

MEDITATION AND PRAYER

1. WHAT was one of Paul's injunctions to Timothy?

"Meditate upon these things; give thyself wholly to them."

1Timothy 4:15.

NOTE — Meditation is to the soul what digestion is to the body. It assimilates, appropriates, and makes personal and practical that which has been seen, heard, or read.

2. When did David say he would praise God with joyful lips?

"When I remember Thee upon my bed, and meditate on Thee in the night-watches." **Psalm 63:6.**

3. How will such meditation be to one who loves God?

"My meditation of Him shall be sweet." **Psalm 104:34.**

4. In what does the psalmist say the man who is blessed delights and meditates?

"His delight is in the law of the Lord; and in His law doth he meditate day and night." **Psalm 1:2.**

5. With what adversary do we constantly have to contend?

"Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour." **1Peter 5:8.**

6. When is a man tempted?

"But every man is tempted, when he is drawn away of his own lust, and enticed." **James 1:14.**

7. That we may not be overcome, what are we told to do?

"Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak." **Matthew 26:41.**

8. How constantly should we pray?

"Pray without ceasing." **1Thessalonians 5:17.** *"Continuing instant in prayer."* **Romans 12:12.**

NOTE — This does not mean that we should be constantly bowed before God in prayer, but that we should not neglect prayer, and that we should *ever be in a prayerful frame of mind*, even when walking by the way or engaged in the duties of

life,—ever ready to send up our petitions to heaven for help in time of need.

Publisher's Note: Prayer is a two-way communication. Our constant attitude of prayer is also in order for God to speak to us by His Spirit, that still small voice that will never be heard otherwise.

9. That we might be prepared for His coming, what admonition did Christ give?

“Take ye heed, watch and pray: for ye know not when the time is. . . .And what I say unto you I say unto all, Watch.” Mark 13:33-37. See also **Luke 21:36.**

10. Why are watchfulness and prayer especially imperative in the last days?

“Woe to the inhabitants of the earth and of the sea! for the devil is come down unto you, having great wrath, because he knoweth that he hath but a short time.” Revelation 12:12.

LORD, what a change within us one short hour
Spent in Thy presence will prevail to make!
What heavy burdens from our bosoms take!
What parched grounds refresh, as with a shower!
We kneel, and all around us seems to lower!
We rise, and all, the distant and the near,
Stands forth in sunny outline, brave and clear.
We kneel, how weak! we rise, how full of power!
Why, therefore, should we do ourselves this wrong,
Or others, that we are not always strong,
That we are ever overborne with care,
That we should ever weak or heartless be,
Anxious or troubled, when with us is prayer,
And joy and strength and courage are with Thee?

ARCHBISHOP TRENCH.