opposition or of earthly trials. If He leads you there, you may be sure they are green for you, and you will grow and be made strong by feeding there. Perhaps He sees that the best waters for you to walk beside will be raging waves of trouble and sorrow. If this should be the case, He will make them still waters for you, and you must go and lie down beside them, and let them have all their blessed influences upon you.

H. W. SMITH

*Now the God of patience and consolation grant you to be like-minded one toward another, according to Christ Jesus. — ROM. xv. 5*

*Let patience have her perfect work. — JAMES i. 4*

MAKE me patient, kind, and gentle,  
Day by day;  
Teach me how to live more nearly  
As I pray.

SHARPE'S MAGAZINE

THE exercise of patience involves a continual practice of the presence of God; for we may be come upon at any moment for an almost heroic display of good temper, and it is a short road to unselfishness, for nothing is left to self; all that seems to belong most intimately to self, to be self's private property, such as time, home, and rest, are invaded by these continual trials of patience. The family is full of such opportunities.

F. W. FABER

ONLY as we know what it is to cherish love when sore at some unkindness, to overmaster ourselves when under provocation, to preserve gentleness during trial and unmerited wrong, — only then can we know in any degree the "manner of spirit" that was in Christ.

T. T. CARTER

*Now we exhort you, brethren, warn them that are unruly, comfort the feeble-minded, support the weak, be patient toward all men. — 1 THESS. v. 14.*

THE little worries which we meet each day  
May lie as stumbling-blocks across our way,  
Or we may make them stepping-stones to be  
Of grace, O Lord, to Thee.

A. E. HAMILTON

WE must be continually sacrificing our own wills, as opportunity serves, to the will of others; bearing, without notice, sights and sounds that annoy us; setting about this or that task when we had far rather be doing something very different; persevering in it, often, when we are thoroughly tired of it; keeping company for duty's sake, when it would be a great joy to us to be by ourselves; besides all the trifling unto-ward accidents of life; bodily pain and weakness long continued, and perplexing us often when it does not amount to illness; losing what we value, missing what we desire; disappointment in other persons, wilfulness, unkindness, ingratitude, folly, in cases where we least expect it.

J. KEBLE